

# Shine Brighter 2de

## Shortfile 18 Take it S.L.O.W.

Extrait p. 156 – Article “Knitting helps Tom Daley switch off”,  
*theconversation.com*

### Knitting helps Tom Daley switch off

Olympian Tom Daley is the most decorated diver<sup>1</sup> in Britain’s history. He is also an avid knitter. At the Paris 2024 Olympics Daley added a fifth medal to his collection—and caught the world’s attention knitting<sup>2</sup> a bright blue “Paris 24” jumper while travelling to the games and in the stands. At the Tokyo Olympics, where Daley was first spotted knitting, he explained its positive impact on his mental health. “It just turned into my mindfulness<sup>3</sup>, my meditation, my calm and my way to escape the stresses of everyday life and, in particular, going to an Olympics.” [...]

Olympics-level sport relies on perfect scores and world records. When it comes to knitting, many of the mental health benefits are associated with the process, rather than the end result. Daley says knitting is the “one thing” that allows him to switch off completely, describing it as “my therapy”. [...]

Knitting’s been shown to have benefits relieving stress in high-pressure jobs beyond elite sport.

*theconversation.com*, 2024

1. *plongeur* 2. *tricoter* 3. *pleine conscience*

### **The Rise of Slow Furniture: Why Sustainable and Ethical Design is the Future**

From food to fashion and even furniture, there has been a noticeable shift in consumer shopping habits in the past few years. A study found that shoppers are more socially conscious—reducing the number of new purchases and, when they do buy new, are now more inclined to choose brands based on their sustainability and ethical practices. [...]

#### **Keeping It Green**

One of the primary benefits of buying ‘slow’ products is their minimal impact on the environment. Handcrafted<sup>1</sup> furniture is designed to last for generations, unlike mass-produced furniture which is not made with longevity in mind. Fast furniture often ends up in landfills<sup>2</sup>, contributing to environmental degradation [...].

#### **Keeping It Local**

Buying locally-made furniture is also better for the environment, eliminating pollution caused by transportation.

Buying local has a more profound impact on the economy [...]. Supporting local creates a ripple effect as fellow businesses in the area also benefit, from gift shops selling handcrafted items to timber merchants selling wood.

Moreover, by buying locally, you can be certain of the working conditions the furniture is produced in. You can be certain that the piece you have bought was created with care by a maker passionate about their craft—as opposed to made on a soulless (and potentially dangerous) factory line.

*chippendaleschool.com, 2023*

**1.** handmade **2.** décharges

Extrait p. 158 – Article de “No need for new toys, we have Team Repair”,  
*therestartproject.org*

### **No need for new toys, we have Team Repair**

*[...] We spoke to Anaïs Engelmann and Megan Hale from Team Repair. They run a 12-month fixing programme that could be a perfect gift for any young person in your life.*

#### **Starting fixers young**

The team of Team Repair is composed of five design-engineering graduates<sup>1</sup> who are linked by their passion for reducing e-waste<sup>2</sup>. Their company aims to introduce and teach children about repair and sustainability, each month sending them a new gadget to fix<sup>3</sup>. These gadgets include hand-held game consoles and remote-controlled cars—it's such a fresh and engaging approach to capturing children's minds.

Anaïs and Megan explain to us how they came to repair at different stages of their lives, proving that it is never the wrong time to learn these crucial skills. They believe that getting children interested in repair early is integral to inspiring our next generation of fixers and repair-friendly designers.

Another lovely aspect of the Team Repair model is encouraging generational skill sharing. Whether it is parents helping their children with the repair kits, or Team Repair themselves going into schools. At Restart, we recognise how important this skill sharing is in teaching younger people and also not letting this knowledge be lost to time.

#### **Building in circularity**

They tell us how a key feature of their project is building circularity into their work. It is not necessarily a popular approach with investors but Team Repair recognise the importance of this aspect of their work. In an effort to solve the issue of e-waste, it only makes sense to reuse the gadgets that they send out.

Their hope is that by educating children on repair and waste reduction, these skills will come in handy<sup>4</sup> when Right to Repair legislation also moves forwards in the coming years. It's a hope that we definitely share and are working towards making a reality all the time.

Team Repair's fixing programme is such a cool concept and we cannot wait to see how it develops and what other toys there are to fix!

*therestartproject.org, 2022*

**1.** diplômés **2.** déchets électroniques **3.** repair **4.** être utile

## Évaluation de la compréhension de l'écrit – Guide pédagogique

Extrait – Article “The greening of tourism: How data insights are supporting emerging travel trends in the UK”, *londondaily.news*

### **The greening of tourism: How data insights are supporting emerging travel trends in the UK**

As tourism in the UK evolves, a growing emphasis<sup>1</sup> on sustainability, wellness, and local exploration is reshaping visitor patterns<sup>2</sup>. The rise of nature-based tourism, wellness retreats, and “slow travel” is shifting demand away from traditional hotspots, creating new challenges and opportunities for local authorities, businesses, and conservationists<sup>3</sup>.

Place Informatics, a leader in location-based data analytics, is helping towns, councils, and tourism organisations track and respond to these emerging trends—ensuring destinations are equipped to meet changing visitor expectations while preserving natural environments. [...]

Here’s how data insights<sup>4</sup> can help manage the impact of these new tourism trends:

- Visitor Behaviour Analytics: Understand travel patterns, helping promote or even protect hidden gems<sup>5</sup> and off-the-beaten-path destinations.
- Footfall<sup>6</sup> Tracking: Manage crowd distribution, improving sustainability and reducing pressure on popular spots.
- Sustainability Planning: Identify eco-friendly routes and accommodations to support low-impact tourism. [...]

By harnessing data analytics, destinations can enhance visitor experiences while preserving natural environments and local cultures, ensuring that tourism growth benefits both communities and conservation efforts.

*londondaily.news*, 2025

**1.** importance **2.** habits **3.** défenseurs de l'environnement **4.** aperçus **5.** merveilles  
**6.** fréquentation