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Jurys de l'enseignement secondaire – CESS général

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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. Can Gen Z make friends in the pandemic era?
2. Be a More Sustainable Traveler
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1. Can Gen Z make friends in the pandemic era?

By Jessica Klein and Casey Noenickx, 2nd February 2023, <https://www.bbc.com> (shortened version)

For older generations, work was the sole place of connection. Without offices, young people have to get clever about making friends.

Nayomi Mbunga always wanted to live in a big city, so she was thrilled when she landed a tech job in Toronto. The 24-year-old grew up in Ireland, and was eager to “meet people of all walks of life”, she says. But that was a challenge when she started her job in January 2022, as she spent the first few months working remotely and isolating because of Covid-19 cases.

Nayomi liked her colleagues, but didn't have much of a chance to get to know them without meeting in person, which they weren't able to do for months into her starting the job. She got along well with her roommates, one of whom she knew from back home, but she wanted to expand her social circle. How, she wondered, was she possibly going to make friends? Nayomi didn't play sports, and she felt “creepy” reaching out to strangers who looked cool on Instagram. She also felt out of practice at cultivating relationships, despite being very sociable. “During the pandemic, I was shocked with how anti-social I'd gotten, how nervous I was to talk to new people and put myself out there,” she says.

Making friends as an early career worker is critical, especially for people in a new city without existing ties. These friends nourish people through job crises and personal moments; in some cases, they end up being friends for life. But while making friends as an adult can be hard in and of itself, barriers have never been higher – especially for Gen Z. While work has traditionally been a place to make connections, many of these young people have lacked opportunities as firms shift to hybrid-, distributed- or remote-working models.

Experts say that, overall, social circles have shrunk after a lonely couple years during the pandemic – and in some cases, were never established at all. This means some young people are seeking new ways of making friends. Particularly, social-media reared Gen Z are now using new platforms to build sustainable close connections in a way that generations before them didn't. Simply, young workers are getting more creative about the ways in which they meet people.

For Nayomi, in April 2022, she came across a TikTok video posted by Chloe Bow, a government-worker-turned-content-creator, who spoke candidly about friendships. Chloe was planning events for a group she was starting. Nayomi followed her and signed up for an upcoming movie night, despite her nerves. “When I went to the event, it was so much fun, and everybody was in the exact same boat, everybody was nervous, everybody came on their own, and it kind of broke the ice in a way. It was probably the best thing that I've done, because I've just met so many people now from it.”

Research shows just how hard the pandemic has been on Gen Z's sense of connection. Janice McCabe, an associate sociology professor at Dartmouth University, studies how friendship networks boost success. In 2016, she began conducting interviews with students at three universities in New Hampshire, to see how these early friendships played out through their lives. After completing her second wave of interviews in 2021, when her participants were entering the workforce, she saw how the pandemic had negatively affected both their abilities to sustain friendships and make new ones.

This dearth of relationships can hurt anyone's wellbeing, but the timing for Gen Z couldn't be worse. They are currently facing periods of overwhelming change in their lives: graduating from school, moving to new cities, starting new jobs, entering the workforce – in many cases, all of the above. “With all of that change, they need community in their new spaces,” says Joyce Chuinkam, senior research manager at Los Angeles-based market-research agency Talk Shoppe. And they need to be learning through new experiences, she adds: “Making new friends helps with that – to be exposed to something completely new and different.”

But now, that's missing. And finding these meaningful friendships that challenge and expand a young adult's horizons is a crucial experience that affects the rest of one's life, according to McCabe. In young adulthood, people are seeking a sense of self, and friends can help someone become a better or different person, explains McCabe. “We see ourselves through our friends, so we see and figure out the ‘kind of person’ we are through thinking about and talking about our friends.”

This situation is certainly not lost on Gen Zers. For many, limited social networks have been top of mind, and they're working on innovative ways to build the kinds of friendships older generations found more readily at places like offices. Chuinkam found that Gen Z was more open than millennials to making new friends online, through means such as friendship-app Bumble BFF and Facebook groups. But apps can be daunting, since they often facilitate one-on-one meetings, which puts pressure on a first meeting akin to that of a first date, study participants said. Some have come up with their own apps or online-based hubs to make new friends in a challenging social environment.

Instead of focusing on making all new friends where he lived, Pranav Iyer, 23, graduated from college in Philadelphia, chose another approach – he made regular trips back to Philadelphia to reinforce the social circles he'd already established in college. Though remote work isolated him from making new friends in his lab, it allowed him to work wherever he pleased, so he could stay in Philadelphia for long stretches.

Gen Z, notes Chuinkam, is also uniquely poised to decentralize that “hub”, thanks to their comfort with online methods of meeting new people, and their ability to work remotely and move to their friends, instead of their friends having to come to them. Yes, they may be having a tough time in the wake of the pandemic – but if anyone is uniquely poised to cultivate them in a changed world, it is them.

2. Be a More Sustainable Traveler

By Livia Albeck-Ripka, <https://www.nytimes.com> (adapted and shortened version)

When thinking about how to reduce our individual carbon footprints, one of the simplest ways to cut back on emissions is to fly less often. As a general rule, the shorter the distance from home you travel, the lower your carbon footprint. But for those who want to see the world, there are ways to make trips more sustainable, including where you go, what you pack and how you decide to get there.

Staying Close to Home

Finding local adventures, such as walking in unexplored corners of your neighborhood or visiting museums in your city, is among the greenest forms of travel. If you want to venture just a little farther, consider driving a few hours to a beach or forest. Even a small adventure can feel a world away.

The Most Sustainable Destinations

According to a list compiled by a dozen sustainability organizations, cities and towns in Slovenia, including Ljubljana, as well as locations in Spain were among the best places to visit and leave a light footprint in 2019. In a separate competition, experts also nominated Palau — where visitors must pledge to protect the natural and cultural heritage before entering — as a pioneer in sustainability.

Slovenia was among the first countries to develop sustainability tools and certification programs at the national level. In 2016 its capital, Ljubljana, was voted Europe's greenest city by the European Union, thanks to its public transport, pedestrian and cycling infrastructure, and commitment to protecting green areas and saving waste water.

Each of the 100 destinations in the list was selected based on certain criteria: that they had a governing body to manage sustainability; showed commitment to protecting natural resources, people and heritage; and reduced energy consumption, among other factors. The aim of the list is to raise the bar on sustainability issues for all cities, said Claire Ellis, the chair of Ecotourism Australia, one of the organizations that helped determine the list.

Increasingly, Ljubljana and other sustainable cities are becoming aware of the “over tourism” occurring in cities such as Barcelona and Venice, Dr. Ellis and other experts said. In Venice, for example, locals have become concerned about the cruise ships that cause environmental damage, dominate the skyline and often cause overcrowding of the city. Similar issues plague Barcelona, which is experiencing soaring numbers of visitors.

If You Want to Visit More Popular Tourist Destinations

If you do choose to visit crowded and popular cities, consider doing so outside peak summer months, say experts. Stay longer, choose accredited accommodation (using a site such as

bookdifferent.com, which ensures claims to sustainability are checked by third parties), and find local activities that give back to residents, instead of the most popular activities, which can also often be tourist traps. When you are a visitor to a new place, consider that you are voting with your “money and feet and wallet,” Dr. Ellis said.

Visit Places That Need Your Support

Another way to spend your hard-earned dollars is to travel to destinations rebuilding after disaster. Puerto Rico, for example, has developed a robust tourism sector since weathering a devastating hurricane in 2017. The island, which also faces sea level rise, was picked as *The Times*’ number one destination in 2019, in part because it represents many fragile places around the world.

Travelers can help further by volunteering in environmental and social projects helping to rebuild devastated communities, said Laurie Myers, the project lead for the Global Travel and Tourism Resilience Council, which helps the industry to focus on sustainable outcomes for disaster-affected communities. “Travel and tourism is probably the fastest way to recovery,”

If You’re Visiting a Coast

And if you’re planning a trip to any coastal destination, choosing one with a Marine Protected Area is another way to ensure the involvement of local communities in protecting landscapes and aquatic life. “Once the local population is engaged,” Mr. Myers said, it can help them to rebuild after crisis and welcome visitors to their natural environment in a way that is sustainable.

Once You’ve Chosen Your Destination:

- Use an eco-friendly booking site for accommodation. Several websites calculate your carbon footprint per night based on your selection and include eco-friendly ratings. Choose accommodation that injects money back into the local economy.
- Consider using a sustainable travel agent. Companies like “*lokal*” can take out some of the legwork by organizing trips and activities for you that take environmental and social impact into consideration.
- Look for a system of verification. This will help you determine if a business is simply greenwashing, or has met standards set by sustainability councils.
- Seek out local experiences. Homestays, local guides and programs that give back to communities are also good ways to ensure your money is injected back into the local economy.

Keep in mind that “not every destination has eco-certified accommodations which is why it is also up to travellers to pay close attention,” wrote Lonneke de Kort, the chief executive of bookdifferent.com. “Many small scale accommodations can be green solutions as well,” she added. “For instance, think of a farm which uses solar power, serves fresh organic produce for breakfast and employs locals.”

3. TV of the future: What to expect

Adapted from <https://filmlifestyle.com/tv-of-the-future> (shortened version)

Television is a big part of our lives. Most of the time, we watch it for entertainment but, more often than not, we find ourselves watching TV to get away from the stressors of life and relax. The television experience we enjoy today barely resembles that of previous generations and it's almost certain that the TV of tomorrow will be unrecognizable from the TV as we know it today.

Ninety-seven percent of UK homes own a TV with 3 hours and 40 minutes on average being watched by each household each day. The TV trend is clearly showing no signs of slowing, but what are the TV trends of the future?

Mobile Viewing

Once, the television was just a single screen with the family huddled closely and captivated around it. Today it has evolved to a number of platforms. It means that the story is no longer constricted to one screen.

Already we see mobile devices creeping up in popularity with 14- to 17-year-olds abandoning the TV screen at a rate of 33% for movies and television programs and 26% for sporting events. This creates different problems for developers as viewers demand their personal content to be viewed without hiccups from screen to screen, no matter the location or size.

Binge Watching

Just a few short years ago, this word didn't exist but now it's part of daily vocabulary – it's even in the Oxford dictionary! "Binge-watching, also called binge-viewing, is the practice of watching television for longer time spans than usual, usually of a single television show. In a survey conducted by Netflix, 73% of people define binge-watching as "watching between 2-3 episodes of the same TV show in one sitting." This growing trend of on-demand watching, rather than the days of waiting a week for a single episode is changing the way we watch television, often opting to miss out on the television broadcast in order to "binge-watch" at a time convenient to us.

Event-Based Viewing

Consumers want to be part of the experience more than ever, and broadcast productions will need to consider ways in which they can bring the experience closer to the viewer. A study has shown that the rates of watching television in groups are growing, with events like the Oscars and Superbowl "viewing parties" on the rise.

Viewers don't want to be left out of the experience, so television content creators have now the task of making their programs "event worthy" Rather than the classic must-see, television is becoming a must experience.

Selected Content Delivery

Smartphones will soon be able to learn their owner's habits in order to deliver programs customized to their taste. Viewers can already see the beginning of this technology in Netflix's "Suggestions for you" section, these are determined by tracking your behavior when using the software such as: What day you watch content (Netflix has found people watch TV shows during the week and movies during the weekend.), When you pause, rewind, or fast forward and of course, search.

Innovation Beyond Studios

Today, almost anyone can create content and distribute it, but the ones who will be successful are the ones who can use data to analyze audience demands and create experiences that work for the individuals viewing habits but still entertain and inform. Content may be king, but if it's not selected expertly to engage with the user then it will have little chance of success. Ultimately the viewer will soon be in total control and video production companies should start preparing if they haven't already.

The Future Of The TV Screen As We Know It

A recent study from Deloitte, a media and technology consulting firm, suggests that by 2025, there will be one billion fewer TVs sold globally each year. The key reason behind fewer sales: streaming services like Netflix and Hulu are becoming increasingly popular among consumers. These platforms offer a vast library of content and they're changing the way we consume TV programming as well.

Deloitte predicts that by 2025, only half of the households in developed countries will have at least one television set and the traditional TV screen as we know it is going to be revolutionized in the next few years because of a new technology called Quantum Dots. Those are tiny semiconductor crystals that emit light when electricity runs through them. The lights are much more efficient at producing different colors than current LEDs and LCDs. Quantum dots will make TVs brighter, thinner, and with higher resolution for better picture quality.

As a matter of fact, in the last decades, with new developments in technology, the TV screen has become a world of its own and is no longer just a place to watch our favorite shows. Soon, it will let us explore and interact with people from all over the globe.