**EXPLAIN HOW ICT CAN MAKE LIFE EASIER**

Technology is intended to make our lives easier. While we can sometimes feel like throwing our computers out the window, or going on vacation just to get away from all the buzzing, beeping, and being too connected, ultimately technology gives us a wealth of opportunities to have more comfortable lives - even with lower carbon footprints.

Check out 5 incredible ways technology is helping us breathe easier and live smarter.

* Doctors from any location can communicate with the most highly skilled of their colleagues at major hospitals to get consultations on patients, improving the diagnosis and treatment of illnesses without requiring the patients to travel.
* Tablet devices can act as books, magazines, gaming devices, netbooks for surfing the internet and checking email, and so much more. It can potentially be an all-in-one device for consumers - from getting news to monitoring your home's energy use - as well as find a myriad of uses in places from school classrooms to medical facilities to business boardrooms.
* Layering data over our field of vision seems to be the next wave of technology that helps us navigate our world, both literally - some apps are already built that help us find our way to, and through, subway systems or cycle in the right direction without holding a map - and figuratively, with apps that could help us find the green businesses nearby.
* The innovations around transitioning our urban infrastructure into intelligent, interconnected grids is vastly important for reducing our consumption of resources. New technologies for the smart grid, for smart water management, for smart cars and urban transportation are all guiding us towards making more happen with less. We are developing everything from dashboards for monitoring our energy and water use both in homes and business structures, to algorithms for more intelligent data centers, and fully embracing the idea of if you can't measure it, you can't manage it.
* Our hardware stores are transformed into tool libraries, our car dealerships into car-share programs, even the stuff in our closet into a neighborhood rental system. Most of this is thanks to the Internet and social networking sites connecting people to each other and the stuff we can share. Why buy when you can borrow? Technology - including smart phone apps - are making it easier than ever to save money and the planet by swapping instead of shopping.