



# Digital Detox

Bernard Collins-Nocker

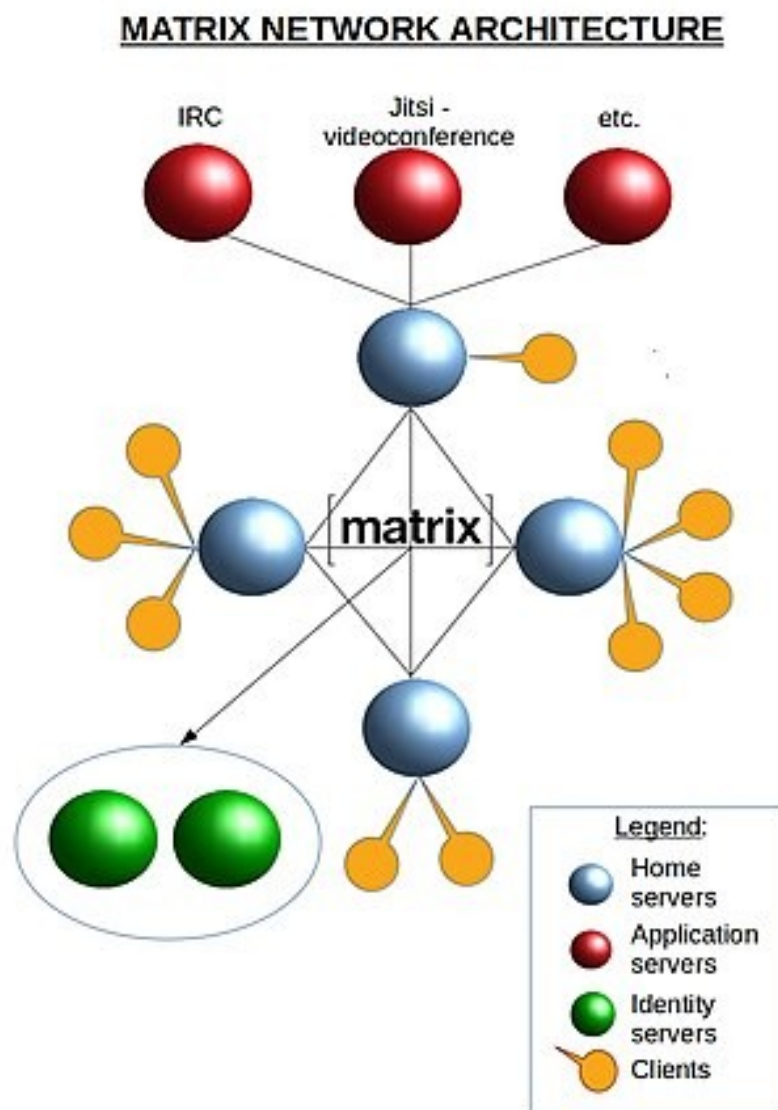


# Digitaler Minimalismus

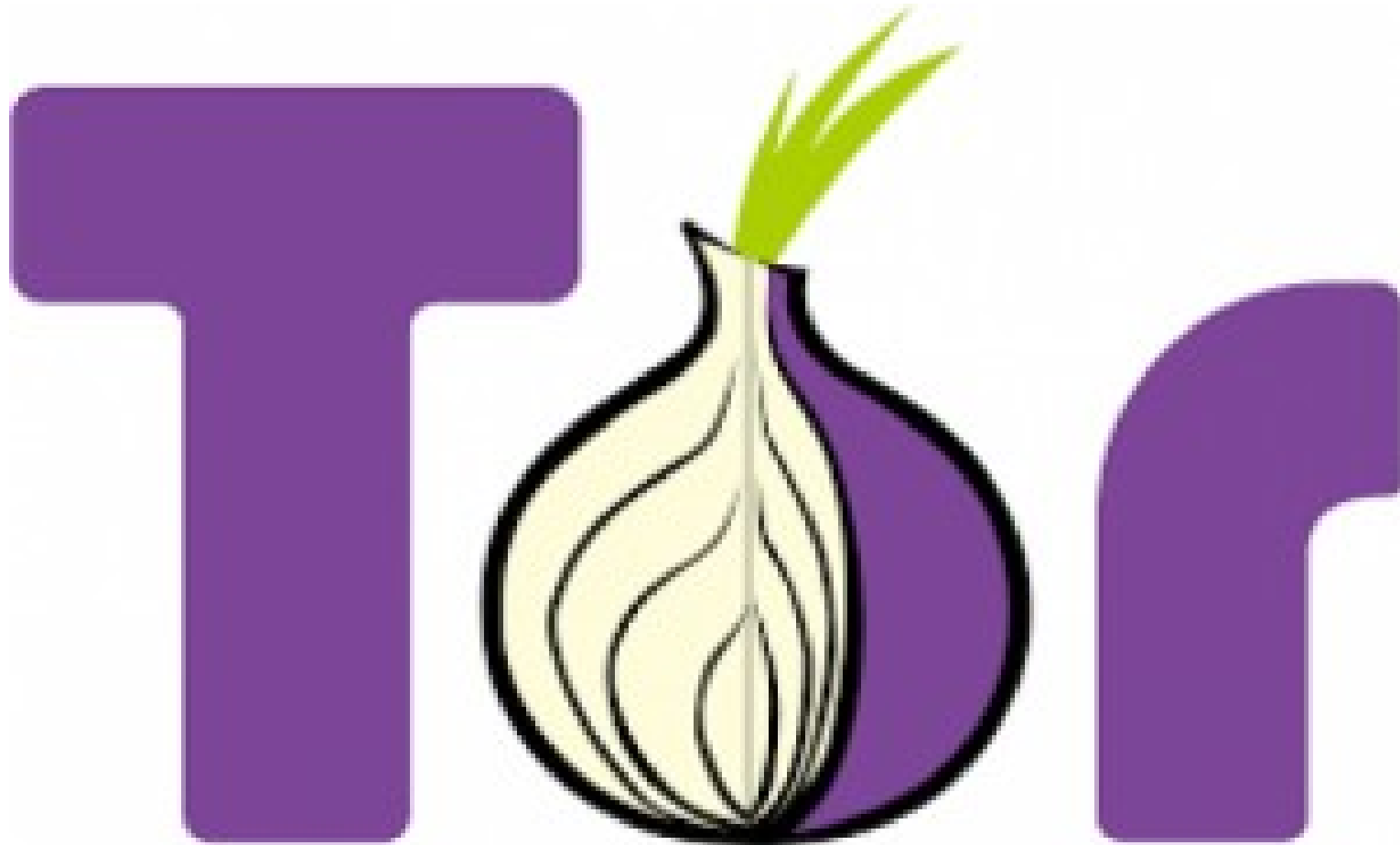
- Turn off Wifi
- Turn off Bluetooth
- Turn off Mobile Data
- Use mobile at specific times for specific purposes
- Practice digital detox
- Don't feed the trolls

# Escape route

- Tor
- Tails
- Signal/Threema/Matrix...
- ProtonMail/...
- BitCoin/...
- Burner Phone
- **DIY HW, SW**



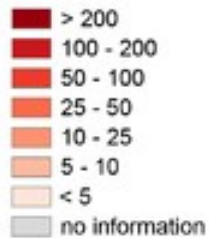
# HowTo 2: Crypto Net



# Who else is using Tor?

## The anonymous Internet

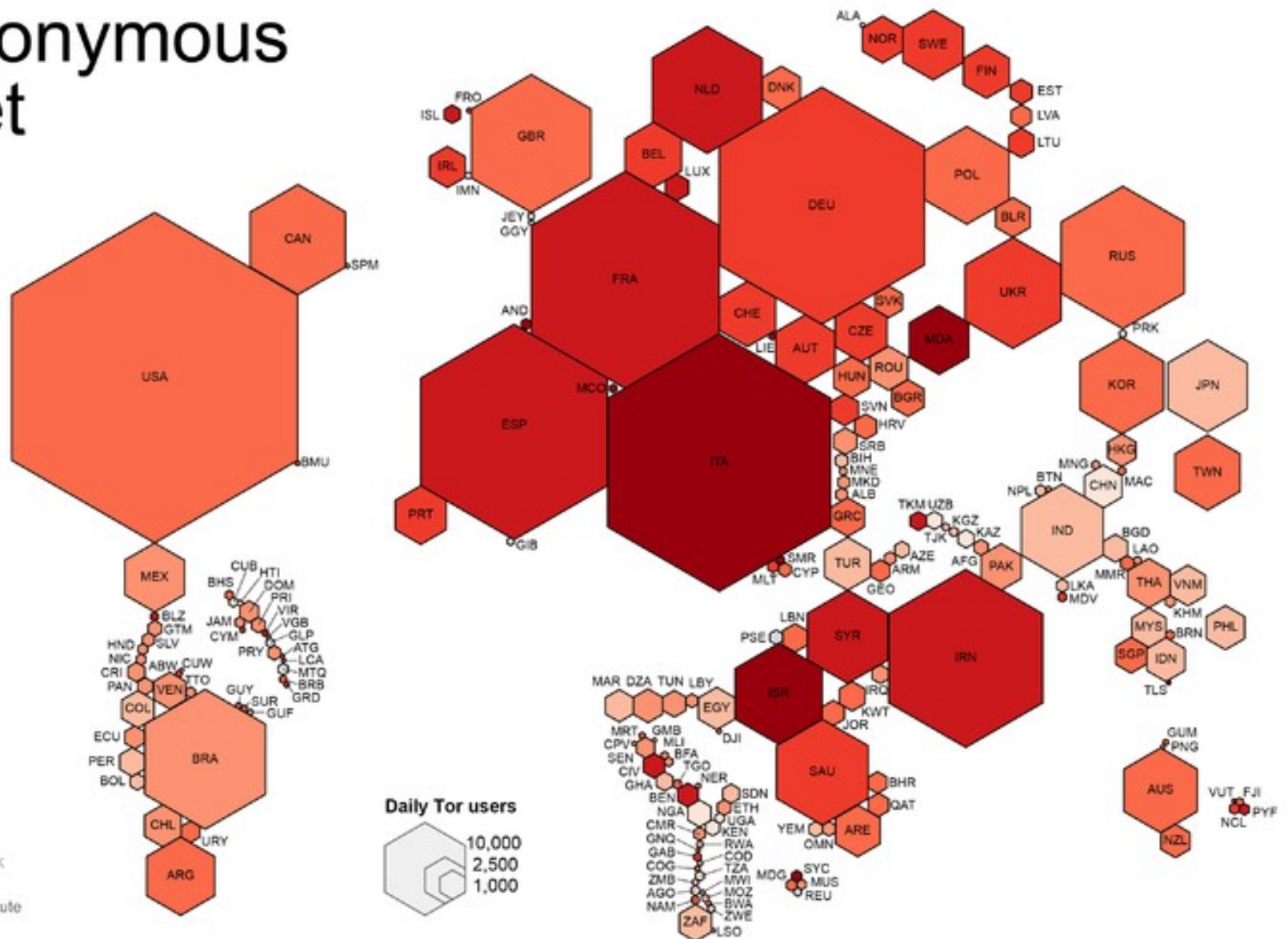
Daily Tor users  
per 100,000  
Internet users



Average number of  
Tor users per day  
calculated between  
August 2012 and  
July 2013

data sources:  
Tor Metrics Portal  
metrics.torproject.org  
World Bank  
data.worldbank.org

by Mark Graham  
(@geoplace) and  
Stefano De Sabbata  
(@maps4thought)  
Internet Geographies at  
the Oxford Internet Institute  
2014 • geography.oii.ox.ac.uk



# HowTo 3: Crypto OS



Tails is built upon [Debian](#).

Free  
Software

Tails is [Free Software](#).



Tails sends its traffic through [Tor](#).

# MS Software is Malware ;)



**GNU** Operating System

Sponsored by the Free Software Foundation

<https://www.gnu.org/philosophy/malware-microsoft.html>

# HowTo 4: Crypto Messenger





# Data Retention?



<https://www.heise.de/newsticker/meldung/Vorratsdatenspeicherung-vorerst-nicht-fuer-Messenger-wie-WhatsApp-3631165.html>

# HowTo 5: Crypto Money



Mobile



Desktop



Hardware



Web



Bitcoin  
Core



Bitcoin  
Knots



MultiBit HD



Armory



Electrum



mSIGNA



Bitcoin  
Wallet



Copay



Airbitz



breadwallet



Trezor



Ledger  
Nano

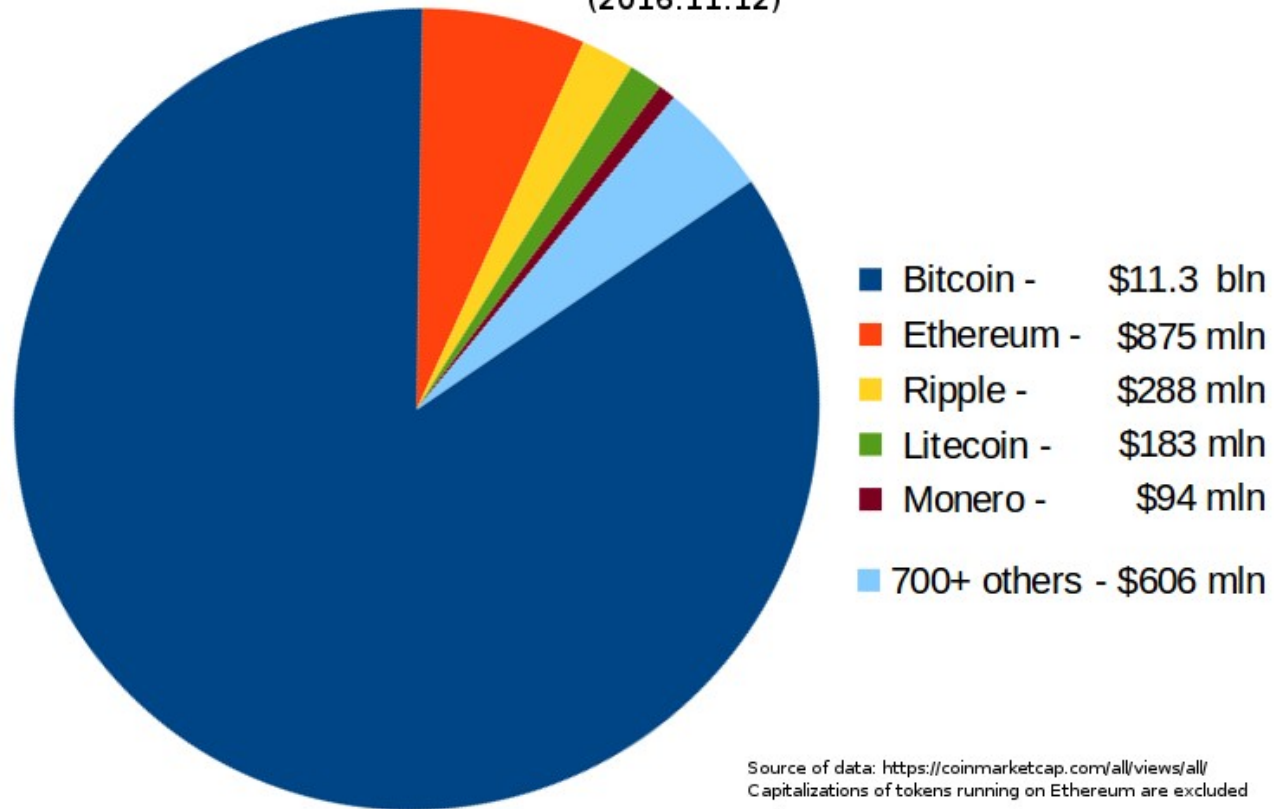


**Take time to educate yourself**

<https://bitcoin.org/en/choose-your-wallet>

# And more...

Crypto-currency market capitalizations  
(2016.11.12)



<https://en.wikipedia.org/wiki/Cryptocurrency>

# HowTo 6: Burner Phone



<https://theintercept.com/2017/02/20/how-to-run-a-rogue-government-twitter-account-with-an-anonymous-email-address-and-a-burner-phone/>

# HowTo 7: Mask



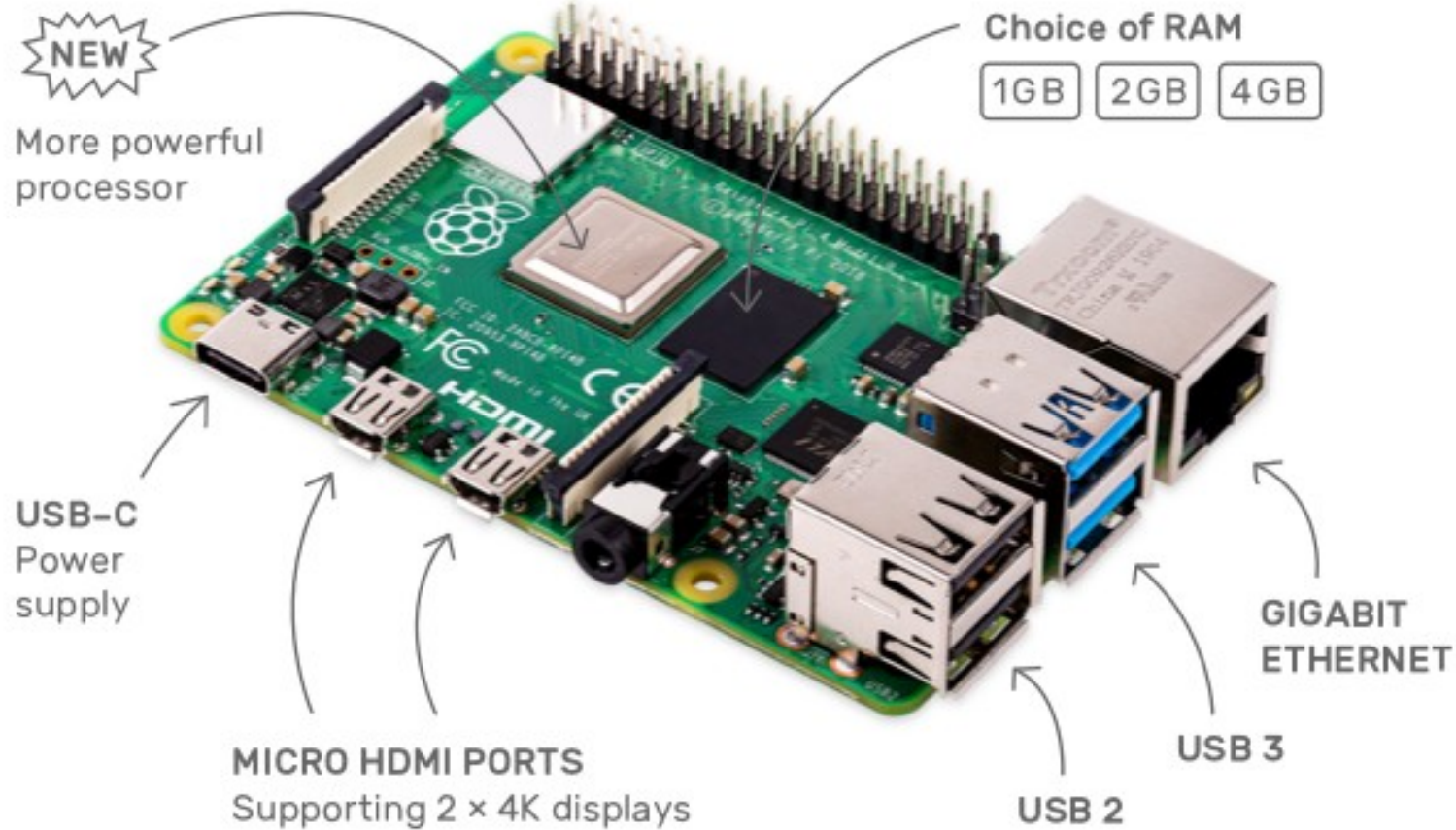
<https://www.heise.de/tr/artikel/Die-Schutzbrille-3605160.htm>  
|

:)



<https://www.heise.de/newsticker/meldung/Snapchat-Brille-Spectacles-wird-nun-auch-online-verkauft-3631396.html>

# HowTo 8: DIY HW



<http://www.spiegel.de/netzwelt/gadgets/raspberry-pi-tor-router-onion-pi-anonymisiert-surfen-im-web-a-907567.html>

# HowTo 9: DIY Cloud



<https://www.heise.de/security/meldung/BSI-warnt-vor-gefaehrdeten-Cloud-Servern-Ueber-20-000-deutsche-ownCloud-und-Nextcloud-Installationen-3656458.html>





# Hintergrund

# Überwachungs-Art

- Überwachungsstaat
  - Staatstrojaner
  - Vorratsdatenspeicherung
  - Contact-Tracing
- Überwachungskapitalismus
  - Tracking
  - Nudging
  - Herding

# Ökosysteme Hardware

- Ökosysteme Geräte
  - PC und Notebooks Microsoft Windows 10
  - Apple iOS
  - Google Android
  - Amazon Kindle Lesen
  - Amazon Echo Steuern



# Überwachungs-“dienste”

- G-MAFIA Cloud Alternativen
- WhatsApp Alternativen
- Instagram Alternativen
- Google-Search Alternativen
- YouTube Alternativen
- Gmail Alternativen
- Windows 10 Alternativen
- Skype Alternativen



# Alternativen?

- Nextcloud.com
- Signal.org, threema.ch, telegram.org, wire.com
- EyeEm.com, pinterest.com
- Startpage.com, duck.com,
- Dailymotion.com, vevo.com, vimeo.com
- Protonmail.ch, tutanova.com, zoho.com
- Linux, Linux, Linux und Open-source



# NO Google Maps

- Openstreetmap
- Qwant maps