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**Offline, unplugged, disconnected...
a postphenomenological inquiry into absence-relations to technology**

How do we relate to technologies when absent, when turned off, not in use? How to think of mediation of disconnection? Apps that are designed to keep us away from apps such as Apple's Screen Time or AppDetox promise to give more 'off time', they also mark the parading shift within public attitude towards technologies. Even when dystopian panic and utopian hysteria are put aside, there is a nostalgia towards the analogue. Conditions of 'offline, unplugged, disconnected' have become an almost trendy desire of a temporarily Internet - free being. The quantitative qualities of being with the virtual OR the natural body can be felt. We have come to understand our technological gadgets as more than tools or objects to be studied separated from us. We acknowledge their relational character. Well known American philosopher of technology Don Ihde's concept of Postphenomenology offers a systematic approach to decode human – technology – world relations. He emphasizes the plurality of Technologies and Technics as well as their non-neutral nature. Functionalities are multi-stable and cannot be fully anticipated within the design process. Ihde's equations open up methods especially useful for designers and increasingly fruitful amongst artists. How can the phenomenon of the absent of a technology be conceptualized within Postphenomenology. Can it be put under the lens of historical variations? Just consciousness of a technology alters the lifeworld - that is not whole - until disconnection becomes part of it. With speculative artistic methodologies I aim to coin down the terminology 'absence-relation' to describe these phenomena.