

FEEL YOUR PHONE APPS

Our world runs on apps.
Do they work for you,
or you for them?

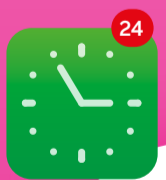


REALITY CHECK



In the 90s there was usually just one landline phone per household. Today we all have our very own smartphone that we keep close to our body at all times.

Some research suggests that we spend around five hours a day scrolling our phones, spending more time than ever before looking at a screen.



35%

of adolescents communicate with their friends online almost all the time throughout the day

If you can think of it, there's an app for it. Taxi's, dating, fitness, baby names, organising work: it seems like apps provide a 'solution' for everything in our life.

Have you thought about who runs the apps you use, and what motive they have to keep their app in your smartphone?



WHY IS IT
A PROBLEM?

Technology is not neutral

Most of the phones we use, and most of the apps we use on those phones, are not designed with public and our health and wellbeing in mind. Instead, they are designed based on **economic values**, pursuing profits from selling us services, or selling your data.

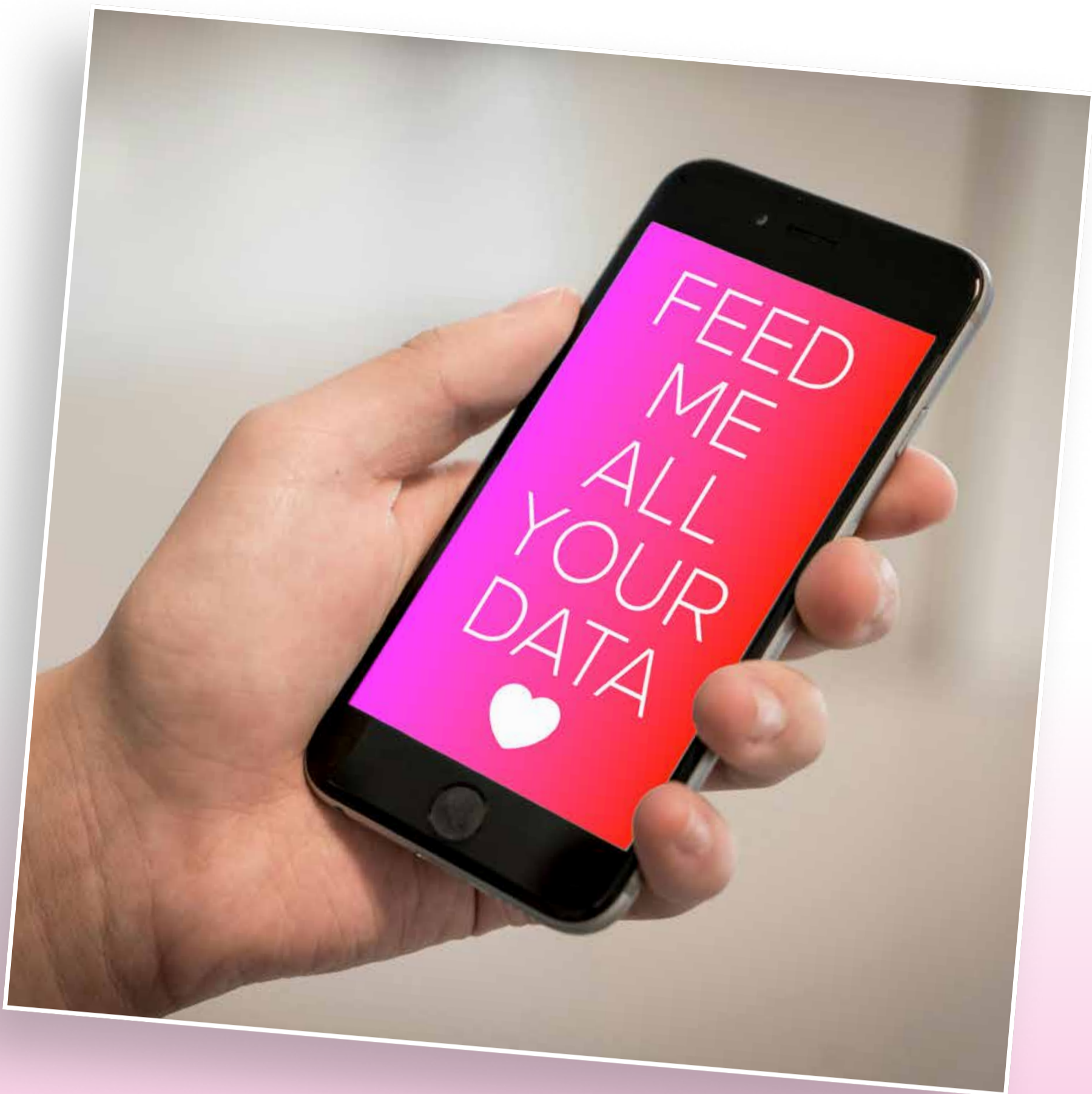
Your favorite apps are designed to make **YOU** do exactly what **THEY** want.



The goal of app developers is to keep users hooked, through infinite scrolling mechanisms, or through dopamine-inducing social features such as like-counts.

Would you behave differently 👁️👁️ if you knew someone was watching at all times?

When it comes to your personal data, you should be the one that decides if and how it can be used – not the owner of an app you used or the advertising company your data was sold to.

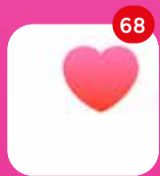


Data extraction? There is an app for that 🙌

Do you use apps to monitor your health? Pregnancy apps and other **health apps** can share sensitive data like location or the health of your baby with others, including law enforcement, advertisers, or other companies.



Check what data
your phone is
collecting and
sharing.



4.45
BILLION\$



The health and fitness app
industry generated
\$4.45 billion in 2023

LET'S FIX IT!

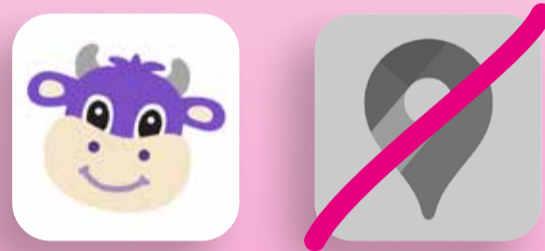
There are apps that don't spy on you. These apps work just as well as those made by Big Tech, but they guard your health and guarantee your privacy. Let's get started! 👍

Install these apps for all your day-to-day needs:

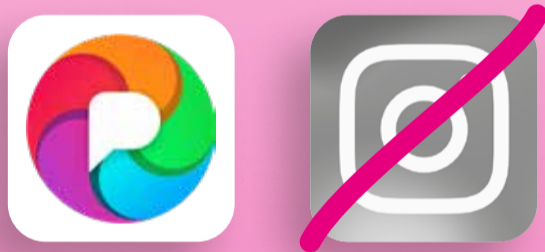
Social media: Mastodon to stay connected, and join online public debate



Restaurant recommendations: HappyCow for nearby vegan and vegetarian places



Sharing images & reels: PixelDroid/Pixelfed



Podcast: Pocket Casts or AntennaPod



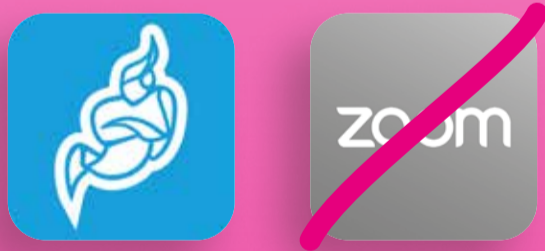
Messaging: Signal for private (group) messaging



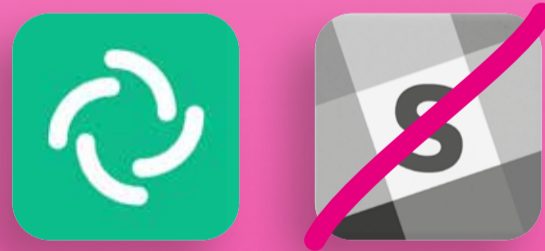
Authenticator app: Free OTP or Aegis



Video call: Jitsi for online video meetings



Office Chat: Element is a large chat server with separate rooms for your workplace



Menstrual apps: Drip or Fertility Friend



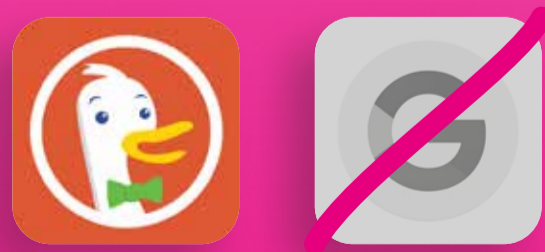
Email: FairEmail or K-9 Mail



Sports Tracking: FitoTrack to track your running, cycling or hiking workouts



Search engine: DuckDuckGo



Navigation: Organic Maps & Wikiloc



Browser: Firefox

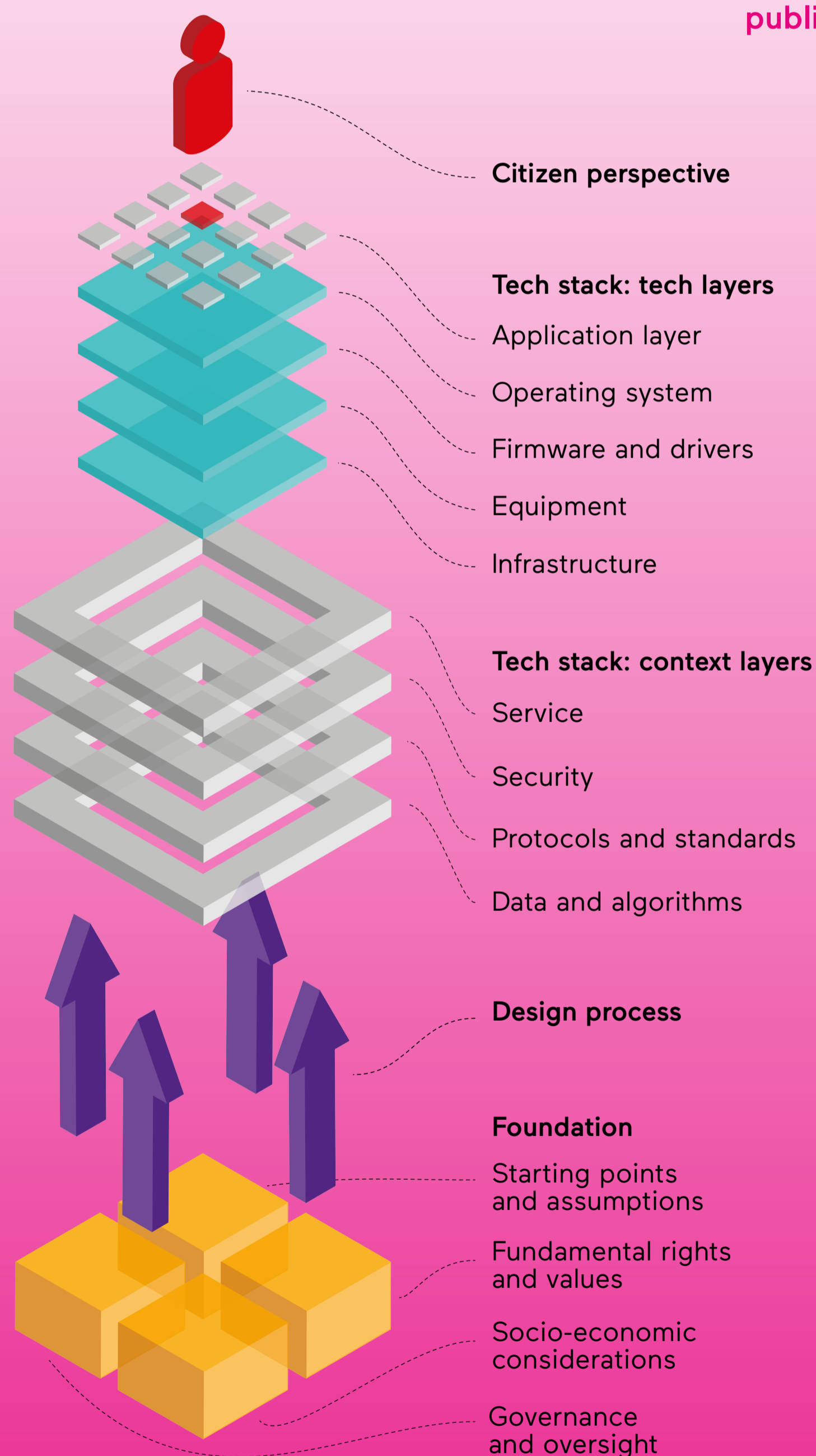


Get to know Waag Futurelab's Public Stack!

When you look at technology, you see only the outside, but there's lots going on beneath the surface. Why would you bother yourself with all that complexity? If it works, it works, right?



publicstack.net



The Public Stack is a design framework to make sure that technology stacks take into account values, laws, the affected users and non-users, as well as the purposes and impacts from using the technology.



waag  futurelab

The logo for waag futurelab. It consists of the word 'waag' in a bold, black, sans-serif font, followed by a black circular icon containing a white house-like shape, and then the word 'futurelab' in a bold, black, sans-serif font.