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Jurys de l'enseignement secondaire – CESS Général et Technique de Transition

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Articles servant de base à l'évaluation de l'expression orale

**NB : Les cinq articles doivent être lus et préparés. Deux seront tirés
au sort lors de l'examen oral**

1. Uber and Deliveroo may cost more soon: Are you ready to pay?
2. Why teens are more susceptible to the addictive features of social media
3. Does a sibling's gender influence our own personality?
4. History of the Olympic Games
5. Why You Should Travel While You're Young

1. Uber and Deliveroo may cost more soon: Are you ready to pay?

By Dolorasz Katanich, Euronews.com, December 9th, 2023 (adapted version)

Europeans may need to pay higher prices for delivery and ride-hailing services like Uber and Deliveroo once a new EU directive is approved and implemented to ensure improved rights for platform workers.

A top EU politician has recently expressed his view that Europeans are ready to pay more for such services, even though the estimated rise in prices could be as much as 40%.

Nicolas Schmit, the EU's commissioner for jobs and social rights, made the comments in an interview with the Financial Times (FT) last week about the future law, which, if passed in its current form, would turn gig/platform workers into de facto employees and force ride-sharing and delivery companies to provide them with more social protections.

The interview came after ride-share giant Uber warned that the proposal would force its ride-hailing service to shut down in hundreds of European cities. "People are ready to bear the cost," Schmit said, according to the FT. "There's this idea you can correct the low price by a tip. This is not normal. If there's a cost it has to be paid."

Is Schmit right? Are Europeans "ready to bear the cost" and pay more to improve conditions for gig/platform workers?

Euronews Business carried out a survey across various social media platforms, including Instagram and X (formerly known as Twitter), to find out what people really think. A quick disclaimer: This is not representative market research. We received 1,242 responses from across Europe, without selecting them by gender, age, or location.

Some respondents left comments as well as voting in our survey, the majority of whom said it should be the companies themselves who should bear the costs.

"It shouldn't have to come to a cost for consumers! We're not talking about a small family company. Or a local shop. Same case as Amazon. Just greed..." said a journalism graduate on LinkedIn. Another person commented on X sharing some ideas on how she would tackle the extra cost: "Reduce CEO pay, collect taxes fairly, and pay fair wages. The cost should be on the corporations." A third person said: "I want to pay less and (have) improved social conditions for workers and users."

Respondents on Instagram tended to be more generous, with the highest percentage of people (44%) answering that they were prepared to pay 10-15% more for such services if they came with improved conditions for the workers.

The overall result is 'yes': Europeans on average would be happy to pay between 10 and 50% more to improve working conditions, most of whom fell within the 10-15% bracket.

What exactly needs to be improved for gig/platform workers?

Platform work (work through an online platform) has become increasingly popular over the past few years due to its low entry requirements and flexible hours. The industry covers taxi drivers, food delivery riders, care workers and more, who use apps to provide their services.

In 2020, more than 28 million people were platform workers, according to the European Commission. This number is expected to swell to 43 million by 2025. Meanwhile, millions of them perform their job without either the right to a minimum wage, health protection, or improved access to social protection against work accidents, unemployment, sickness and old age.

According to the European Commission, 55% of platform workers earn less than the net hourly minimum wage (if it exists in their country) and more than 40% of their working time is unpaid. They may even face drastically declining income. French delivery workers reported wages getting smaller and smaller due to a new method of calculating payments Uber Eats introduced.

At the moment, when the cost of living crisis is still a very real concern in Europe and the looming threat of an upcoming recession is keeping politicians and economists alert, it may be unrealistic to expect people to pay a lot more for such services.

But years from now, the situation could be completely different. Even once the law is passed in the European Parliament, it will take an additional two years for member states and companies to adjust to the change, and who knows how things may have developed by then.

2. Why teens are more susceptible to the addictive features of social media

Sarah Miller, 2 June 2022, <https://www.jeffersonhealth.org/your-health/living-well/the-addictiveness-of-social-media-how-teens-get-hooked> (adapted version)

It's no surprise that social media has captivated the minds and attention of America's adolescent population. This has become even more pronounced during the pandemic when the social lives of teens became mostly digital. But adolescence is the second biggest period of brain development and growth and, because of that, social media can have a big impact on the adolescent brain.

A recent study published in the Journal of the American Medical Association (JAMA) revealed that teens who use social media more than three hours per day may be at heightened risk for mental health problems. Since the pandemic, there has been an uptick in depression and anxiety among teens, specifically low self-esteem, disordered eating, body image and other issues.

"Social media is designed to hook our brains, and teens are especially susceptible to its addictiveness," says Nancy DeAngelis, CRNP, Director of Behavioral Health, Jefferson Health - Abington. Being aware of the addictiveness of social media and how to help your teens struggling with its effects is crucial.

Studies have shown that social media has a powerful effect on the brain, and it can create stimulating effects similar to addiction. "Social media platforms drive surges of dopamine to the brain to keep consumers coming back over and over again. The shares, likes and comments on these platforms trigger the brain's reward center, resulting in a high similar to the one people feel when gambling or using drugs. "Once the brain experiences these rushes of dopamine and pleasure, the high from social media becomes harder and harder for anyone to resist, creating patterns of addictive behavior.

"The overuse of social media can actually rewire a young child or teen's brain to constantly seek out immediate gratification, leading to obsessive, compulsive and addictive behaviors," says DeAngelis. "This is what can make mental health disorders such as anxiety, depression, ADHD and body dysmorphia worse."

Adolescents who use social media from a very young age are more in danger of developing these disorders and future addictive behaviors. DeAngelis says, "It's extremely important that parents and guardians of young children and teens pay attention to the symptoms of these mental health disorders and take note if their child is spending too much time on their screen or begins to lie about their internet use."

Fortunately, parents and guardians who notice these effects on their children can take several measures to help them develop a healthy relationship with social media instead. Try these strategies:

- Help your teen develop effective strategies to manage their stress, anxiety, frustration or sadness. This can include exercise, team sports or talk therapy. Try to get them outside to experience nature, if possible.
- Work with your teen to manage their screen time. Communicate with them and agree on healthy boundaries to help them reorient their relationship with social media from escapism and distraction to a tool for enjoyment or information. Encourage and empower them to practice these boundaries on their own with your support.
- Agree on long-term goals and strategies to help your teen sustain a healthy relationship with social media. Find the type of support that works for your teen - time with friends, talking to a loved one or therapy - and encourage them to seek out this support the next time they experience negative emotions, feel overwhelmed or are preoccupied as a result of social media.

3. Does a sibling's gender influence our own personality?

Natalie Sauer, August 25, 2022, <https://theconversation.com> (adapted version)

Our siblings play a central role in our childhoods, so it goes without saying they influence our personality in the long term. In particular, researchers have long been interested in how growing up with a sister compared to a brother might influence who we become as adults. How do children interact with their sister or brother? How do parents behave differently towards their children of different genders, and how does that interaction influence the children?

Past theories have made quite different predictions: siblings of the opposite gender may plausibly result in either **gender-stereotypical personalities** (a girl may take on a more feminine role to differentiate herself from her brother) or **less gender stereotypical personalities** (a girl may take on more masculine traits because she imitates her brother).

In fact, psychological research has been exploring these differences for over half a century. In some studies, siblings of the opposite sex seemed to be more gender-conforming. Girls with brothers later become more “typically female” and boys with sisters more “typically male”. Other studies find the exact opposite, however. To resolve these contradictions, we wanted to test the effect of sibling gender on personality in a rigorous and comprehensive way.

In our study we focused on the relationships between children and their next older or younger sibling. We compiled a unique data set by combining 12 large representative surveys covering nine countries across four continents (US, UK, Netherlands, Germany, Switzerland, Australia, Mexico, China and Indonesia). This resulted in a data set of more than 85,000 people – many times the sample sizes used in previous studies.

We also investigated many more personality traits than previous studies have. This included the traits that have been most widely studied in other research, and which have been shown to be important predictors of people's decisions and choices. Among these traits are: openness to experiences, conscientiousness, extroversion, agreeableness, The other traits examined were: risk tolerance, trust, patience and “locus of control” (the degree to which people believe they have control over their lives).

We also created an index describing to what extent people have a typically female personality. This allowed us to test comprehensively whether growing up with an opposite gender sibling leads to a more or less gender-stereotypical personality.

This study is not only innovative in its use of a large data set, but it also applies a consistent method to identify any causal effects of a sibling's gender on personality traits. To estimate credible causal effects, we make use of an interesting fact of nature: once parents decide to have another child it is essentially random whether they have a girl or boy. In this "natural experiment" some people are therefore "randomly assigned" a younger sister or brother.

This allows us to estimate the causal effect of sibling gender on personality by comparing the average personality of people who grew up with a sister as their next youngest sibling with those who grew up with a next younger brother.

Our results suggest sibling gender has no effect on personality. For all nine personality traits and the summary index, we find people who have a next younger sister display, on average, the same personality traits as people who have a next younger brother.

We also see no difference in personality between people who have a next older sister and people who have a next older brother. The results help refute the idea that brothers or sisters cause each other to develop "feminine" or "masculine" personality traits over the long term.

However, the results don't mean sibling gender has no long-term effect at all. Other studies that applied a similar methodological approach have shown that women with brothers in the US and Denmark earn less. And a study of Asian populations has found women with younger sisters marry earlier and women with older sisters marry later.

So, there seem to be interesting sibling dynamics related to gender – but personality is probably not part of the explanation for those effects.

4. History of the Olympic Games

Adapted from resources from <https://olympics.com>

The Olympic Games have a long history. It all began in Greece, in the Peloponnese about 3,000 years ago. According to existing historic manuscripts, the first ancient Olympic Games were celebrated in 776 BC in Olympia. They were dedicated to the Greek god Zeus and took place in the same place every four years. This four-year period became known as an “Olympiad”.

It is difficult to know the exact reasons behind the birth of the Games. Mythology gets mixed up with history and often the events which happened at this time are explained as consequences of the gods’ intervention. According to the oldest myth, the Olympic Games were the invention of Heracles of Ida. According to other myths, the Games were instituted by Zeus himself, in memory of his battle with Kronos. Others attribute the founding of the Games to the demigod Heracles, who organised them in Olympia to honour Zeus, after his victorious expedition against Augias, King of Elis. The Ancient Games were aimed to demonstrate the physical qualities and evolution of performances accomplished by young men, as well as to make good relations prevail between the Greek cities.

There were originally three main criteria for participating in the ancient Olympic Games. The athlete had to be male, of Greek origin and freeborn. Women (exceptions were made for owners of horses), slaves and foreigners were excluded although the Romans were able to join the Greek athletes after the conquest of Greece by Rome in 146 BC.

The programme of the Games included only individual sports. With the exception of the equestrian events, all the competitions were held in the stadium. There were not as many disciplines as today. The programme only included: Running (split into three events the *stade*, the pre-eminent test of speed, the *diaulos*, which was two lengths of the stadium and the *dolichos*, which was approximately 20 lengths of the stadium), wrestling, boxing, pankration (a primitive form of martial art combining wrestling and boxing), the equestrian competitions and the pentathlon.

In the beginning, the ancient Olympic Games were held over one day. The number of events increased until the duration of the Games was extended to five days. There was only one winner. The Olympionic was immediately rewarded after the competition.

In 393 AD, Emperor Theodosius I, who had converted to Christianity, decided to abolish all pagan cults and centres. And thus the ancient Olympic Games were abolished after more than 1,000 years of existence.

It was Pierre de Coubertin who finally achieved to revive the Olympic Games. He founded the International Olympic Committee (IOC) in 1894 in Paris. The new committee set itself the objective of organising the first Olympic Games of modern times. The date of the first Games, 1896, marked the beginning of an extraordinary adventure that has now lasted for over a century. While the modern Games draw their inspiration from the past, they are also quite different. The modern Games are secular, unlike the ancient Games which were dedicated to the gods. Each edition of the modern Games takes place in principle in a different city and country and today the official duration is no more than 16 days.

The modern Games have always been open to athletes from all over the world. The 245 participants in Athens in 1896 came from 14 different countries. The 1912 Games in Stockholm (Sweden) were the first to boast the presence of national delegations from the five continents. Today, the Summer Games welcome athletes from every country of the world, without exception.

Women made their Olympic debut at the 1900 Games in Paris, in tennis and golf. Subsequently, over the course of the century, they gained access to more and more sports but it was not until the 2012 Games in London, with the introduction of women's boxing, that women could compete in all the sports on the programme.

When Coubertin revived the Olympic Games, only summer sports were included. In the 1920s, however, snow and ice sports began to enjoy soaring popularity. A number of IOC members decided to react to this, and, in 1924, it was decided to hold an International Winter Sports Week in Chamonix. Two years later, this "Week" was officially recognised as the first Olympic Winter Games.

5. Why You Should Travel While You're Young

by ELIZABETH GORGA - April 12, 2023, <https://www.goabroad.com> (shortened and adapted version)

When it comes to traveling the world, it's easy to tell yourself you'll have time to do it... later. And yes, waiting until you're older to travel can mean you have time to save money for broader experiences, but it also means finding time amongst more responsibility, making it more difficult to get away and explore the world on your own terms. Here are the top reasons why traveling is important for youth.

1. You'll be fearless.

While it can be intimidating to travel when you're young, especially if you've never been overseas before, you'll be much more fearless once you get over the initial overwhelming feeling of planning your first trip.

Age comes with inevitable aches, pains, and responsibilities, which means you won't be as likely to climb the tallest mountains, say "yes" to every adrenaline-pumping experience thrown your way, or push yourself out of the comfort zone you've been settled into for so long.

2. You can expand your language repertoire.

Imagine how amazing it would feel to have a new language slip easily and effortlessly off your tongue, to be able to read road signs, order off of a foreign menu, or have a casual conversation with someone who lives on the other side of the world. Learning a new language is always easier when you're young.

3. You'll learn independence.

Traveling is fun, but it can also be challenging. Travel for young people is an opportunity to learn the skill of pushing yourself out of your comfort zone and rising to any challenge you're faced with later in life. It means getting lost, or experiencing culture shock.

4. You'll build your confidence.

Building confidence when you're young will take you anywhere you want to go in life. Travel experiences for young adults are the best confidence boosters. As you learn how to be independent, navigate a new country, and communicate across cultures, your confidence will grow.

You'll discover how to think on your feet, budget, and stay organized. Going home to a place you know well where you speak the language and things feel easier will make you feel like you can do anything!

5. You'll become more culturally sensitive.

In a world that is expanding and constantly breaking down borders, it's important to understand cultures that are different from your own. When young people travel, they learn what other cultures find normal and what they value, and they gain the ability to open their minds to new ways of living.

It's a lot easier to do this when you're young, and it gives you skills you can carry with you everywhere. You'll be able to relate to people more easily and understand international conflicts and issues.

6. You'll get closer to your purpose.

What is your purpose? It's the question each person asks themselves as they venture through this weird and wonderful life. The more you allow yourself to experience at a young age, the clearer your vision for life becomes.

You'll come to understand more clearly what you like, what you don't like, what you want more of and less of out of life. As you discover more of the world, your travel experiences will give you insight into your true values and desires, each experience getting you close to your purpose in the world.

7. You'll have the most freedom.

The older you get, the more responsibility you'll have. It can be tempting to tell yourself to wait to travel so you can save more money, but ultimately, waiting until you're older means less freedom.

One of the biggest reasons why traveling is important for youth is because your youth is the easiest time to travel—before you have student debt, serious relationships, children, a car, or a mortgage to pay off. It means you can travel more often and for longer periods of time. It means you will have no limits.