

Vol. I

Hinge

Hinge Phonebook

One More Hour by Hinge

The Hinge Phonebook is a phone- shaped book filled with ideas to unplug from your phone

It was created to inform, entertain, and inspire... with ideas to encourage you to spend more time with others IRL.

This book is part of Hinge's One More Hour initiative—which was born out of how much time we all spend online and in front of our screens. And it focuses on how in-person connection is a major way we can combat the loneliness epidemic.

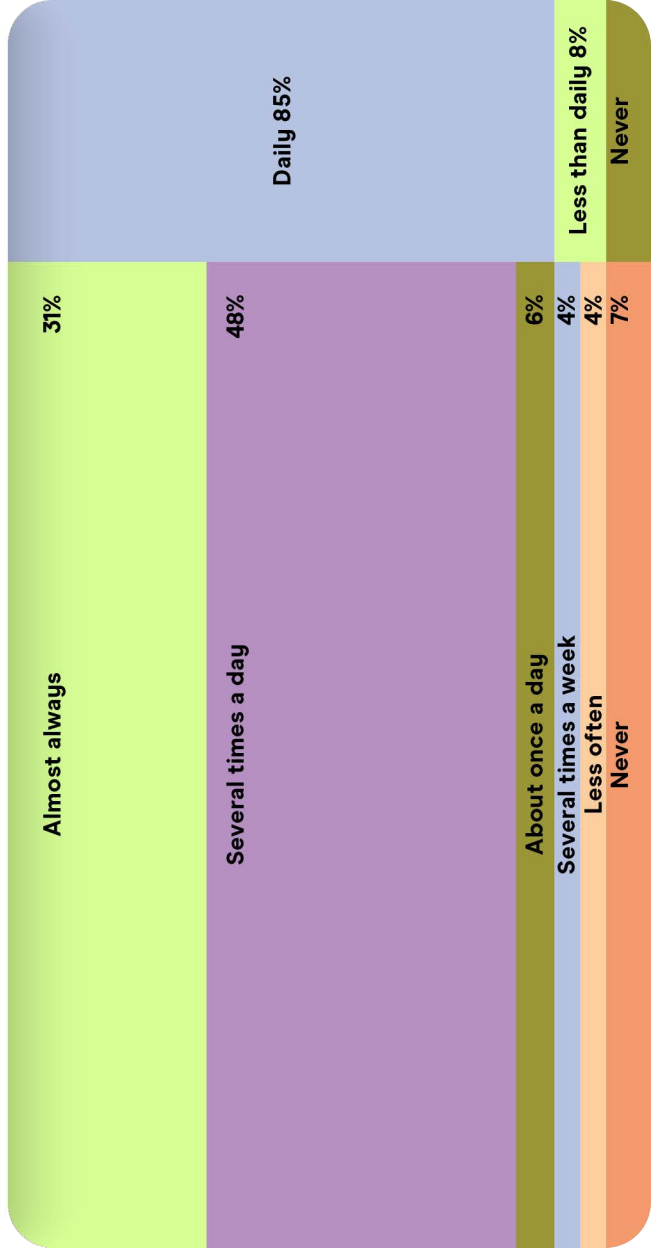
We hope the ideas in this book inspire you to have some fun and memorable tech-free moments with others.

Once you've had a chance to unplug, share what you got up to with #OneMoreHour.

About 3-in-10 U.S. adults say they are “almost always” online

That means it’s “almost always” a good time to log off and do something else for a bit.

Data source: Pew Research Center



Winging it

A complete guide to birdwatching in 100 words or less

Listen to their calls, appreciate their plumage, and complete this handy checklist as you birdspot – without having to get too into the shrubbery. Enjoy.

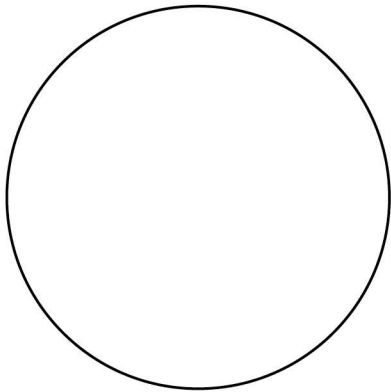
DESCRIPTION	NOTED
A bird you saw when you stepped outside.	
A bird that has been singing for a very long time.	
A bird in a tree.	
A bird you know the name of: _____.	
A bird you spotted at night.	
A pigeon.	
Something you thought was a bird but ultimately was not.	
A bird on a windowsill looking in.	
A bird eating something off the sidewalk.	
A picture of a bird in the logo of a company.	
A flock of birds flying in formation.	
A bird you can hear, but you cannot see.	

Birdwatching is a great way to get outdoors
and connect with nature

Illustration by Manon Cezaro

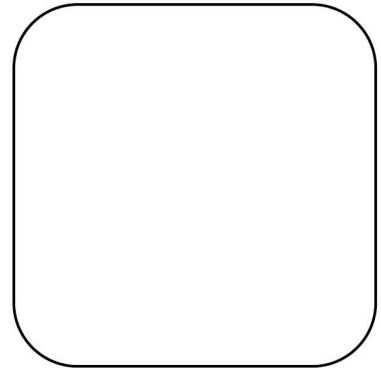


Welcome to the pages
specially designed for
tapping on



**On average we tap our phones
2,617 times a day**

Miss that feeling? Try tapping the shapes
we have carefully placed on these pages,
and let us know which you prefer.



Hinge prompts to use IRL

Teach me something
about...

Try to guess this
about me...

Do you agree or
disagree that...

Something people
misunderstand
about me...

A random fact
I love is...

Never have I ever...

My last journal entry
was about...

To me, relaxation is...

I feel most supported
when...

The one thing
you should know
about me is...

Talk to the plants...

Listen to some music together. Studies show that plants enjoy classical and touch of jazz.

Have a great conversation about the weather.

Discuss personal and plant-related growth.

Source: How plants sense and respond to their environment, RHS study

Researchers have found that plants grow faster when you have positive conversations with them.


Take a moment to have a nice chat with your cactus or fiddle-leaf fig today. Here are some handy conversation starters.

Compliment how their leaves are looking.

Reminiscence memorable moments, like when you first met in the plant shop.

Ask someone how they're feeling today

Only 33% of people feel they have someone they can easily turn to for support.

How would you respond? 

Great % Excited

Happy

Wonderful % Content

Meh % Calm

Alright

Good % Fine

Okay

Fantastic % Delighted

Neutral

Serene % Relaxed

Peaceful

Glum % Anxious

Nervous % Worried

Sleepy

Rested % Joyful

Satisfied % Upbeat

Cheerful

Energetic

Lively % Apathetic

Indifferent

Pleased

Amused % Optimistic

Enthusiastic

Relieved

Overwhelmed

Confident

Grateful % Delicate

Somber

Lonely

Bummed

Mellow % Pensive

Thoughtful

Reflective

Stressed % Tired

Exhausted

Take a sketchie

It's like a selfie,
but you draw it.

Step 1

Grab a friend.

Step 2

Pose by a mirror/reflective surface.

Step 3

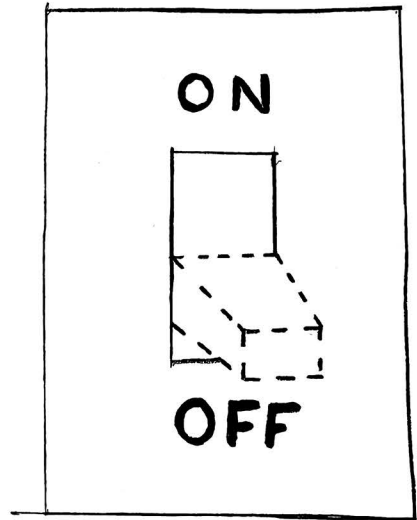
Stay there for as long as it takes you to sketch this moment in your own unique art style.



47%
of young
people wish
there was an
easier way
to switch off
from social
media

While there isn't an actual switch that we know of, you can still symbolically turn off the internet here.

INTERNET
MASTER SWITCH



Complete the drawing to turn it off.

Swap your phone for some classic literature

(This book definitely does not count)



18 percent of 18-29 year olds haven't read a book in the last year. Let's change that.

Data source: Pew Research Center

Illustration by Billy Slicks

On this page are the first 200 words of public domain classic *Dracula*. Enjoy.



3 May. Bistritz.— Left Munich at 8:35 P. M., on 1st May, arriving at Vienna early next morning; should have arrived at 6:46, but train was an hour late. Buda-Pesth seems a wonderful place, from the glimpse which I got of it from the train and the little I could walk through the streets. I feared to go very far from the station, as we had arrived late and would start as near the correct time as possible. The impression I had was that we were leaving the West and entering the East; the most western of splendid bridges over the Danube, which is here of noble width and depth, took us among the traditions of Turkish rule.

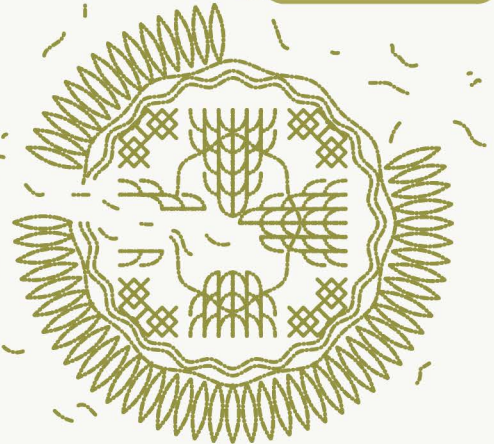
We left in pretty good time, and came after nightfall to Klausenburgh. Here I stopped for the night at the Hotel Royale. I had for dinner, or rather supper, a chicken done up some way with red pepper, which was very good but thirsty. (Mem., get recipe for Mina.) I asked the waiter, and he said it was called “paprika hendl,” and that, as it was a national dish, I should be able to get it anywhere along the Carpathians. I found my smattering of German very useful here; indeed, I don't know how I should be able to get on without it.

SAVE A SEED



Fermentation and seed saving are acts of care.

Made with
MOLD



- 1 Start with a pepper. Eat fresh or in your favorite recipe.
- 2 Don't discard the insides. Scrape pepper seeds and pulp into a glass jar.
- 3 Cover with water.
- 4 Ferment 3–5 days, stirring once a day.
- 5 Pour out water and separate the seeds from pulp.
- 6 Rinse and place clean seeds on a paper towel to dry.
- 7 Once dry, store or plant the seeds.

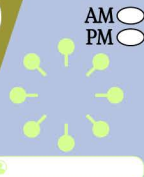
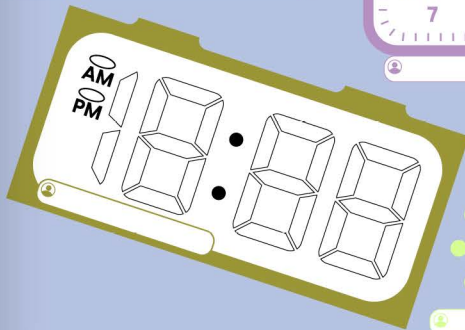
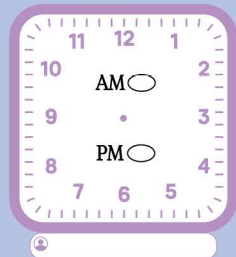
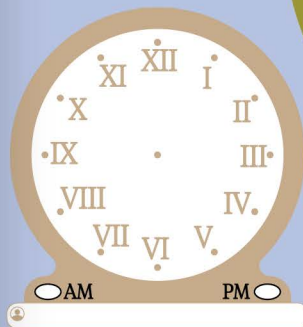
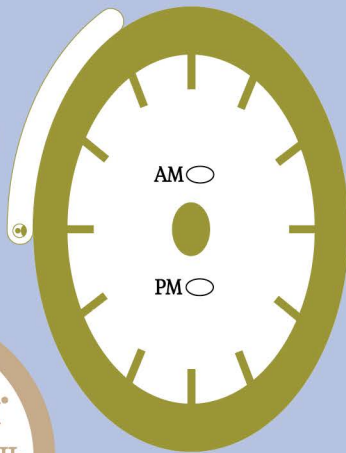
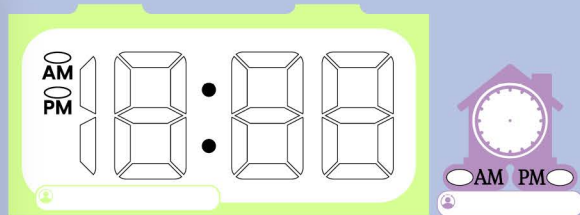
MOLD is an online and print magazine about designing the future of food. @thisismold

How are you doing o'clock

A good way to stay connected is to schedule a little time each day or week, to reach out to friends and family.

Whether it's a quick text, meeting up for coffee, or sending your neighbor a postcard from across the way.

Use the next page to plan out when you'll get in touch



These pages are designed to

remind you of someone

That smell



Those shoes



It can often be the most
random thing that
reminds you... it's time
to catch up.

This color



That place



This
cuisine



On average

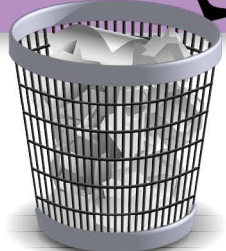
YOU SEE

about

7,500
online ads

every single day.

Data source: Yankelovich Market Research



But not today.



HOW TO MEDITATE WITH A FRIEND

N°1.



Find a chair for you
and your friend.

N°2.



Have a seat.

N°3.



Maintain an upright posture, as if
a string were lifting your head.

N°4.



Gently close your eyes.

N°5.



Ease any tension in your
shoulders and jaws.

N°6.



Inhale deeply, picture a floating
ball. As you breathe in, it rises.

N°7.



With each exhale, the ball falls
in sync with your breath.

N°8.



Other thoughts may enter
your head, let them pass.

N°9.



Inhale. Exhale. Maintain between
3-10 minutes. Breathe naturally.

N°10.



Gently open your eyes.
Repeat steps 1-10 daily.

RANDOM ACTS OF KINDNESS LLC

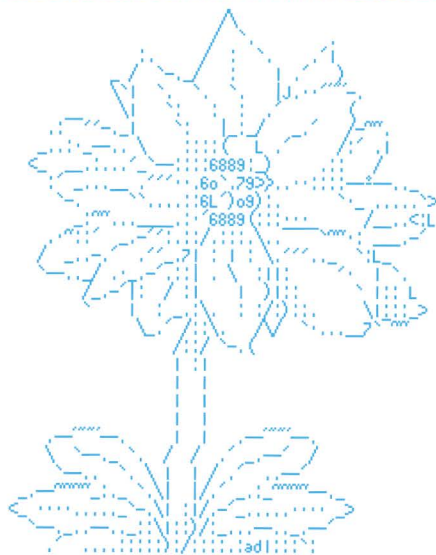
Doing good, does you good.
It does wonders for the soul and, well,
it's just a nice thing to do.



Here are a few ideas
to get you kindng...

- | | |
|--|-----|
| Leave a nice note in
a library book. | x2 |
| Order someone a surprise
lunch. | x10 |
| Plant a flower in a
neglected public place. | x5 |
| Buy a coffee for someone
behind you. | x10 |
| Leave money in the laundry
machine. | x3 |
| Buy extra groceries, then
donate them. | x5 |
| Compliment a stranger. | x50 |
| Leave someone a wildly
generous tip. | x5 |

*** SPECIAL OFFER ***



RANDOM ACTS

*** Available Worldwide ***
Open 24/7



SEE YOU
SOON!

1 in 4
young
people
feel like
they don't have
enough
close friends

Reach out to someone you haven't spoken to in a while.

One day, they may do the same for you.



Gotta cat 'em all!

**699 million
people watch cat-related
content every month**

Let the next few pages act as your
daily dose of cat content.

Then why not head out and do some-
thing else? (Cat-related or otherwise)





These pages left intentionally blank.
Enjoy a rare moment consuming nothing.

Grab a friend and start collecting something random for reasons you agree never to explain

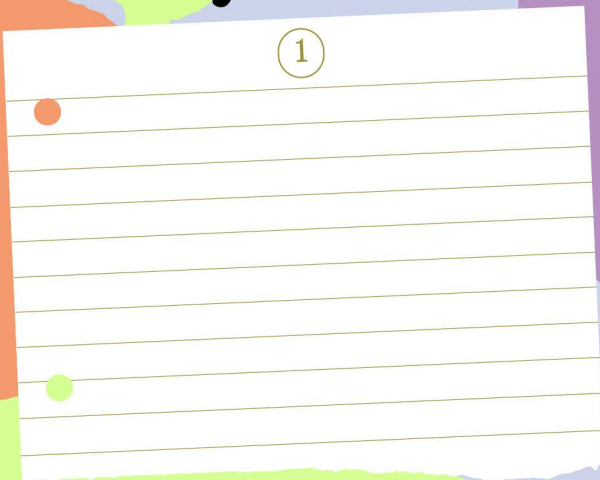


Collecting is a great way to strengthen relationships. It's also just fun.



What are three good things that happened today?

①



It takes just a few minutes to reflect on three highlights of your day, and it'll leave you feeling more positive and optimistic for tomorrow.

②



③



**Time not on
your phone,
is time well
spent with
others**

Display this sign wherever
it may be best put to use.



What age are kids when parents first buy or give them their own cell phone?

11-12

The average age that a young person gets a phone

is

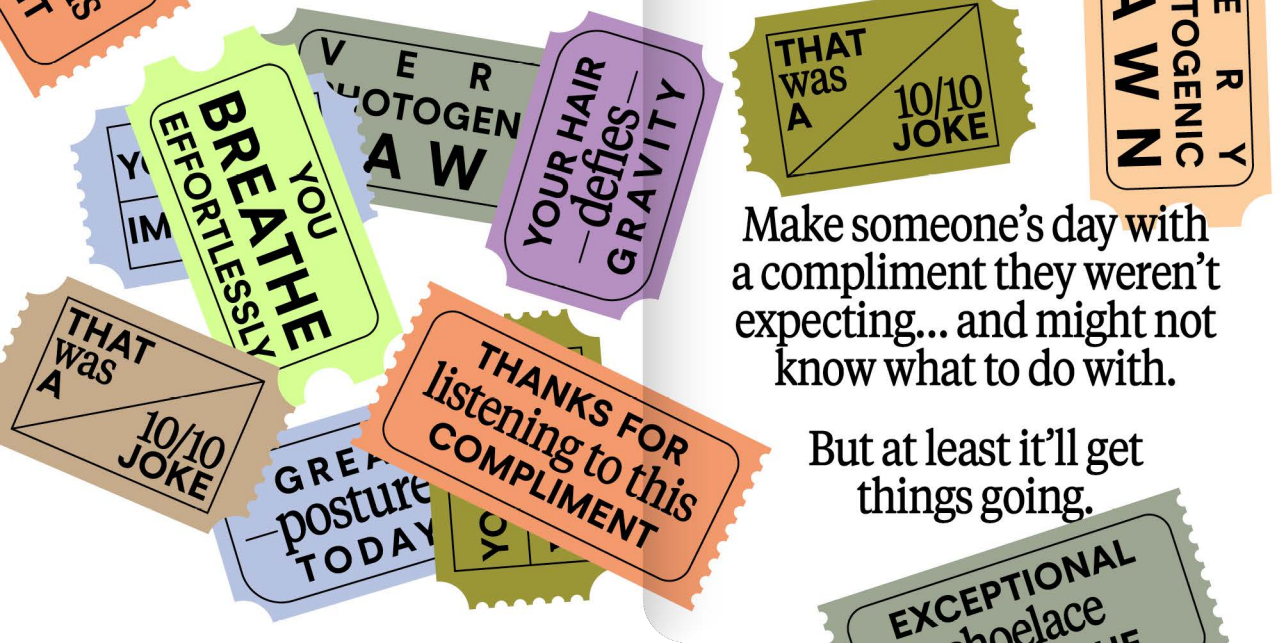
12

But that average age gets lower every year.

Source: First time cell ownership among children in the US. SellCell survey.



FREE COMPLIMENTS! *SPECIAL OFFER*

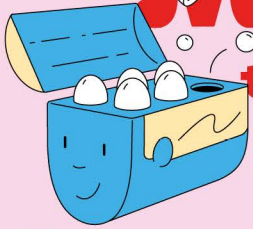


Make someone's day with a compliment they weren't expecting... and might not know what to do with.

But at least it'll get things going.

MAKE

a not
to-do



L I S T

Name: _____

Fill your not to-do list with things that don't deserve your time today, so you can be more present in the moment to focus on the things that do.


Not To-Dos	Priority
1 	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	

Illustration by Benedikt Rugar

These could be anything, from things you have to do but you don't have all the info, to general busywork, to tasks that could be delegated or done by someone else.

15	
16	
17	
18	
19	
20	
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	
31	
32	
33	
34	



Source: DoSomething Strategic & Hinge Social Connections Survey

This ticket entitles you free admission to any free activity in your area

THIS IS THE ALL-ACCESS PASS YOU'VE BEEN WAITING FOR.
DON'T DELAY – GRAB A FRIEND, GET OUT THERE AND ENJOY.

*Here are just
a few of the free things
you could be
doing... right now!*

- Looks-like-a-celebrity spotting
- Park bench philosophy club
- Guerrilla cheese tasting event
- Made-up museum tour
- Street art scavenger hunt
- Lying in a park, and doing nothing
- Walking a neighbor's cat

AND SO MUCH MORE.

ALL \$0.00

**TICKET
SPECIALE**

GRATIS

**FREE ADMISSION
to any free activity
in your area**

DOES NOT EXPIRE



Find some

and then put it in this book

NATURE



Spending time outdoors is good for the mind, and can help reduce stress.



Data source:
Frontiers in Psychology survey

How to press a flower

1. Go out, and find a flower. weight to it (using a rubber band can work too.)
2. Lay it down flat as possible in the book. Position as desired.
3. Close the book, and apply
4. Check daily until flower is dry and fully pressed.
5. Title, date, and enjoy.

Illustration by Katya Dorokhina

Title: _____ Date: _____

Title: _____ Date: _____



Title: _____ Date: _____



Title: _____ Date: _____



24%
prefer text

14%
like talking
on the phone

11%
would rather
email

8%
prefer to keep
it on social

43%
of young
People would
rather talk
face-to-face

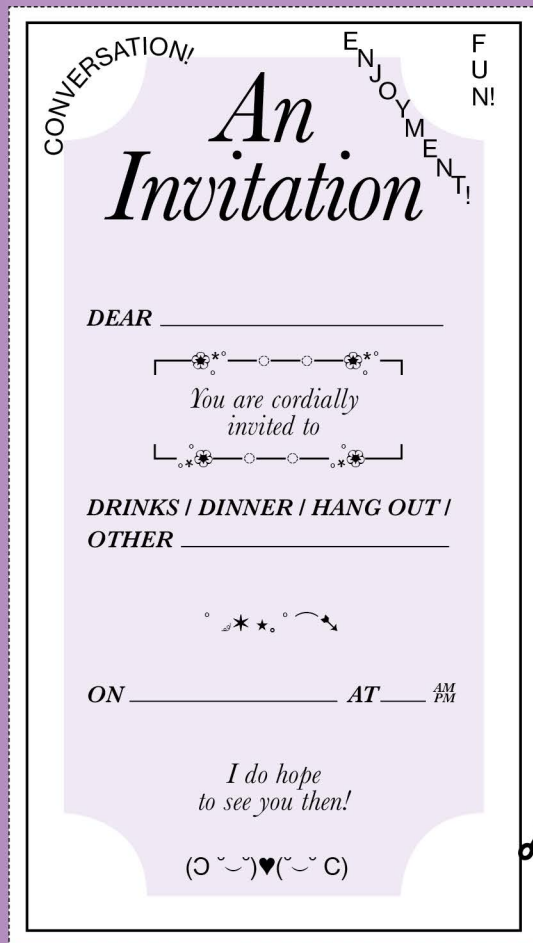
Invite someone to something they should have been invited to

69% of 18-25 year olds say they often feel left out



Next time you're organizing a meetup, a drinks, a dinner, or whatever – take a moment to think about who else might have enjoyed being there, and extend an invite.

We have included a beautifully crafted invite that you can hand deliver should you prefer.



The average U.S. adult will spend 44 years of their life staring at screens.

Have you seen that new show?

That's 6,259 hours a year.

Data source: Vision Direct research study

Or 382,652 hours 48 minutes over an average lifetime.

Illustration by Lena Weber

Which one? But also, yes.

Hit it off, wherever you find yourself

Learn how to say “hello” in some of the least-spoken languages in the world.

Kaixana, Brazil

“Xukuru”

Livonian, Latvia

“Tere”

Kallawayan, Bolivia

“Yupaychani”

“Kalahngan”

Satawalese, Satawal

“Yum tavat”

Khanti, Siberia

“Nacel”

Toda, (Tamil Nadu) India

“Selamat siang”

Austronesian, Indonesia

“Zdravo”

Istriot, Croatia

“Konnos”

Eteocretan, Crete

Nung, Cameroon

“Warradu”

Scrap & Dye

As a chef, DeVonn Francis always thinks about how to maximize his ingredients. In this way, what would typically be seen as waste – becomes a way to bring lesser used garments to life.



1.

Find fabric.



2.

Prep dye bath.



Made with
DeVonn Francis / Yardy

Prep vinegar bath.

3.

4. Dye fabric.



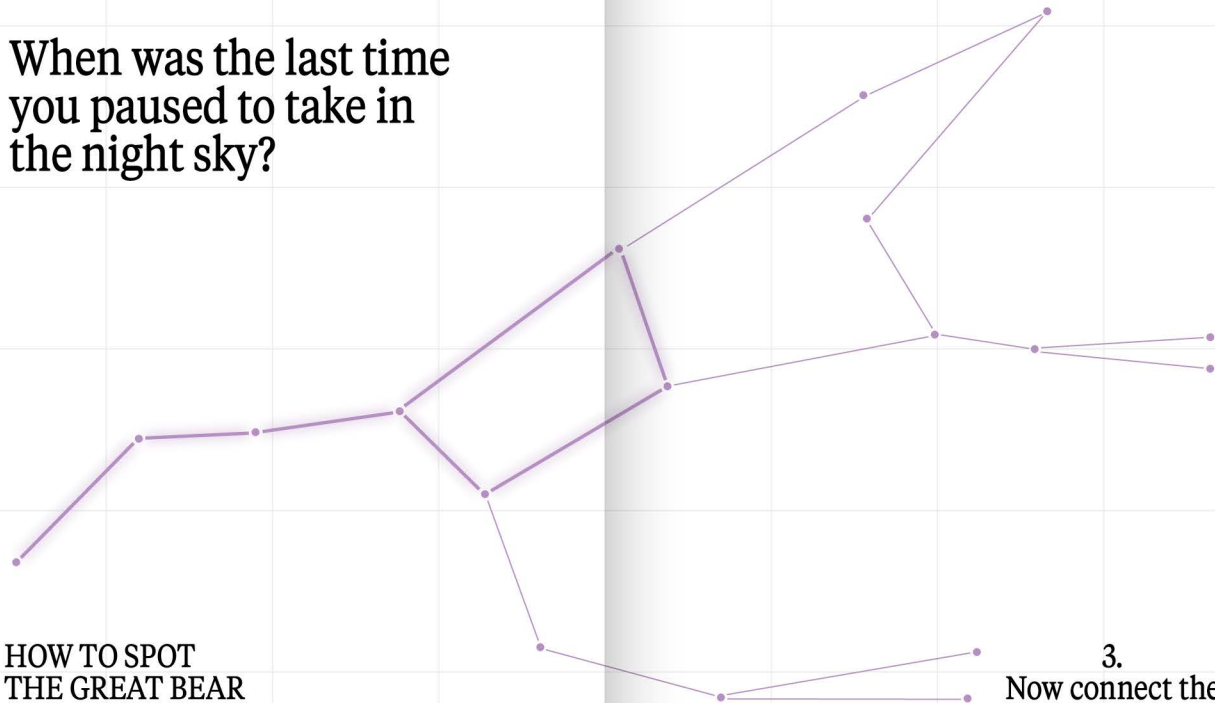
5.

Seal and dry.
(* Embellish if you wanna)

DeVonn Francis is the chef and Founding Director of Yardy World, a culinary studio that specializes in immersive food experiences and reimagining Caribbean cuisine.

SEE STARS IN YOUR EYES BECAUSE YOU ARE LOOKING DIRECTLY AT THEM

When was the last time
you paused to take in
the night sky?



HOW TO SPOT THE GREAT BEAR

The Great Bear
is one of the easiest
constellations
to see in North
America.

1.
Head to a dark area,
away from city
lights and look into
the sky.

2.
Face northwards,
and find the Big
Dipper (it looks a
bit like a saucepan).

3.
Now connect the
rest of the dots
to form the body,
head, and legs,
to reveal
The Great Bear
otherwise known
as Ursa Major.

Today, release your first public artwork to the world



Complete the artwork description card,
cut it out, and place it by something
out in the world to claim as your first
“found artwork.”

Title & Year:

Artist:

Description:

Medium & Dimensions:



**A lost shoe, a twig artfully lying
on the sidewalk, a bin poetically
overflowing with trash...**

**...any of these have the potential
to spark profound conversation
and connection between people.
The world thanks you.**

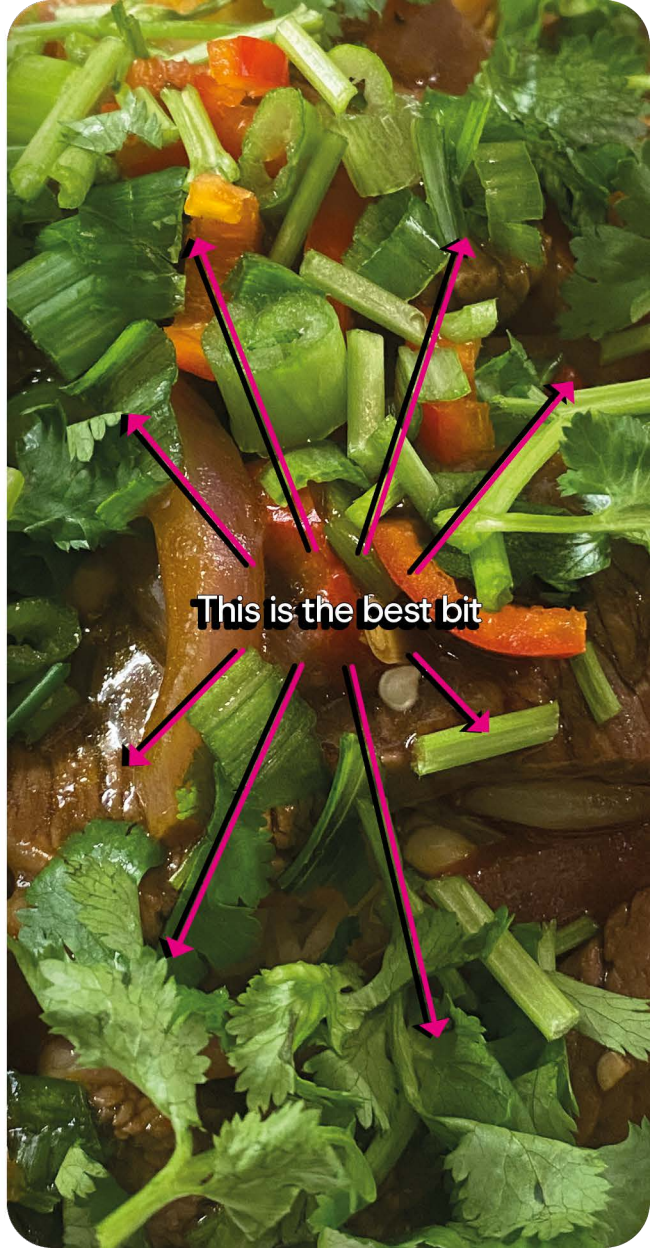
Lomo Saltado

Mama Val's family recipe



On average,
adults eat 10 out of 21
meals alone every week.
Why not cook something,
and eat together?

Data source: University of Oxford –
Social eating connects communities

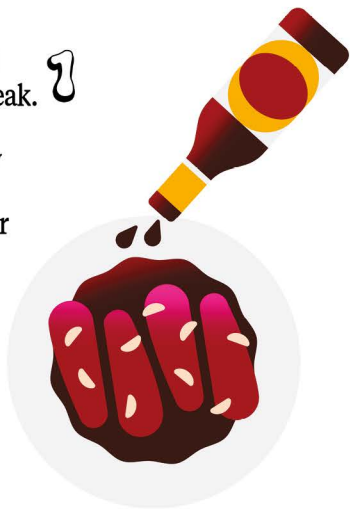


This page contains user-generated cooking

Mama Val, mom of a Hinge employee, has been kind enough to share her family recipe for a Peruvian-Chinese dish called **Lomo Saltado**. It's good.

Lomo Saltado

1 Marinate a pound of sliced sirloin steak. Add 8 splashes of soy sauce, a few cloves of minced garlic and leave for 30 mins.



2

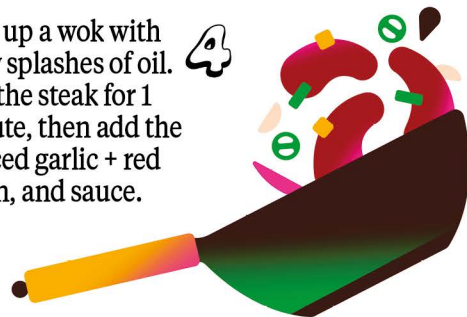
In a separate bowl, mince 5 cloves of garlic, finely chop some red onions. Leave to the side.



3

Sauce: mix 5-7 tbsp of light soy sauce, 1.5 tbsp of oyster sauce + red wine vinegar, 1 finely grated serrano pepper + 1 whole yellow pepper. Stir.

4 Heat up a wok with a few splashes of oil. Add the steak for 1 minute, then add the minced garlic + red onion, and sauce.



5

Your Lomo Saltado will be ready in just 8 minutes. Serve with white rice, french fries and garnish with red onions and jalapenos.



101 United States of America

NOW PLAYING Nature — The greatest reality show on Earth

This week, two squirrels go head-to-head over acorns they...

■ Step

■ Out

■ And

■ Enjoy

this page
was written
by hand



The pencil is

the original stress ball

Writing things by hand helps you connect with your emotions in a deeper way. It lets you better understand and process your thoughts than when typing on a screen.

So write something here. The start of a novel. A shopping list. A joke you think is incredibly funny but no one else does. Anything goes...

GIVE AN ANIMAL A LOVING ACCOUNTANT, LEGAL ADVISOR, OR COPYWRITER

MANY ANIMAL SHELTERS ARE
RUN ENTIRELY BY VOLUNTEERS.

THERE ARE LOTS OF SKILLS THEY NEED
THAT MOST PEOPLE DON'T EVEN REALIZE.
WHAT CAN YOU HELP OUT WITH?



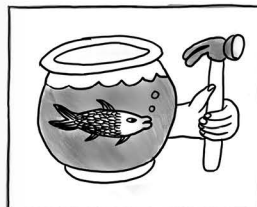
ACCOUNTANTS

HELP WITH KEEPING ON TOP OF FEES FROM
DONATIONS, GRANTS AND MORE.



COPYWRITERS

HELP ADOPTERS FALL IN LOVE WITH THEIR
BEST FRIENDS BY WRITING SHARP, WITTY INTROS.



DIY-ERS

FROM HELPING UPDATE
THE SHELTER, TO EVERY-
DAY FIXES ON KENNELS.



LAWYERS

HELP SHELTERS STAY ON
TOP OF CONTRACTS,
LEGAL FORMS, AND
PARTNERSHIPS.



PHOTOGRAPHERS

GOOD QUALITY PHOTOS CAN MAKE ALL THE
DIFFERENCE TO GETTING ANIMALS ADOPTED QUICKLY.

Saying this one small thing
can make a big difference

to someone who needs
to hear it

“I’m here
for you”

The Sky Wheel

A diary for noting
the sky's color.
Align the book

next to the sky
and mark the
corresponding color



We're sorry, these pages could not find an internet connection.

Please try another page

CODE: #23-HING3-273



GO FOR GREEN IN A FOREST

Also known as “Shinrin-yoku” in Japanese, this practice is all about spending time with trees to unplug and connect with nature.

It's good for both physical and mental well-being, and is proven to increase feelings of happiness.

Illustration by ancco

Forest bathing doesn't have to involve big treks. It can be as simple as short strolls in any natural environment, while you consciously take in what's around you.

Source: Can forest therapy enhance health and well-being?
Harvard Health Publishing

This calls for a dinner party

A Wednesday night of
a very slow week
•
Your pet's approximate birthday
•
A craving for shrimp cocktail
•
Merging friend groups
•
Bolognese (nonna's recipe)
simmered for hours
•
Finally the proud owner
of a dining table
•
A thank you
•
(Feels like) the longest day
of the year
•
The first spring produce
•
It's the series finale
•
No occasion at all

Steak Diane is a hostess. Though she hasn't the slightest idea how to turn on her oven, she adores the art of setting the table and bringing people to it.

Made with
Steak Diane



Steak Diane is the drag alter ego of NY-based art director Todd Heim.

Anytime is the right time for a dinner party. These are ten everyday occasions that call for bringing friends together, old and new, around the table, because... why wouldn't you?

Hang on a minute!

Imagine the universe's 13.8 billion-year history compressed into one year. Each day is represented by the 365 dots on this page. The first dot is Jan 1st – The Big Bang, and the start of the universe. Oxygen started to fill the atmosphere at dot 300. Dinosaurs came and went by dot 359. And all of human existence has occurred in the last minute of the last dot. We are there in that single moment together, right now.

What are you going to do with it?

Unplugging has never

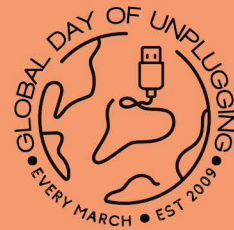
tasted better





Unplug Collaborative is a 501(c)(3) nonprofit that organizes Global Day of Unplugging – an annual awareness campaign that’s been running since 2009. It makes tech-free experiences accessible to everyone, encouraging self-care, better mental health, and meaningful in-person connections.

This year, Hinge has donated \$100,000 to Unplug Collaborative. The goal of the fund is to get 100 people to organize IRL events for Global Day of Unplugging. Things like classes to bake delicious plug-shaped cakes, and many, many other non plug-related events to unplug to. See you there, on March 1st.



This may be the end of the book, but we hope it's just the start of you finding one more hour to spend with others.

One More Hour by Hinge

Once you've had a chance to unplug, share what you got up to with #OneMoreHour.

Learn more at hinge.co/onemorehour

The Hinge Phonebook
Vol. I

Special thanks to our friends

Aerthship
anccoo
Giacomo Bagnara
Felix Bork
Manon Cezaro
Maisie Cowell
Damo
Steak Diane
Katya Dorokhina
Adel Faure
DeVonn Francis / Yardy
MOLD
Philotheus Nisch
Rui Pu
Benedikt Rugar
Billy Slicks
Yehwan Song
Total Luxury Spa
Lena Weber

Designed by Studio Yukiko
Written and edited by Hinge

Hinge