Jurys de l’enseignement secondaire – CESS général

Langue moderne II : Anglais
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Articles servant de base à l’évaluation de l’expression orale

NB : Les trois articles doivent être lus et préparés. Un sera tiré au sort lors de l’examen oral

1. Fewer than 5,000 steps a day enough to boost health

2. Is this the summer of bad tourists?

3. Why It’s Sometimes Hard to “Follow Your Passion”
1. Fewer than 5,000 steps a day enough to boost health


It has long been touted that 10,000 steps a day is the magic number you need to stay fit and healthy - but a new study shows fewer than 5,000 may be enough to see a benefit.

The analysis of more than 226,000 people around the world showed 4,000 was enough to start reducing the risk of dying prematurely of any cause. Just over 2,300 is enough to benefit the heart and blood vessels. The more you do, the more health benefits are seen, researchers said. Every extra 1,000 steps beyond the 4,000 reduced the risk of dying early by 15% up to 20,000 steps.

The team from the Medical University of Lodz in Poland and Johns Hopkins University School of Medicine in the US found the walking benefits applied to all genders and ages, regardless of where they lived.

However, the biggest benefits were seen among the under-60s. Prof Maciej Banach, from the Lodz University, said that while the number of advanced drugs for treatment was growing, they were not the only answer. "I believe we should always emphasise that lifestyle changes, including diet and exercise, might be at least as, or even more, effective in reducing cardiovascular risk and prolonging lives," he said.

According to World Health Organization data, insufficient physical activity is responsible for 3.2 million deaths each year - the fourth most frequent cause worldwide. Honey Fine, a personal trainer and instructor for global fitness company Barry's, emphasises the problems that come from sitting down too much. "It can slow your metabolism and affect muscle growth and strength, which can cause aches and pains," she tells the BBC.

"Sitting down for too long can also cause all sorts of back problems, we find this a lot with people with office jobs, that their backs are constantly put in a stressed compressed position which causes a lot more problems later on in life." "Tasks like standing, carrying shopping, washing the floors, hoovering, pacing whilst talking on the phone - it's all the little things that make us more active that help us to burn calories more efficiently," she said.

Ms Fine says that although adding regular walks into your life may be daunting, the rewards are great when it comes to your health. "Walking can lower your blood pressure, strengthen your muscles to protect your bones, it can increase energy levels as well as giving you endorphins and it can help you maintain a healthy weight alongside healthy eating," she says.
Other benefits include boosts to your mental health and important time away from screens and other distractions. Walking is suitable for "almost anybody" because it is low impact and easy on joints and muscles, she added.

A personal trainer's top tips for walking:
. Walk to the station rather than going by bus or car
. If you work at a desk, set hourly reminders to get up and move around
. If you are pregnant, walking is the best kind of exercise to do
. Take a daily 30-minute walk listening to a podcast
. Walk with friends in a park or forest trails and walk the dog if you have one
. Start small - a 10-minute walk from the station to the office can easily build up to a 20-minute stroll in the park and finally a 30-minute walk around town
2. Is this the summer of bad tourists?

By Larry Bleiberg, 22nd August 2023, https://www.bbc.com/travel/article/20230821 (shortened and adapted version)

Last week, it was two drunk Americans sleeping off in a closed section of the Eiffel Tower. The week before, a French woman was arrested for carving a heart and her initials into Italy's Leaning Tower of Pisa. A Canadian teen vandalized a 1,200-year-old Japanese temple last month, just after a man from Bristol etched two names into Rome's Colosseum and told authorities he was not aware of the arena's age. And who could forget the German tourist who crashed a performance inside a sacred Bali temple and stripped naked – after having previously run out on the bill at several local hotels?

This summer, every day seems to bring another headline of tourists around the world behaving badly. But ultimately, this could be a good thing. In an age of heightened awareness about privilege and how we treat others from different cultures, this increased focus on rude and bad travellers may seem like a natural progression from other recent social movements. With each new report of disrespectful behaviour, our collective outrage seems to be rising. But experts suggest that a combination of factors are driving bad behaviour abroad.

According to Lauren Siegel, a tourism and events lecturer at the University of Greenwich in London, many travellers today are competing for social media likes and views. "People are reverting to more extreme actions for their Instagram or TikTok feeds". Ironically, social media accounts are also being used to call out insensitive and disrespectful behaviour.

David Beirman, from the University of Technology in Sydney, noted that nearly 1.5 billion people travelled internationally in 2019. With travel now reaching its highest levels since before the pandemic, he said it's inevitable that some tourists will think "it's cool to pose nude in front of a temple in Bali, get drunk at an Islamic holy site or dance in front of a Nazi concentration camp".

Gail Saltz, host of the How Can I Help? podcast, said she sees other factors at play too, including "revenge travel" following years of pandemic lockdowns and anxiety. "People have this feeling that it's only fair that I now get to do things that I didn't get to do [during lockdown], and I get to do them in spades," she said. "They come with a mindset that [foreign countries are] a great big party and I get to do what I want." Saltz isn't surprised by the number of people caught engraving their names on ancient monuments. "They think this is a chance to immortalise themselves."

However, this summer's shameful headlines may offer an opportunity for change. With each new offence, we're reminded that international travel is a privilege. The beautiful thing about travel is that the world's wonders become even more wonderful after you visit them yourself.
We care more deeply about what we know and are more likely to help protect it – or at least not destroy it.

Several destinations have taken a proactive approach to this idea. Tourism hotspots like Bali and Iceland now formally ask tourists to promise to respect their culture and environment after visiting it. Palau requires visitors to sign an eco-pledge on arrival. Amsterdam recently launched a "stay-away" advertising campaign targeting drunk Brits.

Lauren Siegel applauds all these initiatives, and what she sees as a growing recognition of the problem by fellow travellers. She also points to a new "Instagram vs Reality" trend in social media, where people purposely show the behind-the-scenes crowds and chaos common at tourism hotspots often omitted from influencers' perfectly composed images and videos.
3. Why It’s Sometimes Hard to “Follow Your Passion”

*Adapted from Jon M. Jachimowicz, October 15, 2019, [https://hbr.org/2019/10/3-reasons-its-so-hard-to-follow-your-passion](https://hbr.org/2019/10/3-reasons-its-so-hard-to-follow-your-passion), (shortened version)*

How many times have you been told to “follow your passion?” It’s a message that appears in everything from graduation speeches to job ads. We even say it ourselves. When I surveyed a recent class of Columbia Business School MBA students, over 90% of them listed “pursuing their passion” as an important goal for their future jobs.

But according to a recent Deloitte survey of 3,000 full-time U.S. workers, only 20% say they are truly passionate about their work. Research that I and others have conducted show that many—if not most—of us don’t know how to pursue our passion, and thus we fail to do so. Research on passion suggests that we need to understand three key things: (1) passion is not something one finds, but rather, it is something to be developed; (2) it is challenging to pursue your passion, especially as it declines over time; and (3) passion can also lead us astray, and it is therefore important to recognize its limits.

One common misperception people have about passion is that it is fixed: you either have passion for something or you don’t. The problem with this belief is that it’s limiting, leading us to think of passion as something we discover or happen upon. As a result, we may try many different jobs looking for the right “fit” and we may not take into account the fact that it often takes time to develop one’s passion for a job, along with the skills, confidence, and relationships that allow one to experience passion for work. Indeed, research has shown that believing passion is fixed can make people less likely to explore new topics—potential new sources of passion. It also leads people to give up on new pursuits more quickly if they seem difficult.

Also, you don’t necessarily even need to pursue passion at work. If your job does not allow you to pursue your passion, or if you just don’t want to do so at work, you can find time and space to pursue activities you are passionate about outside of your job.

One of the most common ways we try to pursue our passion is that we chase what gives us the most joy or is the most fun. In one study, we analyzed every graduation speech given in the last 10 years at the top 100 U.S. universities. Much of the advice given in these speeches centered on “focusing on what you love” as the way to follow your passion. But some speakers described the pursuit of passion as “focusing on what you care about.” The distinction is subtle but meaningful: focusing on what you love associates passion with what you enjoy and what makes you happy, whereas focusing on what you care about aligns passion with your values and the impact you want to have.

The reality is that passion declines over time, so if you just focus on following happiness, you might not persevere like you would if you focused on how it helps you achieve what you care most about. When you’re pursuing your passion, it’s important...
to bear in mind that resilience is key, because the pursuit of passion is an ongoing—and challenging—process.

Finally, it's also important to understand when passion won't help you. In one set of studies, we found that passion is only linked to better performance when (a) others agree with what one is passionate about, and (b) when passion is expressed in an appropriate context.

Another series of studies showed that employees described as passionate were more likely to be exploited by others because they were seen as enjoying their work more. As a result, others were more likely to ask passionate employees to take on undesirable tasks and work overtime. This highlights a challenging paradox: expressing your passion can be beneficial because others admire you more and may help you become more successful. At the same time, it may also make it more likely they will ask you to take on tasks that fall outside of narrow job descriptions, placing you at risk of burning out. Keep in mind that sometimes your passion may put you in a vulnerable position and it's important to know and set your limits.