

2020 International Essay Contest for Young People

【Youth Category – Honorable Mention】

## **A letter from myself in 2030**

(Original)

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Dear Mahlet,

Hey there. I am writing to you in 2030. Probably it's a bit weird to get a letter from your future self. Yet, I know that, by the time you are reading this letter, you would be asking about life in 2030, global warming, the effect of the COVID-19 pandemic, and so on. Well, this is your lucky day because I would be answering most of your questions.

Let's start with COVID-19. When I think of the COVID-19 crisis, I remember the quarantine and the activities we performed at home in 2020. Guess what, these activities have continued after the crisis. Working from home, shopping and education online have become part of our lives. As a result, there is less transportation, less transmission of contagious diseases, more virtual meetings, and so on. Due to the less gas emission, more recycling operators, environmental engineers, as well as solar cells, global warming has not increased as much as people had predicted in 2020. Most of our daily appliances, such as our solar phones (we call it "sphone"), are dependent on solar energy. Thus, the major careers now are more focused on the use of modern technology, like solar cell engineering, trash engineering, medical lab technology, as well as genetic engineering, the specialty I pursued during my first degree.

For you to get a better insight of the technology we use in 2030, I will describe what a day in my house is like. When it's time for me to wake up my internet of things powered bedroom opens my e-window, which is solar-powered and starts playing gentle music of my choice. I get up to take shower; my soap dispenser senses my hand under it and pours out an adequate amount of soap. After I finish the shower, the wastewater is recycled and the

heat from the water is sent to the integrated operating system of my house. I don't need to wear my workplace attire because I work from home; instead, I wear comfy home clothes while my robot assistant informs me the day's assignment as well as any messages sent from my colleagues. I enter my kitchen to start my day with a hot cup of coffee prepared by my AI-enabled coffee dispenser. Then I get my breakfast on the kitchen table consisting of a sufficient amount of nutrition, tailored to my physical condition. I eat my breakfast and go to my specially designed workroom.

In 2030, most people, including me, use augmented reality (AR) to work. So I plug my face into my AR and start working on my current project, which is to find a way to genetically modify foods with a high amount of bad cholesterol by replacing the bad cholesterol with good fats such as good cholesterol or omega-3 fatty acids. Companies which work on genetic modification have caused a great difference in our lives. Various diseases such as cancer and diabetes have been cured. Furthermore, plants and animals have been genetically modified to become disease resistant and grow comfortably in different regions where they aren't used to grow.

After I finish my work, I eat my lunch and spend the rest of the day doing workouts. I remember that in the 2020s, much of people's time was spent by going to and from their workplaces. Working from home has made me efficient and given me ample extra time.

At the end of the day, I usually go to my relatives or friends house. I enjoy meeting them physically than virtually. A few months ago, I realized that, despite my spectacular living and great job, I never felt that I can have a happy life. The reason was that I was missing my friends and relatives; so I thought of meeting with my loved ones at least three times a week. As much as I am happy with my life now, I regret that it took me a lot of time to figure this out. That's why I'm telling you so that you will figure this out sooner.

Your future self

Mahlet Bizuneh Bekele