



Bijlage VSBO PKL

2026

tijdvak 1
dinsdag 12 mei
07.30 – 10.00 uur

Engels

Tekstboekje

Text 1 Road to success

- 1 Wendy Robles is one of dozens of aviation sector workers who started small and climbed up to a professional career in the industry. Robles started her work career at Tocumen International Airport in Panama City 12 years ago, laboring in its Passenger Service Department. This was her first contact with crews and airplanes of various airlines. The experience inspired her to study Aeronautical Engineering at the Technological University of Panama. An opportunity arose to learn all about airplanes and to become an airline pilot during her third year. Wendy had never set foot on an airplane before that.
- 2 In 2017, after studying hard and focusing on her goal, Wendy became a first officer with Copa Airlines, Panama's national airlines. Even while working as a pilot, Robles continued her education in another area, studying for a bachelor's degree in Airline Logistics, with an emphasis on distribution and transportation. So much hard work can only lead to success. Wendy is now a proud Copa Captain, demonstrating that the airline is a starting ground for remarkable professionals who contribute to their society.



Adapted from: Panorama magazine

Text 2 Alfie and Fred

- 1 I doubt you have next-door neighbors as fun as mine. Alpacas Alfie and Fred regularly join us on the patio when we go outside for dinner and to lounge in the evening. They are the remaining two from a herd of 40 – our neighbors couldn't bear to ...4... when it was time to sell.



- 2 When the summer heat or winter chill comes, the unusual duo always wants to know what we're up to. Usually, they just want to socialize and ...5... grass and leaves, but once in a while they'll start roughhousing and that's always a show. They wrap their necks around one another like giraffes and make sounds straight from a Jurassic Park film until they wear themselves out.
- 3 Fred is especially interested in our Maltese pup, Brighton. Letting her out is a sure way to lure Fred over. When he sees the dog, he'll emit weird sounds as if he's trying to call her over. ...6..., Brighton doesn't quite share his neighbor's interest. She used to run up to the fence to bark and act tough, to which the alpacas would simply tilt their heads, as if to say: 'What? We're just trying to be neighborly!'

Adapted from: Reader's Digest

Text 3 Concerned mother

Dear Queenie,

My son is almost 2 and sometimes his grandmother, my mother, likes to hold him and hug him and shower him with kisses. Sometimes he just accepts this, but other times he whines and squirms and says, "No," but she just goes on doing it.

I like to hug and kiss my son too, but if he wants me to stop, I do.

Queenie, should I talk to my mother about this?

- *Concerned mother*

Dear mother,

Yes, talk to your mother. Affection is not "affectionate" if it is not welcome.

Try to help her find other ways of showing her affection than forcing her grandson to endure unwanted "attacks". And, as usual, I suggest that, if necessary, professional counseling might help.

- *Queenie*

Adapted from: Daily Herald

Text 4 Putting candles on birthday cakes



1 Credit for our festive birthday candles likely goes to the ancient Greeks. It is said that they made cakes adorned with candles to honor Artemis, the goddess of the moon and the hunt. The round shape of the cakes was a tribute to the moon, and the lit candles made the top

of the cake glow like the moon's surface. It is said that when the candles were blown out, the smoke helped scare away evil spirits or carried prayers to the gods on Mount Olympus.

2 How birthday candles progressed from Artemis to present day is a little more unclear. One theory puts them at non-religious celebrations. Pagan and other cultures believed bad spirits visited people on their birthdays, so candles and a room full of friends were necessary to protect the birthday boy or girl.

3 A few hundred years later, birthday candles popped up again in Germany. There the custom developed of adding one candle on the cake for each year of a person's life. One extra candle was added in the middle for good fortune in the year to come. Hundreds of years later, we're still lighting up our birthday celebrations.

Adapted from: Reader's Digest

Text 5 Accessory to freedom

1 Farah Usmani was born in Pakistan, a country where women are paid much less than men. It's a country where poverty, political and religious violence, and an extremely male-dominated culture contribute to a system where only few girls finish high school. Women make up less than a quarter of the people in the workplaces. And rates of domestic violence are among the highest in the world. As much as 90% of married women get abused, according to one survey of women in the Punjab region of Pakistan.



2 Nowadays, Usmani lives in the city of Charlotte, North Carolina, USA. She is a full-time communications specialist at Novant Hospital and a part-time real estate agent who works with her husband, Najam. She also has a “passion project:” selling handmade scarves from her native country and using the money to help people break away from abusive partners.

3 We met at a café near her home. Usmani passed me a black cardboard box. Inside there was a delicate, blush-colored chiffon scarf decorated with hundreds of tiny flowers and leaves in pink and green. “It took a woman in Pakistan more than three months to stitch it by hand,” she said. Usmani has sold one-of-a-kind scarves like this through her business, Farah Usmani Scarves, since 2019. The scarves come in a variety of colors



and styles, each hand-embroidered with fancy and sometimes complicated designs, often florals. Women in Pakistan often wear scarves for religious and cultural reasons. Usmani knew that women in Charlotte would appreciate the craftsmanship of Pakistani scarves as fashion accessories. She buys them from women in Pakistan, which gives them some financial independence. Then

she resells them in Charlotte and uses the profits to help local victims of domestic abuse, often strangers, who call her.

4 Usmani has gained a reputation in Charlotte for her willingness to show up for people who are abused by their partners. She doesn’t know how most of her callers find her number. But she always rushes to meet them wherever they are: hotels, roadsides, malls. She says she does whatever she can to help them on their road to escape, from feeding them to buying them plane tickets. “I want to do something good with my life,” Usmani says.

Adapted from: charlottemagazine.com

Text 6 Where's the weirdest place you've ever fallen asleep?

Rickey: A dressing room in a store in the mall. I sat down to relax in a dress I was trying to zip up and went out like a light!

Debbie: On the floor of my office. I was working in sales and had to stay up all night to answer emergency calls, but no calls were coming in. I woke up the next morning with the phone beside my head. Luckily, no one walked in!

Connie: Where no one would bother me. As a single mom of a one-year-old, I had been going to school and working at Mc Donald's in the evening. One day I had to take my mom to a doctor's appointment, but I was so tired that I stopped to take a nap. Guess where? In a cemetery. No one disturbed me!

Michael: In the elevator of a skyscraper in Panama. The building was 42 stories high. I was going to the highest floor. I just dozed off. Luckily, someone else was going to the same floor. He kindly woke me up when we got to our destination.

Shirley: On the commode in the middle of the night. Oops!

Katrin: In traffic. This may not be the weirdest, but it's certainly one of the most dangerous places. Some years ago, I began dozing off on the back of a BMW 750 motorcycle while on vacation in Canada.

Emily: In the front row of an orchestra concert. When I woke up, it was almost over. I was so ...15.... There were about 650 people there.

Mark: Simply outside. I was traveling in Italy. Our train was three hours late and it was 11 pm. I crawled under a bush when no one was watching and went to sleep for 3 hours. It was a great nap.

Larry: In an MRI machine at a hospital. I kept falling asleep and moving during the medical procedure. The technician had to wake me up to ask me to stay still.

Corina: I fell asleep standing in line at Disney World. My brother said I took my napping skills to another level that day. I discovered I'm able to sleep upright.

Adapted from: Real Simple magazine

Text 7 Do dogs and cats help with mental health?

1 Our thinking abilities that include memory, language and attention, deteriorate with age and scientists haven't yet found a way to stop this deterioration. There are things you can do to slow it down, however, and recent scientific studies suggest that having a pet might be one of them.

2 For instance, in one 2022 study, US researchers tested the mental abilities of 1,369 older people who had health insurance policies with Medicare over the course of six years. About half the ...18... had pets and the researchers found that these people's mental abilities deteriorated more gradually than non-pet owners. Within the pet-owning group, those who were longer-term pet owners performed better in tests.



3 More recently, data from the English Longitudinal Study of Ageing (ELSA), which has

followed the ageing process of the people over 50 years old for more than 25 years, has helped scientists further ...19... the effects of pets on humans' brains. Since 2010, the ELSA study has included cognitive tests as well as survey questions about pet ownership, giving researchers data from over 7,945 older people to draw on. According to findings published last year, having a pet did slow cognitive ...20... on average. However, the results showed that having a pet only really benefited those who lived alone.

4 Mental deterioration is faster, and dementia risk is higher in those who live alone, but it seems pet ownership may be able to rebalance this offset. Of course, there's still lots left to learn about brain health and ageing, but getting a pet may be a direct solution to staying ...21... into your senior years.

Adapted from: BBC Science Focus Magazine

Text 8 Ollie the dental assistant

1 My husband, Jerry, had an appointment at the dentist's office where I work. He showed up with our 4-year-old English golden-doodle, Ollie. The dentist didn't mind; her dog often chills at the desk.

2 Jerry is usually anxious at the dentist and while he was lying in the chair, Ollie jumped right in his lap and fell asleep. Ollie was totally unbothered by the drills and lights, a feeling he seemed to transmit to my husband.

3 I wondered if Ollie would have the same effect on others. The dentist agreed to let me bring him in to see if he could soothe our nervous clients. It worked. As soon as we recline the chair, Ollie happily settles between the patient's legs. During appointments, clients pet his head and play with his ears. Most say it's like wearing a warm weighted blanket. Some people who usually need laughing gas to relax find that Ollie does the trick.

4 I bring him into the office three days a month to support patients who request him. But judging by the way he runs to the door when I'm leaving for work, he thinks he should get to come every day.



Adapted from: Reader's Digest

Text 9 The Reebok brand – part 1



- 1 Joe Foster co-founded the Reebok athletic shoe brand with his brother. Now he has released an autobiography about his experiences. The book is entitled *Shoemaker: The Untold Story of the British Family Firm that Became a Global Brand*. It follows a small family business that became one of the most iconic global brands in the sports industry. Panorama de las Americas had the opportunity to sit down and talk with Foster on his quick visit to Panama. This was a stop that Foster, a retired businessman, now author, made during his tour of Latin America to ...25... the book.
- 2 Joe Foster, the retired co-founder of Reebok, can offer valuable lessons for dealing with the changing and risky environment of a business owner, especially since the Covid global health crisis. In his book, Foster shares the skills that helped him transform his small shoe factory into a world-class mega company. Skills such as adaptability, an eye for opportunities, and above all, patience.
- 3 “I didn’t write the book as a lesson for anyone, but people tell me they’ve taken it that way,” Foster begins. Business owners always face problems, and we must think of ways to solve these problems. One of the stories in the book tells about the first problem we encountered. It came very early on, just 18 months in, when we tried to register the name that we had chosen for our brand, which was Mercury. We found out that it was already registered so we had to choose another name – Reebok – which means ‘gazelle’ in the Afrikaans language. That turned out to be quite original and much better.”

Adapted from: Panorama de las Americas

Text 10 The Reebok brand – part 2

- 1 Joe Foster's relationship with athletic shoes is not an accident: his grandfather had started making sports shoes since the year 1895. One day he came up with the idea of modifying the soles of the sneakers he produced by adding nails to facilitate faster running and grip on the ground. Athletes at that time welcomed the novelty, which allowed them to gain strength and speed. It was the beginning of sports shoes as we know them. Later, JW Foster & Sons Limited, as the company was called, was passed down to Foster's father and uncle. In 1958, Joe and his late brother, Jeff, founded Reebok. "Our family had been making athletic shoes since 1895, and my brother and I knew we wanted to keep doing it. We were focused and we knew where we wanted to go. I think that, nowadays, with social networks and everything at our fingertips, many people, especially young people, have trouble finding a direction or an identity for themselves in that world. We didn't have that problem."
- 2 Today the company is called Reebok International Limited. Its headquarters are based in Boston, USA, but the company serves clients worldwide. Nowadays Reebok makes clothes and sports equipment, as well as athletic shoes. Reebok has donated millions of dollars in sponsorships to major soccer, cricket and rugby clubs, such as Liverpool FC, Indian Premier League Cricket teams and the Wales National Rugby Team. In South America it has provided uniforms for Brazilian and Argentinian soccer clubs. In recent times, The Reebok Foundation has been founded ...29... to focus more on the company's charity activities and their image. It supports programs designed to serve young people in the world's big cities, where poverty, crime and lack of opportunities often limit youth from reaching their athletic potential. As stated on its website, The Reebok Foundation aims to "provide young people with the tools they need to lead healthier, happier and more active lives."



Adapted from: Panorama de las Americas

Text 11 Cheers! Salut! Prost!

- 1 My name is Tina and I am a big 60-year-old drinker. I always have a tall glass of water nearby and I never leave the house without my keep-it-cold bottle full. I used to drink less water and more Diet Coke: four cans a day, to be exact. I would crave one so intensely every afternoon that I didn't need a clock to tell me it was 3 o'clock – time to crack a cold one!

- 2 Until I decided I was done. I knew that drinking that much soda isn't good for you. Carrying four cans to work every day in my ugly brown cooler bag was a pain. And I didn't like being hooked on anything (except lip balm, but I'm not giving that up!).

- 3 So I quit. I did some research about breaking the Diet Coke habit. I read that the best way forward is to replace both the caffeine and the bubbles. So, I stocked up on green tea and flavored soda water and gave those a try. Ten or so years later, I ...32... drink soda, but almost never Diet Coke. Honestly, it just doesn't taste that good to me anymore. I'm not addicted to it anymore.

- 4 My summer cocktail is a refreshing drink with a special name: the Jody. A friend poured it for me on a hot day some years back, filling a tall glass with ice, some blueberry vodka, a lot of soda water and a splash of cranberry juice. And if you want to skip the alcohol in the Jody, you'll have a delicious mocktail. Cheers to a refreshing summer!

Adapted from: the Reader's Digest