



XIX PREMIO
JOSÉ RAMÓN GARGALLO
DE
TRADUCCIÓN Y COMPOSICIÓN

NÚMERO DE IDENTIFICACIÓN:

Choose one from the following composition subjects:

1. Eco-friendly agriculture, which preserves soil, water and biodiversity with few harmful side-effects, plays a crucial role in food security and healthy lifestyle. Should everybody use this type of food leaving aside artificial products that contain preservatives, colourings,...?
2. According to recent statistics, there has been an increase in indiscipline, violence and bullying in schools. To what extent are parents, video games or films responsible for this disruptive behaviour?
3. Research has shown that a short afternoon nap can promote well-being and improve mood and memory. Explain why you support or oppose a proposal to adjust schedules so that napping will be encouraged at your workplace, even if this means a longer work day.
4. People love to buy things: tech gadgets, clothing, sneakers, jewellery, ... We all love to accumulate what we buy too, so it overflows our rooms, wardrobes, garages, ... But after some point, does all buying and accumulating of stuff truly make us happier?