

THE ADVENTURES OF A DIGITAL OUTSIDER

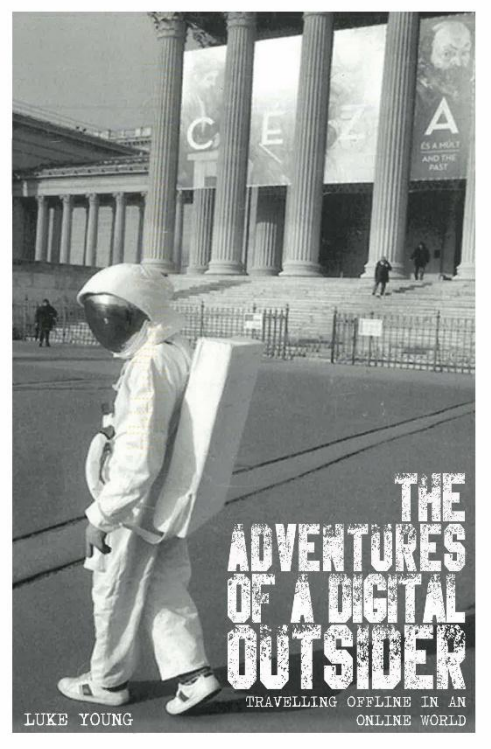
TRAVELLING OFFLINE IN AN
ONLINE WORLD

**HE TURNED OFF HIS PHONE AT 18.
THEN HE CROSSED EUROPE ALONE.**

Brighton-based author Luke Young announces the release of *The Adventures of a Digital Outsider*, a powerful memoir that begins with a life-altering decision to disconnect from the online world and later follows his bold attempt to travel across Europe without a mobile phone. Luke's story moves from the depths of teenage crisis to an extraordinary interrail adventure that stretches from Barcelona to Istanbul, undertaken entirely without digital navigation or the safety net of constant connectivity.

As a teenager in the late 2010s, Luke reached what he describes as a life-threatening relationship with the online world. "My relationship with the online world became so overwhelming that switching it all off was the only way I could stay alive," he says. "I was eighteen when I walked away from every platform and hid myself from the world I had grown up inside."

The book explores the difficulties and clarity of living without a smartphone in a society shaped by constant connection. Luke reflects on the emotional cost and the day-to-day challenges of choosing a mostly offline life. "It was difficult, confusing and sometimes painful," he explains. "But the small reward of simply feeling fine was worth every obstacle."



Luke's phone-free interrail journey began by visiting a friend in Barcelona, before flying to Prague, where he set off on a route that would take him through several European countries and finish in Istanbul. With no apps, no digital maps and no instant access to information, the trip became an experiment in instinct and openness to chance.

"I planned everything before I left," Luke says. "Accommodation, routes, transport times, all of it. Once I was on the move, I decided I would just see what happened. I know it sounds a bit bonkers, but I wanted to experience the unlikely moments that appear only when you are not staring into a screen."

There were difficult moments, and travelling solo without a device came with real uncertainty. Yet the journey offered a kind of freedom he had not felt in years. "Things were slightly more difficult without a device," he says. "But it was all worthwhile. Disconnection forced me to be alert to the world in front of me and to rely on my own judgement."



Luke eventually emerged from years of depression and isolation with a deeper understanding of how to live both emotionally and physically outside the digital mainstream. "Life can feel shaky at times," he admits. "My social standing and relationships often feel uncertain. But if we treat life with the respect we would give a loved one, it finds a way to steady itself."

Luke holds a master's degree in Intellectual History from the University of Sussex and works as a support worker caring for disabled young people and adults. He has spoken to school groups and mental health organisations about e-safety and the psychological impact of digital culture. He is also a keen runner who has completed two marathons, including one in support of MIND.

The Adventures of a Digital Outsider offers a vivid and moving portrait of resilience, self-discovery and what it means to search for belonging without the constant presence of a screen.