

Look Up by Gary Turk

I have 422 friends, yet I am lonely.
I speak to all of them every day, yet none of them
really know me.
The problem I have sits in the spaces between
Looking into their eyes, or at a name on a screen.
I took a step back and opened my eyes,
I looked around and realised,
That this media we call social is anything but
When we open our computers and it's our doors
we shut
All this technology we have, it's just an illusion/
ψευδαίσθηση
Community, companionship, a sense of inclusion/
κοινωνική ένταξη
But when you step away from this device of
delusion/ αυταπάτη
You awaken to see a world of confusion/ σύγχυση.
A world where we're slaves to the technology we
mastered
Where information gets sold by some rich greedy/
άπληστο bastard
A world of self-interest, self-image and self-
promotion
Where we all share our best bits but, leave out the
emotion. /συναίσθημα
We're at our most happy with an experience we
share,
But is it the same if no-one is there?
Be there for your friends and they'll be there too,
But no-one will be if a group message will do.
We edit and exaggerate, crave adulation
/Επεξεργαζόμαστε και υπερβάλλουμε, λαχταρούμε
τον θαυμασμό
We pretend not to notice the social isolation
/Προσποιούμαστε ότι δεν παρατηρούμε την
κοινωνική απομόνωση
We put our words into order and tint our lives a-
glistening
We don't even know if anyone is listening.
Being alone isn't a problem let me just emphasize

If you read a book, paint a picture, or do some
exercise
You're being productive and present, not reserved
and recluse/ Είστε παραγωγικοί και παρόντες, όχι
συγκρατημένοι και ερημίτες
You're being awake and attentive and putting your
time to good use.
So when you're in public, and you start to feel
alone
Put your hands behind your head, step away from
the phone
You don't need to stare at the menu, or at your
contact list
Just talk to one another, learn to co-exist.
I can't stand to hear the silence of a busy commuter
train/ Δεν αντέχω να ακούω τη σιωπή ενός
πολυσύχναστου προαστιακού τρένου
When no one wants to talk for the fear of looking
insane.
We're becoming unsocial, it no longer satisfies
To engage with one another, and look into
someone's eyes.
We're surrounded by children, who since they were
born,
Have watched us living like robots, who now think
it's the norm./ Μας έχουν παρακολουθήσει να
ζούμε σαν ρομπότ, που τώρα πιστεύουν ότι είναι ο
κανόνας
It's not very likely you'll make world's greatest dad,
If you can't entertain a child without using an iPad
When I was a child, I'd never be home
Be out with my friends, on our bikes we'd roam/ με
τα ποδήλατά μας περιπλανιόμασταν
I'd wear holes in my trainers, and graze up my
knees
We'd build our own clubhouse, high up in the trees
Now the park's so quiet, it gives me a chill/ Τώρα το
πάρκο είναι τόσο ήσυχο, που με κάνει να
ανατριχιάζω
See no children outside and the swings hanging
still./ κούνιες να κρέμονται ακίνητες

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There's no skipping, no hopscotch, no church and
no steeple/ Δεν υπάρχει χοροπηδητό, κουτσό,
εκκλησία και καμπαναριό
We're a generation of idiots, smart phones and
dumb people.
So look up from your phone, shut down the
display/ κλείστε την οθόνη
Take in your surroundings, make the most of today/
Απολαύστε το περιβάλλον σας, αξιοποιήστε στο
έπακρο το σήμερα
Just one real connection is all it can take
To show you the difference that being there can
make.
Be there in the moment, that she gives you the
look
That you remember forever as when love overtook
The time she first held your hand, or first kissed
your lips
The time you first disagreed but you still love her to
bits
The time you don't have to tell hundreds of what
you've just done
Because you want to share this moment with just
this one
The time you sell your computer, so you can buy a
ring
For the girl of your dreams, who is now the real
thing.
The time you want to start a family, and the
moment when
You first hold your little girl, and get to fall in love
again.
The time she keeps you up at night, and all you
want is rest
And the time you wipe away the tears as your baby
flees the nest./ Και τη στιγμή που σκουπίζετε τα
δάκρυα καθώς το μωρό σας φεύγει από τη φωλιά.
The time your baby girl returns, with a boy for you
to hold
And the time he calls you granddad and makes you
feel real old.

The time you've taken all you've made, just by
giving life attention. /Ο χρόνος που έχετε πάρει όλα
όσα έχετε κερδίσει, απλώς δίνοντας προσοχή στη
ζωή.
And how you're glad you didn't waste it, by looking
down at some invention. / Και πόσο χαίρεσαι που
δεν το σπατάλησες, κοιτάζοντας κάποια εφεύρεση.
The time you hold your wife's hand, sit down
beside her bed,
You tell her that you love her and lay a kiss upon
her head.
She then whispers to you quietly as her heart gives
a final beat/ Στη συνέχεια σου ψιθυρίζει ήσυχα
καθώς η καρδιά της δίνει έναν τελευταίο χτύπο
That she's lucky she got stopped by that lost boy in
the street.
But none of these times ever happened, you never
had any of this.
When you're too busy looking down, you don't see
the chances you miss. / Όταν είσαι πολύ
απασχολημένος κοιτάζοντας κάτω, δεν βλέπεις τις
ευκαιρίες που χάνεις.
So look up from your phone, shut down those
displays
We have a final act existence, a set number of days
Don't waste your life getting caught in the net,
As when the end comes nothing's worse than
regret.
I'm guilty too of being part of this machine,
This digital world, we are heard but not seen.
Where we type as we talk, and we read as we chat
Where we spend hours together without making
eye contact
So don't give into a life where you follow the hype/
Μην ενδίδετε λοιπόν σε μια ζωή όπου ακολουθείτε
τη μόδα/ διαφημιστική εκστρατεία
Give people your love, don't give them your 'like'
Disconnect from the need to be heard and defined
Go out into the world, leave distractions behind.
Look up from your phone. Shut down that display.
Stop watching this video. Live life the real way.