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NOTE: Choose option A or B, and answer the questions from 1 to 4. For question 5, you can choose to write the composition that you like best, from either option A or option B.

OPTION A

INSTAGRAM SAYS PARENTAL CONTROLS WILL ARRIVE IN MARCH

Instagram will introduce its first parental controls in March as it faces pressure to do more to protect its young users from harmful content and keep them from overusing the product.

Adam Mosseri, the head of the app inside Meta, the parent company of Instagram and Facebook, said in a blog post that parents would be able to see how long their teenage children have spent using Instagram and limit the amount of time they spend on the app. Teenagers will also be able to tell their parents if they have reported someone for a violation of Instagram’s policies. “This is the first version of these tools; we’ll continue to add more options over time,” he said in the post.

Mr. Mosseri is scheduled to appear before a Senate committee on Wednesday, and he is expected to answer questions about whether social media harms children and teenagers. The app has been under new pressure since Frances Haugen, a former Facebook product manager, exposed documents that showed the company was aware that Instagram makes teenage girls feel worse about themselves.


Mr. Mosseri said in the blog post that Instagram was making other modifications for child safety. Its users will no longer be able to tag or mention teenagers who don’t follow them. The app is also releasing a feature for all its users in January that will allow them to delete large quantities of posts, comments and likes.

It was not clear that Mr. Mosseri’s announcement would pacify lawmakers. “Meta is attempting to divert attention from their mistakes by launching parental guides, use timers and content control features that consumers should have had all along,” said Senator Marsha Blackburn, Republican of Tennessee. “But my colleagues and I see right through what they are doing.”

Instagram is among several major tech platforms that have explored changes to how children can use their products, in part because of new child safety guidelines in Britain. The app has said that it is considering asking some young users to go through a stricter process to prove how old they are, but has not yet added those features. (Fragment adapted from *The New York Times*.)

1) BRIEFLY ANSWER ONLY 4 OUT OF THE FOLLOWING 6 QUESTIONS WITH ONLY THE DATA REQUIRED (NOT A WHOLE SENTENCE) (2 POINTS; 0.5 POINTS EACH).

1. When will parental controls be introduced by Instagram?
2. Who’s Adam Mosseri?
3. What are the modifications developed by Instagram for?
4. Was it clear that Mr. Mosseri’s announcement would pacify lawmakers?
5. Which state is Marsha Blackburn a Senator of?
6. What social media platform is the text about?

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2) ARE THE FOLLOWING STATEMENTS TRUE OR FALSE? INDICATE THE LINES THAT SUPPORT YOUR ANSWER (1 POINT).

1. Adam Mosseri said that parents would not be able to see how much time their teenage children have spent on Instagram.
2. Instagram users will no longer be able to tag or mention teenagers who don't follow them.

3) CHOOSE a OR b, ONLY ONE CHOICE IS CORRECT ACCORDING TO THE TEXT (1 POINT).

- a) Instagram is facing pressure to do more to protect its young users from harmful content.
- b) The app is also releasing a feature for its users in September that will allow them to delete their posts.

4) VOCABULARY (2 POINTS).

4.1 Choose one of the options below and find one word in the text for its definition (0.6 POINTS):

- a) Succeed in making someone who is angry or upset calm or pleased.
- b) People who buy goods and services for personal use.

4.2 Find a synonym in the text for one of the two words below (0.6 POINTS):


- a) erase
- b) declaration

4.3 For one of the following words from the text, give a synonym that fits the meaning of the text (0.8 POINTS):

- a) company (line 11)
- b) allow (line 14)

5) WRITE ABOUT THE FOLLOWING TOPIC USING BETWEEN 120-150 WORDS (4 POINTS).

Do you think that freedom of speech on social networks such as Instagram or Twitter should be limited? Why?

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NOTE: Choose option A or B, and answer the questions from 1 to 4. For question 5, you can choose to write the composition that you like best, from either option A or option B.

OPTION B

SPORTS EQUIPMENT

Platform shoes are back in fashion, at least in athletics. Many of the long-distance runners at the Tokyo Olympics arrived at the starting line sporting footwear with a distinctive thick-looking heel. The new shoes offer such a big performance advantage that critics have described them as “technological doping.”

- 5 Running-shoe makers have long tried to improve athletic performance, observes Geoff Burns, a biomechanics expert at the University of Michigan. In 2016 Nike released the first version of its “Vaporfly” model, which improved running economy by 4%.


- 10 If that percentage were to translate directly into performance, it would reduce an elite male’s marathon time by five minutes. In practice, as Dr Burns observes, it wouldn’t quite do that. A marathon improvement of around 90 seconds would be a more realistic expectation. But Vaporfly and its successors have helped athletes smash a series of records. In 2019 Eliud Kipchoge, a Kenyan, became the first to run a marathon’s distance of 42.195km in under two hours.

- 15 Scientists are still not sure how the shoes work. The soles are made of a new type of foam that offers an unprecedented mix of strength and softness, according to Dr Burns. This returns around 80% of the energy from each strike of a runner’s foot. The carbon-fibre plate may help by strengthening the midsole, and possibly by altering a runner’s step. By protecting a runner’s bones, muscles and ligaments from repetitive impacts, the shoes may even help athletes train harder than they otherwise could.

- 20 All that is great news for Nike, which sells the Vaporfly and its successors for around \$250 each. Whether it is good for the sport is another question. In January 2020 World Athletics, the governing body of international athletics, passed new rules limiting the thickness of a road shoe’s sole to 40mm. Meanwhile, Nike postponed plans to distribute high tech shoes designed for sprinters at the Tokyo games, possibly because they did not follow regulations either. But if they have worked out a way around that problem, there could be fireworks. (Fragment adapted from *The Economist*.)

1) BRIEFLY ANSWER ONLY 4 OUT OF THE FOLLOWING 6 QUESTIONS WITH ONLY THE DATA REQUIRED (NOT A WHOLE SENTENCE) (2 POINTS; 0.5 POINTS EACH).

1. What was distinctive of many long-distance runners’ sporting footwear?
2. What have running-shoe makers tried to do for a long time?
3. What was the main feature of the first version of Nike’s Vaporfly model released in 2016?
4. What are scientists not sure of?
5. What did World Athletics pass in January 2020?
6. Why did Nike postpone plans to distribute high tech shoes at the Tokyo games?

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2) ARE THE FOLLOWING STATEMENTS TRUE OR FALSE? INDICATE THE LINES THAT SUPPORT YOUR ANSWER (1 POINT).

1. Dr Burns observes that a five-minute improvement in marathon time is not realistic.
2. Eliud Kipchoge was the first to run a marathon's distance in more than two hours.

3) CHOOSE a OR b, ONLY ONE CHOICE IS CORRECT ACCORDING TO THE TEXT (1 POINT).

- a) Critics have described the new distinctive thick-looking heel shoes as technological doping.
- b) World Athletics limited the thickness of a road shoe's sole to 60mm.

4) VOCABULARY (2 POINTS).

4.1 Choose one of the options below and find one word in the text for its definition (0.6 POINTS):

- a) People who express an unfavorable opinion of something.
- b) An act or movement of putting one leg in front of the other in walking or running.

4.2 Find a synonym in the text for one of the two words below (0.6 POINTS):

- a) smoothness
- b) approved

4.3 For one of the following words from the text, give a synonym that fits the meaning of the text (0.8 POINTS):

- a) great (line 18)
- b) regulations (line 22)

5) WRITE ABOUT THE FOLLOWING TOPIC USING BETWEEN 120-150 WORDS (4 POINTS).

If you could play any sport professionally, which one would you choose and why?