

**Follow-Up Interview Responses During Mobile Technology Survey Administration:
Comments & Observations of Mobile Tech Survey on the Camino de Santiago, 4 April 2015
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On the mobile technology surveys, participants were asked to check boxes and answer open-ended questions with written answers. In **follow-up interviews** with the participants, I also took notes on the participants' additional responses. The following "**Comments**" provide the profession as given by the participant and additional written notes or comments made by the participant as well as my observations about the responses.

#1 – Environmental Health officer. Facebook like "dirty habit" that she felt tempted to use and did but then felt guilty because it wasn't necessary and it pulled her back home. She said at home she didn't use tech much or Facebook much but she has to because of how her rowing club is organized. To find out schedule you must check the club's FB page.

#2 – Teacher. I didn't ask her any further questions unfortunately like – why did other people talking or children glued to phone impact you? Or why don't you want to use FB or Instagram in the future?

#3 – Student. Her responses made me ask myself: What is little usage of phone? Relativity of usage. For someone who uses it a lot at home, only using it 6-10/day on the Camino is "poco". Pretty vague response about meaning, superficial.

#4 – Teacher. Contradictory in that indicates was just using for photos and clock but checked other usages.

Starting at #5 – I started to follow-up with each person to ask more questions. It became important to figure out why people were reporting that they were using mobile tech Less on the Camino and ask them to clarify answers as with the above four I had additional questions I would have liked to have asked.

#5 –Cook. I was surprised to learn when I asked him about his mobile tech habits (home vs. Camino) the additional information I got. This guy realized at home that he was using it all the time and was tired of being so connected and saw the Camino as a good opportunity to use it as little as possible – only for looking for an albergue. He already had thought about this before going and was happy he did so. Question for follow up: Was he able to continue losing it less in daily life?

#6 – Student. No further questions.

#7 – Student. Upon asking he said that he used the phone of a Spanish friend he met on the way because he didn't want to pay for a local SIM card. His friends were sitting around the table and joked about his mooching the phone. First person to have some confusion about what the impact of the experience in terms of motive – he ended up with more questions than answers. Translation of comment: I don't find many answers and now have more questions.

#8 – Architect. I didn't ask more questions. Indicated a lot of different types of uses and felt that it impinged on experience more than he had anticipated.

#9 – Civil servant. This was a curious man with his daughter (24) who very proudly told me that he'd done the Camino 15 times, every year since 2001. His daughter accompanied him and looked a bit fed up with her father's Camino obsession/addiction (it was her fourth time with him) but nonetheless was there with him. She folded up her fourth Compostela in fours and stuck it in her pack. I asked him to reflect on those changes of the last 15 years – "Todo. En como te tratan, medios, si son más amables tienen más negocio. Los peregrinos son igual una vez que te metas. Los en plan tonto exigiendo se aparta y los en plan común espíritu se junta." (Everything. In how they treat you, services, if they are nice they have more business. The pilgrims are the same once you're into it. The demanding idiots separate off from the community-spirited pilgrims) "El espíritu es igual. Si no exiges nada, espíritu es igual." (The spirit is the same. If you don't demand anything, the spirit is the same.). I asked him what he liked about the Camino – "deporte, comer, la gente, el espíritu. Me gusta todo. Te da superación." (physicality, eating, the people, the spirit. I love everything. It gives you a sense of achievement.) He also indicated it gave him a "meta constante" – something to look forward and aspire to. He also used GPS once when they got lost and WhatsApp to communicate. He didn't have any reflections related to the impact of mobile technology. He had the glow in his eyes, the Camino is his life, it's his fix, gives him a sense of purpose. He's what I called in 1998 a "serial pilgrim" as he says the Camino is a "constant goal," it gives him a reason to be and it's where he feels best but with little reflection or integration of the experiences. Nonetheless he was one of the few people to comment on "old school ideas" of "the pilgrim spirit" and "pilgrim community". None of this type of conversation arose in other interviews.

#10 – Investigator. She was travelling with her father on his 15th and her 4th Camino. She was very connected to her mobile phone and had it out while we were talking and looking at messages. She reports that she uses mobiletech a lot but didn't think that it impacted her experience though she did say she used it less in the Camino. She said that her father's repeating of the Camino so many times had positives and negatives – "Esta bien tener meta pero a lo mejor pierdes otras cosas". (It's good to have a goal but maybe you miss other things.) She was referring to time spent with his family. Daily life does not allow her time to be on her own with herself whereas she could be in the Camino despite being frequently connected. The experience was very positive. We didn't talk much about the mobile tech aspect. She was connected to her phone frequently during our conversation.

#11 – Student. Young Korean woman didn't provide where started or number of days on the road. English ok. She said at first she didn't meet many people but not difficult to do so. In Sarria it was harder because there were many more people. She used a Korean Forum called Camino Way – "online café". She checked the threads first and then asked questions or just read, not every day but some days more than once. She explained that she felt more secure with the phone because she "felt secure knowing where going" and it gave her a more "relaxed mind". Also it was "necessary" for knowing things about the "albergue, bedbugs, facilities, good for night and many Koreans post." She did mention that she does have rules about use "if you use it quite frequently and in front of other people" she not comfortable because you "ignore people present". She said that maybe her motive changed "a little bit" from beginning to end "but not much". The elements she highlighted were being by herself ("so good")

and she “learned more than expected”. I asked her why the Camino was so popular with Koreans and she responded – “Paulo Coelho”. I asked her – was it like he described? She answered – No, harder, fantasy she realizes now but magic yes. I think it’s curious that Paulo Coelho continues to inspire people. She also mentioned the Korean woman who has published a lot. She added, “Pain when walk gives confidence in self” (because can get through it).

#12 – Visual Artist. I asked her to explain how used mobile tech Less on Camino and she said at home she has a computer, camera and mobile phone which she uses regularly and in the Camino just the mobile phone because she didn’t need it as much.

#13 – Teacher. No further questions.

#14 - Teacher/Scientist. I asked her to explain using it Less on Camino. She said “No quería hacerlo tanto en vacaciones. Ya tenía pensado no usarlo tanto como en la vida cotidiana, como mirar email.” (She didn’t want to use it as much on vacation. She already thought about this before coming and didn’t want to use it as much in daily life, such as look at email.)

#15 – Student. I asked her to explain Other use of mobile tech in daily vs on the Camino and she said she uses a little bit more in daily life and gives it a different usage. For example, she doesn’t use TrackWay at home. In both she checks email but less on the Camino. She also explained she used it by herself and she commented: “It’s important not being connected” all the time. I asked her why? Because I’m not at home and not on Facebook. Don’t need to tell everyone what I’m doing. She explained that she was doing the Track Your walk type app just for her own personal use, not for others. She said that the bright phones were irritating and finding an empty socket were irritating but “not serious”. She said, “It’s about walking, it’s not about electricity.” I asked her to elaborate on her short “A lot” response to what the Camino means and she explained that there were “moments when found it another big adventure” and it was part of a round the world experience she was having lasting for 2 years. I asked why she did the Camino and she said chose the Camino del Norte because she wanted to learn Spanish, she heard about 2 years ago and wanted another adventure. She added she would never do the Camino Frances because it is “very touristic, crazy” and she needed peace, quiet.

#16 – Interpreter. This South Korean woman spoke beautiful English and turned out to be an interpreter. Very self-possessed and part of a group of people who she met along the way. They were a bit eager to get going (vs answering my additional questions ☺). I asked her to elaborate on her mobile usage being “Less on the Camino” because she wanted to “focus on the journey” and she realized “tech could distract focus”. She added that if she has a WhatsApp group, she knows that some messages will be important but most are not important implying that these messages become an unnecessary distraction. She said she only sent messages in photos in albergues where she had WiFi. I asked her what her “I guess” meant in her answer about whether or not she had personal rules for mobile tech use – she said she would like to but not sure if she can [have rules and limit internally]. “It was good, really good to have a rule using tech.” She had that she realized that in daily life she had no rules but on the Camino she needed one and it was very helpful to “focus”. The linking of Koreans and “focus” as a

common concern is a possibility to pursue. Koreans have one of the highest smartphone user rates in the world and lack of focus/distracted mind may be an issue on a societal level. (also #19, 21)

#17 – Student. No further questions.

#18 – Student. I asked him to clarify his “Less on Camino” and Other category and he said that he took the phone for his family especially his mother, to keep them calm. He’s away three months and they wanted him to keep in touch.

#19 – Student. His English was very limited and his answers were confusing. I asked him to elaborate on what he was trying to say about tech use and he said that what he wanted was to try not to use tech as much in daily life and to be focused on tasks at hand. He realized this in the Camino.

#20 – Student. No further questions.

#21 – Civil servant. Another Korean man whose English was so-so. I asked him to elaborate on using mobile tech “Less on Camino” and he replied that once he was on the Camino he realized that he wanted to focus on many personal things and he realized that the tech interfered with that focus. I said, realizing this, do you think you will change habits when you go home? “Don’t think so”. His last phrase means that the Camino is not a special road but the people who are on the Camino make it special.

#22 – Retired Telephone Operator. She explained that she brought a tablet but not a phone because she thought the data plan would be too expensive. She opted for a tablet because she wanted to take pictures and use it for email to send photos to friends and family (“loved ones”). She called home by Western Union from Lisbon and emailed by tablet to husband. Her profession (now retired) had been a telephone operator. She said she always felt pressured by time due to her work and resisted media technology in her own life. Or that she doesn’t wear a watch – not like to feel that pressure of time. She explained that she retired early from the phone company as she was called an “older user” as they wanted new people who were “born in the crib” with cell [mobile] technology. When alive her father made her get a cell phone for ‘safety’. She explained that at home she’s not very connected so being disconnected on the Camino was not a big deal. She found the tablet problematic because of glare on screen and couldn’t see when she wanted to take pictures. She said she should have practiced more to know how to use the tablet as in daily life she uses a PC and the tablet was like a toy.

#23 – Student. This young man explained that using mobile tech less on the Camino just evolved but it comes from his previously held beliefs regarding “how to be in nature” -“surge, no procede usarlo en el campo,” “campo para mi es momento de conexion y relajacion en el campo,” “era natural no usarlo tanto”. For him not using tech in the Camino was “natural” because going out in the country to walk and be in nature signifies connection with nature and it’s relaxing”. *No procede* means it’s not something that goes together/follows: media tech and nature are incompatible for him. I asked him to elaborate on his use at home and he said he generally uses mobile tech in a similar way (messages, contact) in the city but in the “*campo*” he doesn’t use it. Before going on the Camino and now talking to me his opinion hadn’t changed, he sees it as a “*falta de respeto*” (disrespectful).

#24 – Student. When I asked her to explain, “Less on Camino”, she also said that using it less just evolved in the Camino (“no tenia ganas, no necesitaba, senti relajada”) that she didn’t feel like using it, that she didn’t need it and she felt relaxed. She added that in daily life she’s using it all the time (“Estoy todo el rato con el”). In the Camino she felt connected to the present and far from the routine (“estaba conectada y apartada de lo de siempre”). Did you like it? “Si”. After this insight, I asked her to reflect further on her answer to how mobile tech media had influenced her Camino and she said she hoped to reduce it (“Espero reducirlo”). I asked her reduce what (que sobra?). She responded, “Estas con gente y lo sacas. No llegas a estar 100 por 100 con la gente.” (You’re with people and you take it out. You’re not with people 100%). I asked her what made her realize that: she answered, “No sé, buena pregunta.” (I don’t know, good question.). Then she finished up by saying that when she got home she thought she would try to find time for herself without her phone (“pues tener ratos a solas sin el móvil”). She was not reflective until I asked her to reflect.

#25 – Student. This young man from China could be called an extremely connected user. I observed him while he was waiting on line and he was using his mobile the whole time. Then I asked him if he would do the survey and he agreed with the phone in his hand the whole time and looking at it periodically. And then when I did follow-up questions with him, he continued to use the phone and after we finished he continued his usage – mostly texting. His English was not great and it was hard to get below the surface because of language and his disengagement from the moment. He was with a friend and he’d heard about the Camino from a friend who’d said it was “beautiful, difficult and interesting” and you feel “successful when in Santiago”. I asked him how he used his phone as he indicated the 21+/day usage and he said not to call but to text – he smiled and said because of his girlfriend. He sends her photos and they are always talking as “she worries”. *He said he “walks very fast” and so he needed to connect with other pilgrims through the phone as they wouldn’t see each other otherwise.* He said nothing had changed for him tech wise while on the Camino. He explained that he was too busy to connect with pilgrims face to face on the road so he chats with them via text instead.

#26 – Lawyer. This lawyer from Madrid explained that this was his second Camino – his first had been from Oviedo in the summer of 2014 for 8 days. This time he only had three days but he really felt like he needed to get away to calm his mind and deal with anxiety he was feeling. The first day (of this trip) he felt sad and alone (“querria quitar cosas negativas de la cabeza”) and wanted to get rid of negative thoughts bugging him. The other two days he felt better and more positive. When I asked him to elaborate on using his phone less in the Camino, he said that already he wanted to limit his use before starting because if you walk with it on, it’s more distracting. He had it on but with volume on low. (“No tenia intencion de utilizarlo. Querria ir pensando y si vas con el encendido, estaba encendido pero con voz baja). He also used it to listen to classical music from time to time. He had it on because in part of work, he didn’t answer if normal issues came up but he had it on in case of an emergency. “No queria estar recibiendo llamadas porque sabia que podian distraerme” (I didn’t want to be receiving calls because I knew that they would distract me.) I felt bad for this guy who was in clear need of more down time and who was very strung out. Even though his time on the Camino was short it was clearly very beneficial for him.

#27 – Nurse. She indicated that she didn't come with the idea of disconnecting less on the Camino but it evolved on the Camino and that's why she used it less. On the Camino she felt like connecting less "porque estaba pensando en cosas y distrae la conexión" (because I was thinking about things and being connected is distracting). I asked her to elaborate more on her answer of how mobile tech impacted her experience and she responded that she thought she would use it the same as she had in the Camino (Lo menos posible – as little as possible) but in her daily life, no, she wouldn't change.

#28 – Student. This Croatian student came and went several times from the pilgrim's office area. He asked me to watch his bike for him while he went off and did some stuff and then he came back and filled out the survey. There were very few cyclists that morning. He said he used his phone to check maps and take pictures. He had limited communication just to say "I'm here, I'm alive. That's it." Not very reflective (like many others as well).

#29 – Information Technology. I asked her to explain "Less on Camino" and she said it just came up while on the Camino "no era conveniente con la bici y habia cosas que ver" (it wasn't convenient using the phone on bike and there were things to see). Did you notice any difference? Yes, of course, "disfrutas de otras cosas" (you enjoy/notice other things). She also said you communicated more with people. She thought maybe she might not be "tan pendiente del móvil" (not as attentive to the phone) and would "recapacitar" (would reflect on it).

#30 – Civil Servant. She said her thoughts about mobile tech on the Camino and her less usage had evolved on the Camino. She said she really wanted to take photos to have a digital record of the trip for the "recuerdo" (memory) and to make a photo book with blog and photos.

#31 – Information Technology. 30 and 31 were a couple from Madrid, she a civil servant and he a computer tech person. He explained that ahead of time he had thought that he would use his phone for his blog at night and photos during the day because he wanted to limit his use because he wanted to see the countryside alone with his partner ("ver paisaje, nosotros solos y la naturaleza"). He thought that using tech more could impact that experience together. I asked if he thought it had been true and he said yes, but they still talked about work. In all vacations they attempt to disconnect. Then it came out in our conversation that tech was actually an issue between them on the Camino and their differing uses. She said to him "en las proximas vacaciones, vas a apagar el móvil" (on the next vacation, you're going to turn off your phone). And she suggested that he should actually leave it at home not just turn it off. It turns out that as a tech person, his boss calls him and expects an answer even when on vacation. She was clearly irritated with this. She answered for him saying that "lo dice al trabajo pero no respeta" (he tells his boss but they don't respect his wishes). He didn't really think much would change. It was an interesting issue that came up – people being obliged to take work home with them in their free time – being "on call" all the time even at work. He kept his phone on all day and would take calls from work if they came in while walking on the Camino with his wife. This caused a sore spot between him and his wife.

#32 – Crisis/Suicide Counselor. This Canadian crisis/suicide counselor was on a solo traveling experience for 6 months in Europe and the Camino was the end of this time. He said that one of the major reasons

that his connectivity was different on the Camino than at home was that his smartphone had no service and depending on “the whims of WiFi”. He only connected when he found a connection. When asked about any personal rules related to tech he said he had not only the ones mentioned but also some general ones about limiting coffee, alcohol and music. He used those for his general travel experience but not on Camino. Reddit.com is a user-driven bulletin board and entertainment site and he mentioned it can be “addictive” and he didn’t want to be going on it. He “gave it up for the Camino.” When I asked him to describe how he experienced being less connected he explained that “the simple things are more noticeable.” As a consequence he felt “happy”, it was easy going and “grounded.” He said “The Camino removes distractions.”

#33 – Student. I asked about her “Less on Camino” and she said it just evolved, not while walking, it was just something that happened. She used it in the albergue more because of the WiFi availability. She said she didn’t really notice the difference. I asked her about her rule of not using it while walking and how this might have impacted her future usage and she said that she didn’t think she would use it less at home. Little impact.

#34 – Secretary. No additional comments.

#35 & #36 – Student. This was a mother and daughter from Sweden who had this journey together, a gift from the grandparents. The grandparents were also at the Pilgrim’s Office waiting for their arrival. The grandparents appeared proud of their daughter and granddaughter. The mother was suffering from a knee problem and the walking had been painful at the end. The daughter indicated to me that she used tech Less on the Camino than at home because there was “no reason to use it here” and she “didn’t have internet because WiFi is more limited.” She said it was “forced not using” and then added “it was good to have it like that.” She didn’t think though that overall it would have any impact on her normal habits at home.

#36 – Project Manager. She also indicated that she used tech “Less on the Camino” and said “it just came natural on the Camino” then added you know how you “use it in normal life to kill time” and I’m busy with kids, plans, etc. She said on the Camino she didn’t use it as much. I asked her to elaborate on her answering about perhaps skipping Facebook and she said that if she did do the Camino again she would not go on FB again. She further explained that she could imagine that if spending a longer time on the Camino and not being informed about what other people are doing at home, it would be positive. “It would give a mental rest that is needed.”

#37 – This retired computer scientist from Istanbul caught my attention as he was the first person I encountered who did not have a phone. When I asked him why not he retorted quickly – “Why would I? I’m here.” He wrote on his form “I wanted to be in Camino.” He made this decision before leaving because he consciously chose not to have a phone or communicate with home. For him that was basic to his desire to have a spiritual trip. Curious that he is also a computer scientist. He was with another friend from Istanbul who claimed not to speak English. I would have liked to have spoken to him more but he seemed tired and not wanting to talk at length and I didn’t push.

#38 – Salesman. I asked him to elaborate on how he thought mobile tech had impacted his experience and he said he thought he'd like to use it less in daily life except at work where it's necessary.

#39 – Nurse. I didn't ask her further questions.

#40 – This PhD student's answers on the form were pretty thin so I asked her to elaborate. She said that she used mobile tech "much" less on the Camino than at home and mentioned that she listened to music before going to sleep in the evenings. She also added that she had decided beforehand, "no Facebook, I need to get away". I asked her how she came to that conclusion/decision? She responded that she was living in the UK and she was on FB all the time for planning and felt that she "needed to have a change." Then I asked her to elaborate what she thought about the impact tech had on the experience. She answered quickly, "Tech. You don't need it." She said she realized that "there's a life apart from technical things, Facebook." She said that as a result of the Camino she would like to limit her usage but not sure if she would be able to but "I will try."

#41 – Campaign Manager. No further questions.

#42 – This Junior Manager indicated that he had made no special decision regarding tech. He did not buy a Spanish SIM card so his use was limited by available WiFi. Once in the albergue he would use the WiFi connection to connect with his family and girlfriend and his 'normal use' (entertainment, checking messages, FB, etc). Friends had recommended that he track his position with GPS and he did that – "definitely helped on the Camino to have it." I didn't ask why.

#43 – Physical Education teacher. No further questions.

#44 – Law student. No further questions.

#45 – This businessman was traveling with his family and explained that it had been organized as a family trip. He responded to the questionnaire as a "family answer" rather than personalizing it to his own experience. He wasn't part of the organizing of the trip, he just came along for the family experience. "Lo importante estaba en grupo de familia " (the important was for the family to be together). He said he didn't use the phone much, just to take photos. The Camino had been a big effort, draining and a voluntary sacrifice. He didn't scratch much below the surface but was very interested in the project and wanted to talk about it. He was with his wife and two sons aged 25 and 22.

#46 – Teacher. This Portuguese teacher did the Camino with her South African boyfriend who did not participate in the questionnaire. I asked her to reflect on her "Less on Camino" comment and she said "it just happened". I asked her why and she said "I'm not sure. Maybe I didn't have access and I don't feel need." She just called her parents to say she was ok. She added "It feels good not to be in contact, and not to always have others be in contact with your world...it's good. The Camino is a good excuse, don't have to answer messages." When she reflected further on how mobile tech might have impacted her Camino she changed her answer to Yes and she realized that in daily life "everyone expects answers quick" and it was nice to have the Camino as an excuse to not answer.

#47 – A public administrator (*secretario*, important civil servant position in the township's administration requiring a law degree and passing a rigorous exam), he was travelling with his brother and parents (father #45). I asked him to explain "Less on Camino" and he said that it just happened/*surgió*. He said "no te hecha en falta" (you don't miss it). And it wasn't necessary ("no había necesidad"). He only found himself using it at night to rest ("solo para descansar por la noche") because when he was walking he felt entertained with the Camino and nature ("entretenido con el Camino, la naturaleza"). "He sentido muy bien no mirar tanto." (I have felt very good not looking so much at the phone), he added. Then I asked him to reflect further on his response on the back about how he thought it impacted his experience and he said he thought he might use the phone less in daily life. He reflected that normally when he's bored, he picks up the phone and begins to randomly navigate and instead he could go take a walk or talk to his family ("Cuando estoy aburrido, cojo el móvil para navegar pero en vez de esto podría pasear o hablar con mi familia.") He said he appreciated these questions because they made him push his thinking further ("hace madurar el pensamiento, esta muy bien") and he concluded that his intention would be to make some kind of change in this respect.

#48 – Teacher. It was surprising to encounter another person who had made the decision to go mobile tech free. In this case an Australian teacher. I asked her how she made this decision and she said she definitely thought about it beforehand and commented, "It's just such a part of everyday life." We have an "over reliance" on it. "I just wanted to be by myself in my own space." She told her family ahead of time that she would be out of communication and advised them "I will see you on the 10th of April." They were "okay with it." I asked her if anyone objected to her or were worried about her safety and she replied, "No one said, 'it's not safe'." I asked her to tell me about her use of tech in daily life and she answered, "It's usually with me at all times – Facebook, Whatsapp, email." She considered herself a regular, frequent user of tech media and social networks. I asked her then how she came to the decision to go on the Camino without tech. She explained that she thought about it a lot beforehand (about how she hoped her pilgrimage would be) and spoke to a colleague who'd gone on the Camino without tech and "thought, That's what I want." I asked her to further describe her experience on the Camino going mobile tech free and she said, "it was freeing, wonderful." There were moments when she saw the news on tv (in a bar) or wondered how her family was but it was "nice to be uncontactable." She felt that it allowed her "to be more mindful" and not thinking about other things, more present. I also asked how she thought she would take this experience home. She thought that back in daily life she would try to limit her use but she imagined that "as time goes on I'll slip back into the old patterns." But her intention was to try, "especially Facebook".

#49 – Teacher. She and #48 were both teachers together in Abu Dhabi and that's how they came together. Another comment she wrote on her questionnaire in the section that asks about how you prepared for the Camino she wrote, "Gave up posting on Facebook for Lent and it was positive." I asked her to explain this further and she said that in Lent you are supposed to "sacrifice something that is dear" and she realized that there was a big "ego part" of her attachment to Facebook (only posting positive things, competitive, how wonderful my life is, etc) and she asked herself "Is it really that dear?". She then decided to stop posting but she still looks at Facebook. It allowed her to "free up" mental space and not feel the ego-driven part of her usage of this platform. Her decision to use tech less on the

Camino was thought out pre-Camino and she “really reduced use” from daily life. She had also told her family that she would not be available as usual. On the questionnaire she didn’t answer the section on would you change anything about tech habits and in follow up she replied that “At first it feels funny” not to use tech “but you quickly get used to it.” And she added “there’s no real need” to use it. When she goes back, she anticipates that even if she tries to use it less, there’s a “certain element that forces you to.” Her sensation was one of being swept back up into regular life where it’s just so present that it’s hard to opt out of it. She said she blogged and she liked it more than Facebook because it was “more personal”. I asked her to tell me what compelled her to post on Facebook (as it was clear it was something she had very mixed feelings about – she was attracted to but at same time didn’t like that attraction)? She immediately said, “pride”. I asked “you know you are presenting an image of yourself?” She responded “absolutely, everyone looks beautiful and you post photos and you keep posting to fulfill other’s expectations.” In Lent and the Camino she was able to get away from the ego cycle and it was good.

#50 – Web Designer. This web designer explained that he used mobile tech “Less on the Camino” because it just happened (*surgió*). He said, I was just enjoying myself and I only used it the minimum. I felt less need. At work you use it but in the Camino it’s not necessary. (“Iba disfrutando y solo usaba lo justo necesario. Había menos necesidad). Lo usas en el trabajo y en el Camino no es necesario. He explained further about use on the camino that it had been a very good experience and that the experience is the people you meet and asking people directly is better and easier (“La experiencia es la gente y preguntar es mejor y más fácil.”) I asked him if he thought he’d take this back home and he responded that it would be great if he could but the people in the city are different and added “no veo posible desconectar con el trabajo” (I don’t see disconnecting possible with work). I asked him what disconnecting signified to him: “paz, positiva” (peace, positive).

#51 – very incomplete, not time to follow-up, no profession given.