

Why the world needs to rethink the value of water

1 Research led by Oxford University highlights the accelerating pressure on measuring, monitoring and
2 managing water locally and globally, as well as valuing water for sustainable development to guide better
3 policy and practice.

4 The value of water for people, the environment, industry, agriculture and cultures has been long-
5 recognized, not least because achieving safely-managed drinking water is essential for human life. The scale
6 of the investment for universal and safely-managed drinking water and sanitation is vast, with estimates around
7 \$114B USD per year, for capital costs alone.

8 However, there is an increasing need to rethink the value of water for two key reasons. First, water is
9 not just about sustaining life, it plays a vital role in sustainable development. Water's value is evident in all of
10 the 17 UN (United Nations) Sustainable Development Goals, from poverty alleviation and ending hunger,
11 where the connection is long recognized – to sustainable cities and peace and justice, where the complex
12 impacts of water are only now being fully appreciated. Second, water security is a growing global concern. The
13 negative impacts of water shortages, flooding and pollution have placed water related risks among the top 5
14 global threats by the World Economic Forum for several years running. In 2015, Oxford-led research on water
15 security quantified expected losses from water shortages, inadequate water supply and sanitation and flooding
16 at approximately \$500B USD annually. In October 2017, the World Bank demonstrated the consequences of
17 water scarcity and shocks: the cost of a drought in cities is four times greater than a flood, and a single drought
18 in rural Africa can ignite a chain of deprivation and poverty across generations.

19 Recognizing these trends, there is an urgent and global opportunity to rethink the value of water, with
20 the UN/World Bank High Level Panel on Water launching a new initiative on Valuing Water in early 2017. The
21 growing consensus is that valuing water goes beyond monetary value or price. In order to better direct future
22 policies and investment we need to see valuing water as a governance challenge.

23 Published in *Science*, the study was conducted by an international team (led by Oxford University) and
24 charts a new framework to value water for the Sustainable Development Goals. Putting a monetary value on
25 water and capturing the cultural benefits of water are only one step towards this objective. They suggest that
26 valuing and managing water requires parallel and coordinated action across four priorities: measurement,
27 valuation, trade-offs and capable institutions for allocating and financing water.

28 Lead author Dustin Garrick, University of Oxford, Smith School of Enterprise and the Environment,
29 explains, “our paper responds to a global call to action: the cascading negative impacts of scarcity, shocks
30 and inadequate water services underscore the need to value water better. There may not be any silver bullets,
31 but there are clear steps to take. We argue that valuing water is fundamentally about navigating trade-offs.
32 The objective of our research is to show why we need to rethink the value of water, and how to go about it, by
33 leveraging technology, science and incentives to punch through stubborn governance barriers. Valuing water
34 requires that we value institutions.”

35 Co-author Richard Damania, Global Lead Economist, World Bank Water Practice said, “we show that
36 water underpins development, and that we must manage it sustainably. Multiple policies will be needed for
37 multiple goals. Current water management policies are outdated and unsuited to addressing the water related
38 challenges of the 21st century. Without policies to allocate finite supplies of water more efficiently, control the
39 burgeoning demand for water and reduce wastage, water stress will intensify where water is already scarce
40 and spread to regions of the world - with impacts on economic growth and the development of water-stressed
41 nations.”

42 In conclusion, co-author Erin O’ Donnell, University of Melbourne adds: “2017 is a watershed moment
43 for the status of rivers. Four rivers have been granted the rights and powers of legal persons, in a series of
44 groundbreaking legal rulings that resonated across the world. This unprecedented recognition of the cultural
45 and environmental value of rivers in law compels us to re-examine the role of rivers in society and sustainable
46 development, and rethink our paradigms for valuing water.

Adapted from: **Why the world needs to rethink the value of water**. Available on: <<http://www.ox.ac.uk/news/science-blog/why-world-needs-rethink-value-water>>. Accessed on: May 18th, 2018.

As questões de **1 a 4** se referem ao **TEXTO 1**. Assinale apenas **uma das alternativas** nas questões objetivas.

- 1) Assinale a alternativa correta que contempla o objetivo principal da pesquisa a qual o texto se refere.
- a) Mostrar por que é preciso repensar o valor da água, desconsiderando a tecnologia, a ciência e os incentivos para superar as barreiras governamentais.
 - b) Evidenciar a valorização da água em contrapartida à valorização das instituições.
 - c) Mostrar a razão e o modo de repensar o valor da água, lançando mão da tecnologia, apoiando-se a ciência e nos incentivos para superar as barreiras governamentais.
 - d) Mostrar apenas as ações governamentais e institucionais no que tange à utilização da água.
- 2) Leia as afirmações abaixo e, de acordo com o texto, escreva V para as que são verdadeiras e F para as que são falsas.
- I. () Há um consenso de que a valorização da água se restringe apenas ao valor monetário atribuído a ela.
 - II. () A água é essencial para a manutenção da vida e também para um desenvolvimento sustentável.
 - III. () Quatro rios receberam os direitos e poderes legais de pessoas jurídicas sem amparo de decisões judiciais, gerando repercussão mundial.
 - IV. () Os impactos da escassez de água, enchentes e poluição colocaram os riscos relacionados à água entre as cinco principais ameaças globais.
 - V. () O custo das secas nas cidades é quatro vezes maior do que das inundações.
- 3) O estudo referido no texto planeja uma nova estrutura de valorização da água. Nesse sentido, quais são as ações prioritárias para alcançar esse objetivo?

- 4) Traduza para a língua portuguesa o fragmento a seguir, fazendo as adequações linguísticas necessárias.

Current water management policies are outdated and unsuited to addressing the water related challenges of the 21st century. Without policies to allocate finite supplies of water more efficiently, control the burgeoning demand for water and reduce wastage, water stress will intensify where water is already scarce and spread to regions of the world - with impacts on economic growth and the development of water-stressed nations. (linhas 37 a 41)

Assinale na grade a seguir a alternativa escolhida na **questão 1**.

Questão	Alternativa			
1	A	B	C	D

Preencha com V ou F na grade a seguir conforme suas respostas na **questão 2**.

Questão	Preencha com V ou F				
2	I	II	III	IV	V

TEXTO 2

The selfie's gone, but the damage is done

1 It's temporary, but you still might want to think twice before posting that. That's the message from
2 new Harvard Business School research that looks at behavior on temporary social media platforms such
3 as Snapchat and Instagram Stories. The research, published in the Proceedings of the National Academy
4 of Sciences, compiled results from nine studies conducted online and on college campuses exploring
5 what people were comfortable sharing on temporary platforms and how the posts were perceived.

6 The results, according to senior author Leslie John, Marvin Bower Associate Professor at the
7 Business School, show that people are likelier to make an uninhibited post on a temporary platform, but
8 that viewers are no less likely to judge them harshly.

9 John, who conducted the work with Reto Hofstetter and Roland Ruppell of the Università della
10 Svizzera Italiana, said that the findings reflect a disconnect between the assumptions of the actor and the
11 observer. The actor believes he or she is exercising good judgment by using a temporary platform to
12 make a goofy post, while the observer's reaction to the post is irrespective of platform. "If you look goofy
13 in your photos, the recipient thinks you have bad judgment. They don't give you credit for having shared
14 the image temporarily," she said.

15 The researcher noted that the study didn't explore the potential benefits of posting on temporary
16 platforms, such as the material's shorter life span acting as a check on the number of people who see it.
17 In addition, John stated, though a less-inhibited post can deliver a blow to one's perceived "competence"
18 — a key factor by which we are judged — the study didn't explore whether goofy posts could enhance
19 our "warmth" in the eyes of others, another important factor in how we're viewed.

20 The research grew out of John's interest in how privacy is affected by the permanence of the internet,
21 and how users might navigate new wrinkles in our communications and relationships. She informed that
22 there are multiple cases of people posting things they intend for a narrow audience and then getting in
23 trouble — even fired — when they are viewed more broadly. In this day and age, momentary lapses in
24 judgment can cause lasting harm. For example, 93 percent of hiring managers say that they check job
25 candidates' social media presence before making a decision, the study revealed.

26 "We all have digital skeletons in our closet that can come back to bite us," John declared. "It feels
27 fleeting when we disclose, but digital disclosure is one of the most permanent kinds of disclosure." The
28 moral of the story, she emphasized, is that "temporary" shouldn't be an excuse to not think hard about
29 what you want others to see. "Temporary sharing isn't the panacea people think it is with respect to solving
30 problems about disclosure online. Temporary sharing introduces its own new problems."

Adapted from: SNIBBE, Kris. **The selfie's gone, but the damage is done**. Available on: <<https://news.harvard.edu/gazette/story/2017/10/harvard-researcher-shows-peril-of-social-posts/>>. Accessed on: May 18th, 2018.

As questões de **5 a 8** se referem ao **TEXTO 2**. Assinale apenas **uma das alternativas** nas questões objetivas.

- 5) Qual é o tema da pesquisa relatada no texto *The selfie's gone, but the damage is done*? Qual foi a metodologia utilizada para realizá-la?

6) O que motivou a pesquisa sobre o comportamento das pessoas em plataformas online? Quais foram os resultados obtidos?

7) Na frase “temporary sharing isn’t the panacea people think **it** is with respect to solving problems about disclosure online” (linhas 29 a 30), o pronome destacado **it** se refere à

- a) panacea.
- b) temporary sharing.
- c) people.
- d) respect.

8) Leia as afirmações abaixo e, de acordo com o texto, escreva V para as que são verdadeiras e F para as que são falsas.

- I. () A pesquisadora observa que há uma desconexão entre as percepções de quem posta e de quem visualiza a postagem.
- II. () Segundo a pesquisadora, quem posta acredita estar sendo sensato ao usar uma plataforma temporária para fazer uma postagem boba.
- III. () De acordo com Leslie John, quem visualiza uma postagem ameniza seu julgamento sobre ela pelo simples fato de permanecer temporariamente online.
- IV. () O estudo revela que a presença de candidatos em mídias sociais nunca influencia a tomada de decisão por parte dos contratantes para o preenchimento de vagas de emprego.
- V. () John alerta que o fato de uma postagem ser temporária não deveria ser fator para as pessoas não refletirem sobre o que gostariam que os outros vissem, e que ser temporário não resolve o problema da exposição online.

Assinale na grade a seguir a alternativa escolhida na **questão 7**.

Questão	Alternativa			
	A	B	C	D
7				

Preencha com V ou F na grade a seguir conforme suas respostas na **questão 8**.

Questão	Preencha com V ou F				
	I	II	III	IV	V
8					

TEXTO 3

Mindfulness-based therapy may offer alternative to antidepressants

1 Research led by Oxford University scientists suggests Mindfulness-based cognitive therapy (MBCT) could
2 provide an alternative non-drug treatment for people who do not wish to continue long-term antidepressant
3 treatment. The results come from the first ever large study to compare MBCT – structured training for the mind and
4 body which aims to change the way people think and feel about their experiences – with maintenance
5 antidepressant medication for reducing the risk of relapse in depression.

6 The study aimed to establish whether MBCT is superior to maintenance antidepressant treatment in terms
7 of preventing relapse of depression. Although the findings show that MBCT isn't any more effective than
8 maintenance antidepressant treatment in preventing relapse of depression, the results, combined with those of
9 previous trials, suggest that MCBT may offer similar protection against depressive relapse or recurrence for people
10 who have experienced multiple episodes of depression, with no significant difference in cost.

11 "Depression is a recurrent disorder. Without ongoing treatment, as many as four out of five people with
12 depression relapse at some point", informed Willem Kuyken, lead author and Professor of Clinical Psychology at
13 Oxford University.

14 "Currently, maintenance antidepressant medication is the key treatment for preventing relapse, reducing
15 the likelihood of relapse or recurrence by up to two-thirds when taken correctly", stated study co-author Professor
16 Richard Byng, from Plymouth University. "However, there are many people who, for a number of different reasons,
17 are unable to keep on a course of medication for depression. Moreover, many people do not wish to remain on
18 medication for indefinite periods, or cannot tolerate its side effects."

19 MBCT was developed to help people who have experienced repeated bouts of depression by teaching
20 them the skills to recognize and to respond constructively to the thoughts and feelings associated with relapse,
21 thereby preventing a downward spiral into depression.

22 In this trial, which was conducted from the University of Exeter, 424 adults with recurrent major depression
23 and taking maintenance antidepressant medication were recruited from 95 primary care general practices across
24 the South West of England. Participants were randomly assigned to come off their antidepressant medication slowly
25 and receive MBCT (212 participants) or to stay on their medication (212 participants).

26 Participants in the MBCT group attended eight two and a quarter hour group sessions and were given
27 daily home practice. After the group, they had the option of attending four follow up sessions over a 12-month
28 period. The MBCT course consists of guided mindfulness practices, group discussion and other cognitive
29 behavioral exercises. Those in the maintenance antidepressant group continued their medication for two years.

30 All trial participants were assessed at regular intervals over two years for a major depressive episode using
31 a psychiatric diagnostic interview tool – the Structured Clinical Interview for DSM-IV
32 (Diagnostic and Statistical Manual of Mental Disorders – Fourth Edition).

33 Over two years, relapse rates in both groups were similar (44% in the MBCT group against 47% in the
34 maintenance antidepressant medication group). Although five adverse events were reported, including two deaths,
35 across both groups, they were not judged to be attributable to the interventions or the trial.

36 According to study co-author Professor Sarah Byford, King's College London: "as a group intervention,
37 mindfulness-based cognitive therapy was relatively low cost compared to therapies provided on an individual basis
38 and, in terms of the cost of all health and social care services used by participants during the study, we found no
39 significant difference between the two treatments."

40 Professor Kuyken said: "whilst this study doesn't show that mindfulness-based cognitive therapy works
41 any better than maintenance antidepressant medication in reducing the rate of relapse in depression, we believe
42 these results suggest a new choice for the millions of people with recurrent depression on repeat prescriptions."

43 Study participant Mr. Nigel Reed from Sidmouth, Devon, spoke, "mindfulness gives me a set of skills which
44 I use to keep well in the long term. Rather than relying on the continuing use of antidepressants mindfulness puts
45 me in charge, allowing me to take control of my own future, to spot when I am at risk and to make the changes I
46 need to stay well."

Adapted from: **Mindfulness-based therapy may offer alternative to antidepressants**. Available on: <<http://www.ox.ac.uk/news/2015-04-21-mindfulness-based-therapy-may-offer-alternative-antidepressants>>. Accessed on: May 18th, 2018.

As questões de **9 a 12** se referem ao **TEXTO 3**. Assinale apenas **uma das alternativas** nas questões objetivas.

- 9) A terapia mindfulness mostrou-se tão eficaz quanto o uso de medicamentos para evitar recaídas no tratamento da depressão. De acordo com o texto, quais motivos poderiam levar um paciente a optar pelo tratamento com terapia cognitiva baseada em mindfulness?

- 10) Considere as sentenças a seguir.

- I. Mais de 400 adultos participaram do estudo, e todos receberam terapia baseada em mindfulness, bem como continuaram sendo medicados durante todo o tratamento.
- II. Os participantes do grupo de terapia baseada em mindfulness participaram de sessões em grupos e receberam exercícios diários.
- III. A terapia *MBCT* consiste em práticas relacionadas ao conceito mindfulness, discussões em grupos e exercícios cognitivo-comportamentais.
- IV. Todos os participantes da pesquisa continuaram com suas medicações durante dois anos.
- V. Ao longo dos dois anos de estudo, os dois grupos observados apresentaram taxas de recaídas semelhantes.

A partir das informações que constam no texto, podemos afirmar que

- a) as sentenças I, III, IV e V estão corretas.
 - b) as sentenças II, III, IV e V estão corretas.
 - c) as sentenças II, III e V estão corretas.
 - d) todas as sentenças estão corretas.
- 11) O professor Kuyken, com base nos resultados do estudo, afirma que os pesquisadores acreditam que
- a) milhares de pessoas já fazem terapia baseada em mindfulness.
 - b) a terapia baseada em mindfulness é mais eficaz que os tratamentos feitos com medicação.
 - c) a terapia mindfulness não é eficaz no tratamento de depressão.
 - d) há uma nova opção de tratamento para muitas pessoas que apresentam um quadro de depressão recorrente.

- 12) Traduza para a língua portuguesa o fragmento a seguir, fazendo as adequações linguísticas necessárias.

Study participant Mr. Nigel Reed from Sidmouth, Devon, spoke, “mindfulness gives me a set of skills which I use to keep well in the long term. Rather than relying on the continuing use of antidepressants mindfulness puts me in charge, allowing me to take control of my own future, to spot when I am at risk and to make the changes I need to stay well.” (linhas 43 a 46)

Assinale na grade a seguir a alternativa escolhida nas **questões 10 e 11**.

Questão	Alternativa			
10	A	B	C	D
11	A	B	C	D