

A digital time capsule created by  
the young people of today



## A Guide To Now For Those In The Future

This project is an interactive video and immersive sound installation, capturing young people's thoughts in response to a series of questions on a variety of topics about their lives and how they see the world around them.

It is a time capsule of life in 2025 but in the form of words, spoken and written, and pictures, rather than objects, exploring how young people might envisage a better world.

You can listen to the young people's interviews that are transcribed in this booklet by scanning the QR code below.



## LOVE

I think love to me is feeling safe and comfortable and happy with someone.

I think love feels ... it makes you feel very happy.

I feel like it feels like your best friend for life, but you also want to kiss them on the face.

Yeah, literally, yeah.

I think love feels like a bond between two people who are happy and want to spend the rest of their lives together.

When it comes to love, you need someone to catch you when you fall down and bring you back up.

I think love is wanting to be with someone, and it doesn't have to be romantic, it could be just between friends and stuff. It's just being really close to someone and wanting to be with them.

I think love is that infinite feeling, the infinite happiness you can get with a person, when you see in that person's eyes or you see in that person's movement that you just want to spend the rest of your life with them.

Yeah, but do you think love only comes from people or objects and stuff as well?

I think that love, the word itself, it doesn't have a specific belonging, it can belong to any living object or non-living object.

I don't think love has to be romantic, I think it's just that bond, like a positive bond you have between someone.

Platonic soulmates.

I love my mum, but I wouldn't say me and my mum are romantic. Love feels like when the Maccie's worker finally shouts your order number.

Oh my God.

Real, real.

I feel like it feels like someone who's always going to make you happy, just seeing them, they don't even have to talk.

I feel like it feels nice inside when you know that someone loves you.

Loves you.  
And you feel happier around them.  
It's kind of like a safe space type of thing.  
That was a cute conversation.  
That was so cute.  
That was adorable.  
I had to add in that deep moment as well.

## **MONEY**

Food, clothes and, I don't know, other stuff.  
Clothes.  
Chocolate, presents for friends.  
A lot of random stuff, and I bring it home and everybody's mad at me.  
I don't spend my money.  
I think currently most of my money would be spent on things like adults would say are not important, but ...  
But they're important.  
To me.  
What, video games stuff, food?  
No. I literally just buy whatever I want. Not like that. But if I want it, I'll just be like, "Hey, I want to buy that." It's not like, "Oh, I might need that." No, I want it so I'm going to buy it.  
I spend all my money on useless things I'm probably not going to care about soon.  
That's so real.

## **CHALLENGES FOR YOUNG PEOPLE**

I probably feel like mental health.  
Definitely.  
Because we all think that no one can help us, but there's obviously people in this school that will-  
Will try.

Choosing what you want to do, you've got A-levels and GCSEs to pick, it's a big thing. It's like what are you going to do for the rest of your life pretty much.  
I think that a big challenge might be TikTok in a way.  
Yeah, and how pressure on TikTok to look a certain way.  
Yeah, body image.  
I don't know, I think one of the biggest problems is probably bullying.  
Peer pressure as well.  
Or people's attitudes.  
At the moment the biggest challenges facing young people is the huge issue of climate change.  
I think it possibly could be how society represents us in film and TV.  
It's the stereotypes that are given to them by the older generation.  
Well, the kind of thing that every teenager is like that.  
Like a hoodlum.  
I think it's also the sense of respect as well, because a lot of elderly claim that teenagers don't seem to have self-respect or respect for anyone else.  
But then they don't have any respect for us.  
Exactly. At times you get the bus and they expect you to move if it's full without asking.  
I was on the train going to see my sister, reserved a seat, there was an older person sat in the seat. I was like, "Sorry, this is my seat." I said it in the most polite way. And then they were like, "What, are you really going to make me move?" I was like, "Yeah, I did reserve this seat." And then he was like, he got up, and he was like, "I can't believe teenagers these days." I was like, "My mum reserved this seat for me."  
I can't believe old people nowadays.  
Real emotions, anger is taking over the panel right now.  
It's like a specific age range, you're just robotic and then you grow up and you're perfectly fine again.

## FRIENDSHIP

I think a good friendship bottles down to trust between friends.  
Being a good friend is just being there whenever they need you.  
Exactly.  
Not talking bad about them behind their back.  
And not leaving them.  
I think what is a good friend is when you know that if you say anything to them, it won't get anywhere else, they'll keep it to themselves.  
Just with them.  
Trust them.  
And you can feel like you don't have to put on a mask, if you know what I mean, you can be yourself around them.  
A sense of humor, socializing, and from my experience, when your friend's got a shift that isn't enjoyable, making your friend happy.  
Someone who is compassionate, a good listener, and always there when needed.  
To be supportive.  
Kindness.  
I think what it takes to be a good friend is for you to be there for them, even if you're busy and prioritize your friends.  
I think a good friend has to respect your boundaries.  
Yeah, definitely.  
A normal conversation.

## ALIENS

I feel there could be a possibility.  
Actually, yeah.  
Humans disguised as an alien. An alien disguised as a human.  
There could be a possibility of aliens existing.  
I think, yeah, probably, but not as green people. It's going to be like microorganisms and stuff living on Mars.  
Maybe, yeah.

Because if the universe is infinitely large, then there's basically an infinite probability that there is going to be a planet that's in the Goldilocks zone that can inhabit life. So I mean there must be. There must be, it just makes sense.  
Yeah, it does.  
But not near us, and maybe not even now, but sometime in time there's going to be something else.  
Well, an alien is just another life form that doesn't exist on this planet or wasn't born to exist on this planet. And the universe is very expansive and we can see further than we will ever be able to reach or explore. So on a balance of probabilities, do I think another life form exists in this universe? Yes.  
I think they do, I mean, there's possible ideas that aliens do exist. Because we haven't explored the whole solar system.  
You could be an alien.  
I could be.

## SCHOOL

I think school doesn't teach you to deal with mortgages or buying a house.  
I think it doesn't teach us enough about money and how to not be poor when you're older.  
Oh my God, taxes.  
I know how to work an oven. Do you not know how to work an oven?  
Common sense, stuff that's more important. When I was at school, they just taught Shakespeare and algebra. When my dad was at school, he said they used to teach you how to get a mortgage and stuff like that. What I got from school was just stuff that I did not find useful at all.  
This is a big question for me as I think what people need to realise is that school is not suitable for everyone. That intelligence can't be measured in one way as school seems to suggest. I think it would be more important to teach humility and patience and how to shine in ways that can't be taught from a textbook.

## GHOSTS

I do, actually.

I do, I go ghost hunting a lot.

Totally.

I have a ghost hunting bag. I brought it to school. Thanks. I did it with Autumn quite a lot. I went to train tracks.

What, did you just go out at night or in the day?

Sometimes in the day, but I really want to go to, you know that prison that's now a hotel? Really want to go there.

I think I know where you are.

I think I know about that.

I believe in ghosts.

I believe in ghosts.

Both evil ones and good ones, because there's two different types of ghosts, there's ghosts of your relatives and then there's ghosts also of people that from experiences or effects that have happened.

I don't think there's any bad ghosts because there would've been more instances of bad things happening with supernatural things because they would've been around for so long.

No, but ghosts could be real in spirit, but you can't see them, but you can hear them.

I actually know because if actually we say that we don't believe in ghosts, but then one day you just see a ghost.

That would be actually such a life changing thing.

And then you realise you're a ghost and you're just living in the world of ghosts.

I think I've seen a ghost before because my dad lives in a Victorian house, and one day I just see this woman and I'm like ... It might just be my dad having girls over, but I was just like, oh.

My friend yeah, her Nan like passed away yeah, and a couple of days later on her Nan's birthday, there was a balloon in her room and it started floating. So she said, "Nan, if that's you, then keep moving." And the balloon moved. If ghosts weren't real, then

why do people think they are? Do you get what I mean?

I think when you have to ask that question, why do ghosts ...

Because you also have to ask why is there an afterlife?

## JOBS

I want to be an event planner or something, it's just fun to go around and help other people.

I'd like to be a social worker or a beautician or a person that works in true crime and stuff. Why do people do it?

I want to be a ghost hunter, but I know that's not substantial. You should have a show.

I also might want to be a writer. I've wrote a book before.

I think I want to work on mental health and then as my own business I want to be a beautician.

I want to be a holiday entertainer. When you go abroad or on holiday, whatever, and you have-

They do the mini discos?

Yeah, yeah, yeah. Oh, them.

Yeah, that's what I want to do.

Actually that's actually so cool.

That'd be cool.

Footballer.

Actor.

Obviously, obviously.

Actor, singer probably or something to do with literature.

Animator.

I want to be a lawyer.

I've been wanting to do it since I was six.

No, because I always said that I wanted to be a lawyer, then I found out that it was nine more years of school, so I don't want to be a lawyer anymore.

If you're good at arguing, you're....

That's why I want to be a lawyer. Arguing for a living!

You've got to be good at persuading as well. You've got to have a good point.

Yeah, definitely.

My attainable dream would be to be a lawyer. And my really unattainable dream would be to either be an actress or a singer. I would love an acting or a music job as I would love to stay in the performing arts industry.

I would love to carry on my career in acting and writing as it's really important to me to be creative.

I don't know what I want to do because I have attainable dreams and I have unattainable dreams and I find very limited overlap.

I have absolutely no clue. My mum always asks me that and I'm like, "That's a really good question." And I just leave it for the next day.

Is that like you're getting closer to college, it's like, oh yeah, what do I actually choose?

I think at the age we are, we don't know, I mean, our future's still unwritten, there's still a lot like we're the authors, we have the pens, we write our futures.

## HAPPINESS

Definitely not.

Yes.

Definitely.

Definitely.

Hundred percent.

From my experience, no.

It can buy you happiness Because you can buy things, but it's like you can't buy a relationship.

No, I believe money does not bring you or buy you happiness.

Happiness is a mindset and if you believe you're happy you will be happy.

Everyone always has that dream like, oh, when I get rich, I'm going to buy my mum this for my mum to be happy.

When you don't have a lot of money, it makes you stressed, so when you have money, you feel secure, which makes you feel happier because you're not stressing.

It doesn't have to be a lot of money, but if you can put food on the table, have a nice house to live in, I think you'll be happy. And often the people that say money doesn't buy you happiness is people with tons of money.

He looks like he likes a nice Indian take away. You know what I mean?

Oh, no.

Keir Starmer looks like he'd like a nice curry.

## JOBS IN THE FUTURE

I'm going to say stuff with AI.

Yeah, AI.

It seems like to be a rising sector.

Probably something to do with probably advanced technology.

I feel like it's quite unpredictable. Because if you asked someone 20 years ago what jobs would exist today, it wouldn't-

They'd say flying car manufacturer.

And they wouldn't expect most people to be takeaway deliverers.

Astronaut.

Astronaut? Astronauts still exist?

I mean, they go to space regularly.

Oh my god, like just robots everywhere.

All computing jobs will just be gone.

Yeah, it'll just be robots.

I think being an astronaut or exploring space would be a more open job to people.

I feel like we could end up not being on Earth in a hundred years because...

I reckon that AI will be exploring Mars and stuff like that.

We've had a Mars robot already.

I think that robots will take over and robots will operate everything and robot machines.

So I think you'll be able to go back to the past. Go back to the past.

How would that work?

Go in the past and change bad things that happened.

## **TECHNOLOGY**

I think artificial intelligence is a good thing for our future because it'll help people educate on a wider range.

Personally I think that it's both, it's good in a way that you can stay in contact with your friends and see what's going on in different parts of the world, but I think it's bad as you can get addicted and it could take you away from the world around you. Well, artificial intelligence doesn't actually exist yet and we haven't created artificial intelligence. Although many people refer to things such as ChatGPT as artificial intelligence, but all that really is is a glorified algorithm and a pre-programmed ... it is essentially just a really good search function. Actual artificial intelligence would require no human input and no human maintenance, so we haven't made it. If we were to create actual artificial intelligence, I don't think that would be great because we would have to control it somehow. And then there becomes a question of if that is morally okay or not. So I don't think that would be good. Is what people call artificial intelligence, like ChatGPT and stuff good? Yeah, I think that stuff's great. Because it gives people, that wouldn't otherwise have access to information, information.

## **WHAT WOULD YOU CHANGE ABOUT THE WORLD?**

I wish people stopped caring so much about what other people did.

I would change it so there was no war or conflict.

I think people should just be more positive and just be happy about everything.

You know what I would change?

What?

Free Wi-Fi for everyone.

One thing I would change is more awareness around sign language or neuro diversity.

Yeah, no, I like that.

What I'd do, I'd put a ban on phones for under 15 year olds.

Sis, that's a bit extreme!

To be kind to everyone because no-one's different.

We all are different, but in a good way.

## **ADVICE**

For me, one piece of advice I'd give to myself is to stay healthy and happy and to not slip into any bad things.

Stay positive honestly.

To never give up.

Keep loving yourself and working hard and you'll do well.

Things don't matter as much as you think they do.

Probably focus more on school and work instead of people that are not going to be in your life forever type of thing, actually focus on yourself.

If you're in a relationship, don't focus too much on that person because they can just suddenly go away.

Exactly.

Don't leave your friend for a boy because when the boy goes your friends will be the ones that will help you.

That'll actually love you.

One piece of advice I'd give to my future self is stay in the gym. I've literally heard it everywhere, so this is not an original thought, but don't let the little things bother you.

To not be on your phone so much.

To be yourself.

To always be you and believe in yourself. Don't let anyone tell you what you can and cannot do. You're in control of your own life. It's okay to make a mistake. When you find your true friends, keep them close as they're going to get you through the tough

times. Also, don't bottle up your feelings, it's okay to let them out, you are valid and you deserve to be heard.

I like to think that some people I meet when I do something really stupid, 90% of the people I meet I'm not going to meet again.

Exactly.

In the grand scheme of things, I'm one human on a planet of eight or nine billion. Things matter less than you think they do.

It's just live your life, innit?

Live your life to the fullest.

YOLO.

Just do what you want to do. If you want to do something, then do it. Nothing's holding you back.

Some people say it takes knowledge or it takes courage, I think it takes a curious mind. Because a curious mind could lead to a lot of places. A curious mind and a passionate heart, those can lead you to those big dreams.

Get prepared what you are walking into. There's always change in the world every day. There's good change and bad change.

Some people adapt to change, some people don't like change at all, like me. And you will have a moment you wish you could turn back time, but you can't.

...

I'm Destiny.

I'm Sienna.

I'm Phoebe.

I'm Demi.

I'm Orla.

I'm Ava.

I'm Melina.

I'm Nuria.

I'm Eleanor.

My name is Natasha.

Daria.

And Lily.

Esme.

Gracie.

Liv.

Maddie.

Holly.

Garstang.

Chloe.

Fradel.

My name is Getty Takawira.

I'm Gracie.

I'm Keira.

I'm Riley.

I'm Roman.

My name is Jamie.

My name is Bas.

My name is Amy.

My name is Daniella.

My name is Sophia.

My name is Kara.

I'm Connor Lewins.

My name is Jay.

My name is Katy.

My name is Shannon.

My name is Sue Griffiths.

I'm Toby Ross.

---

## Team

Director: Lucy Hammond

Composer: May Chi

Video Artist Contributor: Amiga Harewood

Sound Installation: Tom Smith

Video Designer: Si Cole

Production Manager: Luke James

Participants/Performers: Young people  
from schools and community groups in

York and across England

## A special thanks to:

Bishop Fox School, Somerset

Cleeve School, Cheltenham

Deaf Village North West

IT Reuse

Lewisham Youth Theatre

Mind the Gap

Portakabin

York Common Good Trust

Staff at York Explore

York Theatre Royal Youth Theatre

