Ce document a été mis en ligne par l'organisme FormaV®.

Toute reproduction, représentation ou diffusion, même partielle, sans autorisation préalable, est strictement interdite.

Pour consulter tous nos sujets d'annales et corrigés du BTS CAV, veuillez visiter :
btscav.fr/annales-sujets-et-corriges

# BREVET DE TECHNICIEN SUPÉRIEUR
# BTS TERTIAIRES

## E1 / E2 : LANGUE VIVANTE ÉTRANGÈRE ÉCRITE
## U12 / U21 : LANGUE VIVANTE ÉTRANGÈRE ÉCRITE – NIVEAU A

# ANGLAIS

SESSION 2025

_____

Durée : 2 heures

_____

| Spécialités | Dictionnaire | | Coefficient |
|---|---|---|---|
| | Bilingue | Unilingue | |
| Assurance | X | | 1 |
| Banque – Conseiller de clientèle | X | | 1 |
| Collaborateur juriste notarial | X | | 1 |
| Communication | | X | 1,5 |
| Conseil et commercialisation de solutions techniques | | X | 1,5 |
| Gestion de la PME | | X | 1 |
| Gestion des transports et logistique associée | | X | 1,5 |
| Management commercial opérationnel | | X | 1,5 |
| Management en hôtellerie-restauration (toutes options) | | X | 1 |
| Management opérationnel de la sécurité | | X | 2 |
| Professions immobilières | X | | 2 |
| Services informatiques aux organisations (toutes options) | | X | 1 |
| Support à l'action managériale | | X | 1 |

Tout autre document ou matériel est interdit.

**Dès que le sujet vous est remis, assurez-vous qu'il est complet.**
**Le sujet se compose de 4 pages, numérotées de 1 à 4.**

## “Less stress, more energy”: what four-day weeks are really like

As Labour[1] mulls[2] giving employees more flexibility, how would productivity, and stress levels, be affected by the end of the traditional working week?

It was 11am on Friday when The Sunday Times phoned Mark Mullen, chief executive of Atom Bank. “Hello?” he answered, sounding flustered, a loud cacophony in the background. “Sorry, I’m just in the supermarket, I can’t hear you.” […]

Three years ago, on his orders, Atom Bank’s 550 staff went from five days a week to four. So, having worked his Monday to Thursday, Mullen was doing the grocery shop.

The change, he said, has been a success. “We’re profitable, still growing – but we do it with a four-day week.”

As part of the new government’s working rights package, employees in the UK may soon all be given the right to work the Atom way. Under a plan due to go out for consultation in October, the Department for Business & Trade will propose a system of “compressed hours”, where full-time staff can squeeze[3] their contracted hours into four days. Employers would be legally obliged to allow it.

The idea is to give employees flexibility. That could involve doing fewer days, or working different hours – possibly involving evening work after putting children to bed.

Britain isn’t alone in looking at such a move. Belgium passed similar legislation in 2022, and trials have been running in several other European countries. But how practical is it? And what impact will it have on companies and the economy?

A wide-ranging trial last year – in which 61 companies went to four days – suggested it was good for employees, who had lower levels of stress and burnout and took fewer sick days.

However, Mullen stressed that while it worked for a business like Atom, it would not be right for every organisation. “We’re kind of self-service, digitally enabled, so we don’t have a physical distribution service to maintain. That made it easier than if we were running something like a restaurant.”

And as for the productivity of his workforce? Atom cut the total contracted hours from 37 to 34 a week, meaning staff worked slightly longer on those four days. He kept wages as they were. “It had no impact on [total] productivity at all.”

On a per-hour-worked basis, though, Atom staff did become more productive.

Professor Bart van Ark, managing director of the Productivity Institute at Manchester University, said there was not always the same positive outcome when employees were asked to work longer hours over fewer days, with a risk of fatigue and concentration lapses. “After seven or eight working hours a day, your productivity is very likely to decline”, he said.

---

[1] Labour : The Labour Party (left-wing political party)
[2] To mull : to think about something deeply
[3] To squeeze : to compact

Richard Fox, a partner at Keystone Law specialising in employment issues, agreed: "It's not quite as simple as saying a four-day week with compressed hours is less stressful and adds to work-life balance… If you work ten hours four days a week, you can find yourself being exhausted. For some people, it's better to work more steady hours."

"I'm definitely not saying it's right for everyone," Mullen added. "Some people like a five-day week."

On the other hand, though, he pointed out that once employees have made the switch to four working days and rearranged their lives around that schedule, they can find it hard to shift back up again to five, perhaps making them unwilling to move to new jobs – good for Atom, but perhaps not for rivals trying to hire new staff.

After the four-days trial last year, 92 per cent of the participants decided to make it permanent.

By Jim Armitage in *The Sunday Times*, Saturday August 31 2024

# TRAVAIL À FAIRE PAR LE CANDIDAT

## I – COMPRÉHENSION (10 points)

Vous rédigerez ce compte-rendu **en français**.
Après avoir lu attentivement l'article, vous en dégagerez les idées essentielles en 200 mots (+ ou - 10 %). Vous indiquerez le nombre de mots. Toute présentation sous forme de notes sera pénalisée.

## II – EXPRESSION ÉCRITE (10 points)

VOUS RÉPONDREZ **EN ANGLAIS** À LA QUESTION 1 OU LA QUESTION 2 AU CHOIX. VOUS RÉDIGEREZ UN MINIMUM DE 200 MOTS.

1) What other company adjustments could you think of as an alternative to the four-day week to improve well-being in the workplace (think about time management, infrastructures, services, perks…)? Consider your line of business both as a future employee and in your past internships. Illustrate and justify your point of view.

OU

2) Vous êtes Dylan Robinson (dylan.rbsn@corporatehappiness.com), coach bien-être missionné(e) par l'entreprise britannique de lunetterie Look!Glasses (@look!glasses.co.uk) pour mettre en place des mesures visant à améliorer le bien-être des salarié(e)s. Vous adressez un courriel à l'ensemble des personnels pour leur soumettre certaines mesures.
Vous précisez tout d'abord que, pour des raisons budgétaires, les mesures feront l'objet d'un vote ultérieur.
Vous proposez ensuite les mesures suivantes :

- la mise à disposition d'ordinateurs portables et d'espaces de travail flexibles ;
- la possibilité de s'inscrire à des cours de cuisine et de sophrologie;
- la création d'un espace-repos équipé de fauteuils et de canapés ;
- la mise à disposition d'en-cas (froids et chauds) et de boissons chaudes ou fraîches, tout au long de la journée ;
- la possibilité 3 jours par semaine de quitter le travail avant les bouchons de 17 heures.

Pour chacun des points, veillez à rédiger des phrases complètes. Vous pouvez étoffer avec des exemples de votre choix.
Présentation d'usage et formules de politesse.

Copyright © 2026 FormaV. Tous droits réservés.

Ce document a été élaboré par FormaV© avec le plus grand soin afin d'accompagner chaque apprenant vers la réussite de ses examens. Son contenu (textes, graphiques, méthodologies, tableaux, exercices, concepts, mises en forme) constitue une œuvre protégée par le droit d'auteur.

Toute copie, partage, reproduction, diffusion ou mise à disposition, même partielle, gratuite ou payante, est strictement interdite sans accord préalable et écrit de FormaV©, conformément aux articles L.111-1 et suivants du Code de la propriété intellectuelle. Dans une logique anti-plagiat, FormaV© se réserve le droit de vérifier toute utilisation illicite, y compris sur les plateformes en ligne ou sites tiers.

En utilisant ce document, vous vous engagez à respecter ces règles et à préserver l'intégrité du travail fourni. La consultation de ce document est strictement personnelle.

Merci de respecter le travail accompli afin de permettre la création continue de ressources pédagogiques fiables et accessibles.