

**CONCOURS INTERNE POUR LE RECRUTEMENT  
D'ÉLÈVES INGÉNIEURS DES TRAVAUX DE LA MÉTÉOROLOGIE**

**SESSION 2020**

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**ÉPREUVE ÉCRITE OBLIGATOIRE**

**ANGLAIS**

Durée : 2 heures

Coefficient : 3

La rigueur, le soin et la clarté apportés à la rédaction des réponses seront pris en compte dans la notation. L'utilisation de toute documentation (dictionnaire, support papier, traducteur, téléphone portable, assistant électronique, etc) est strictement interdite.

**L'épreuve de langue vivante comporte deux parties :**

**1. VERSION (10 points)**

**2. ESSAI (10 points)**

*Cette épreuve comporte 3 pages (page de garde incluse).*

## **Version, traduisez le texte en entier :**

### **Wellness At Work.**

Sophie Smith – Telegraph, September 2019

During International Week of Happiness at Work, companies are being urged to prioritise employee wellbeing. “During this week we invite everybody to put the topic on the agenda of your organisation and start to make the change to a happier workplace,” its manifesto reads.

With British employees now working longer than they did a decade ago – about 30 extra minutes a week – according to the Office for National Statistics, companies have generally adopted a two-pronged approach to helping staff feel less overworked and stressed, through flexible working and health and wellbeing schemes. Employers are increasingly offering staff the option to job share, work from home, and work compressed and flexible hours.

### **Five ways to wellness-proof your workplace**

#### **Natural light**

A view of the outdoors and plenty of natural light is the most desired quality in an office, according to a study by Future Workplace last year. It not only makes things look better, but has a sizeable impact on our health : employees who had access to a naturally lit workplace saw a 51 per cent drop in reports of eyestrain, and 63 per cent reduction in headaches than working somewhere darker.

#### **Go green**

If the weather makes it difficult to spend enough time outdoors, plants can help bring the outside in. Research shows that indoor plants can reduce stress levels, while a 2015 study found that staff in greener offices reported higher levels of wellbeing and productivity.

#### **Drown it out**

Some 44 per cent of staff report that noisy work conditions have a negative impact on their wellbeing, raising stress levels and affecting their ability to deliver work in a timely manner, according to 2019 report. While open plan workspaces are now de rigueur, this may hamper employees' ability to ignore loud distractions – 46 per cent of those surveyed said they now use headphones to block out both internal and external brouhaha.

#### **Mutt-ual appreciation**

Working hours are growing ever longer, which can make pet care more of a challenge. Many offices are now upping their pet-friendliness levels - a third of UK workplaces allow animals on-site - which can also encourage employees to take screen breaks in order to walk their mutt.

#### **Stand and stair**

For white collar workers, there's no shortage of time spent sitting behind a desk, making regular standing breaks all the more important. Sedentary behaviour is associated with a number of chronic conditions, including a 112 per cent greater likelihood of having type 2 diabetes, so taking the stairs instead of the lift is an easy way to reduce that risk.

**Essai, composez votre réponse en anglais (entre 250 et 400 mots) :**

How do we choose our news today ? TV, newspaper, radio, magazines, internet - social media +++, the difference between good journalism and media bias, real or fake news ?!