

音声ファイルのダウンロード



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はしがき

本書は、現代社会で問題を抱えながら生きている人々がより幸福になれるようさまざまな分野の研究者がそれぞれの立場から支援を提供しようとする試みを平易な英語によって紹介しています。

全体はリーディングを中心とした Unit 1～12 と、3 課毎に設けた Listening Corner 1～4 からなり、語彙の増強、読解力の向上、文法の復習、リスニングを鍛えることが出来ます。

Unit 1～12

Warm-up Activities — 本文の内容に関連した写真や各課のトピックに関する質問を通して学習者の興味を喚起したり、新出語句や重要な語句について意味を確認します。

Reading Activities — 450 語程度のテキストを読み、設問に答えながら内容について徐々に理解を深めます。本文の脇に設けた空欄を埋めていくことで、語彙の意味を確認しながら、内容を確実に読み込んでいくことができます。

Grammar Check — 本文中に出てくる文を例に文法事項の復習をします。

Reading Skill — 読解力を向上させるためのスキルを学びます。

Wrap-up Activities — 日本語で全体の内容を確認したあと、穴埋めなどの設問に解答しながら英語で要約するタスクを行います。

More Challenge! — 内容について自分の意見を述べてみましょう。また、自律的、発展的学習へとつなげます。

Listening Corner 1～4

Before Listening — 本文の内容に関連した写真や各課のトピックに関する質問を通して学習者の興味を喚起したり、新出語句や派生語の学習によって語彙の増強をはかります。また意味を把握するためのリスニングのスキルを学びます。

While Listening — 設問に答えながら、各課によってトピック、キーワード、内容、必要な情報を聞き取る練習を行い意味を効率よく聞く練習をします。

After Listening — Script を埋めて内容の確認をします。また、自律的、発展的学習を促します。

本書は巻末に記載されている方々の協力によって作成されました。作成者一同、本書を通じて学生の皆さんが現代の諸問題について関心と理解を深め、それぞれの問題について自ら積極的に考え、学んでいく姿勢を身につけていって欲しいと願っています。

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作成者一覧

Unit 1 高齢者福祉—マクロレベル的観点



Warm-up Activities

A. 下記の質問について話し合ってみましょう。

1. What kinds of hobbies do older people in Japan enjoy?
2. How would you like to live your life when you are in your 70's?
3. At what age would you like to retire?

B. 下記の語句に該当する日本語を右から選び、その記号を () に書き入れましょう。

1. () aging
2. () opportunity
3. () retired
4. () fertility rate
5. () productive
6. () solidarity
7. () consist of

- (a) 定年退職した
- (b) 出生率
- (c) 機会、好機
- (d) 生産的な
- (e) 団結、社会連帯
- (f) 高齢化
- (g) から成る

C. B に出てきた語句を () に入れて文を完成させてください。必要な場合は形を変えてください。

1. Japan's () is so low that the population has started to decline.
2. The Shikoku region () four prefectures: Kagawa, Kochi, Ehime and Tokushima.
3. Do you think younger workers are more () than older workers?
4. Japan has problems with its declining birthrate and () society.
5. My grandfather started to cook after he () in his late 60's.

Disc 1
2

Macro-level View on Today's Aging Society

Li-Mei Chen

Aging was treated rather negatively in the twentieth century and has become a key global challenge in the twenty-first century. In particular, many countries are struggling to balance increasing social security benefits and social welfare costs as demographic aging progresses. However, some experts say that aging can be a good thing.

There are numerous studies and reports from various disciplines that view aging societies as a strength and not as a demographic disaster. For example, Japan has a low fertility rate and lacks young workers to support the country's wealth. However, with the world's best health and longevity, older Japanese adults can be equally as productive as their younger counterparts. Colleges for the Third Age, which provide adult lifelong learning opportunities, have great potential for training older adults to be more productive. These institutions offer not only hobbies and new interests for retirees but also courses to acquire new skills and the knowledge needed for beginning a new career later in life. For example, a retired businessman may take classes on baking to open a bakery in his neighborhood. Therefore, providing easy access to these institutions is important.

Another fear is the lack of sources of care for the growing older population. With the demise of traditional families, the number of older adults who are living alone without families is increasing. However, a new encouraging type of solidarity has risen with population aging. "Personal communities" are the worlds of friends, neighbors, and leisure-associates, where relationships have an element of choice to them, rather than just fate.

1. _____ 否定的に
2. _____ 増加する
3. _____ 進む
4. _____ 専門分野
5. _____ 災難、危機
6. _____ 長寿
7. _____ 対照となる相手
8. _____ 提供する
9. _____ 機会
10. _____ 公共施設
11. _____ 習得する
12. _____ 近隣
13. _____ 消滅
14. _____ 奨励する
15. _____ 要素
16. _____ 運命

17. _____ 様々である

18. _____ 利用可能である

19. _____ 血縁関係にある

20. _____ 横の

21. _____ 自発的な

22. _____ 続ける

23. _____ 展望、将来性

An older adult's personal community is formed by his/her choices. The type of people they include in their community may vary depending on how much care and support they need and in what point in their life this care and support is available. For some older adults, their personal communities may consist mostly of friends, "extended family members" from divorces and remarriage, virtual friends on the Internet, and formal caregivers, rather than blood-related family members or neighbors. A woman may choose to live in shared housing with other strangers, but once she starts living there, those strangers become her personal community; they become important sources of care and emotional support for her. These new lateral relationships, which are both voluntary and equal, will be important in Japan as the number of single older persons continues to grow.

Such examples help us to realize that an aging population is not necessarily bad. Institutions like Colleges of the Third Age and new social relationships like personal communities have great prospects, and moreover, provide us with new ways of thinking about social life.

(436 words)

注：social security benefit(s): 社会保障給付 / demographic: 人口統計 (学) 的な / discipline(s): 専門分野 / College(s) for the Third Age: 第三期の大学。欧米で主に高齢者向けの大学をこのように呼ぶ / extended family: 拡大家族 ⇔ 核家族 nuclear family / formal caregiver(s): 介護を担う労働者や自営業者

Comprehension Check

D. 内容に関する質問の答えとして最も適切なものを選んでください。

1. According to the passage, with what problems are many countries faced?

- (a) They are faced with declining social welfare costs.
- (b) They are faced with rising social welfare costs.
- (c) They are faced with increasing fertility rates.

2. What does the author say about the productivity of older Japanese adults?

- (a) They cannot be as productive as their younger counterparts.
- (b) They are more productive than younger Japanese adults.
- (c) They can raise their productivity through learning at Colleges for the Third Age.

3. What is NOT true about "personal communities"?

- (a) Personal communities are formed only by a single person's family members.
- (b) Personal communities are the world of friends, neighbors, and leisure-associates.
- (c) Relationships in a personal community have an element of choice, rather than just fate.

4. What will be important in Japan as the number of single older people increases?

- (a) Care and support from family members
- (b) Voluntary and equal, lateral relationships
- (c) Decreasing social security benefits

5. What is the author's opinion about today's aging population?

- (a) It does not necessarily have to be treated as something negative.
- (b) It's the most serious problem that Japan has to face.
- (c) It's a demographic disaster rather than a strength.

Grammar Check

E. 比較級のワークシートを参考にしながら、本文中に出てくる文を下線部に注意して読んでみましょう。

1. However, with the world's best health and longevity, older Japanese adults can be equally as productive as their younger counterparts.
2. For some older adults, their personal communities may consist mostly of friends, "extended family members" from divorces and remarriage, virtual friends on the Internet, and formal caregivers, rather than blood-related family members or neighbors.

Reading Skill

📖 文章の構成 1

👉 最も基本的な文章構成は、導入 (introduction)、本論 (body)、結論 (conclusion) の3部構成です。

導入 (introduction)

説明を目的とした文章では第一段落が文章全体の導入 (introduction) の段落となっています。通常、導入はその話題に関する書き出しの文 (general statement) と主題文 (thesis statement) で構成されます。主題文は第一段落の最終文で述べられる傾向があります。

本論 (body)

ここでは、主題が支持文 (supporting sentences) によって展開されます。理由や具体例等をあげて主題をより詳しく説明します。

結論 (conclusion)

最終段落では、結論 (conclusion) として文章全体の要約が示されたり、導入の主題を再度述べたりします。

👉 説明を目的とした文章では第一段落が文章全体の導入の段落となっています。通常、導入はその話題に関する一般論や主題文で構成されます。したがって、第1段落の主題文を見つけることが内容理解に重要です。

以下の文章を「お正月休み」についての一般論と「雑煮の地域性」という主題に分けてみましょう。

New Year Holidays are one of the most important holidays in Japan. It is the time that family members get together and enjoy traditional *osechi ryori*: New Year dinner, with *zouni*: rice cake soup. *Zouni* has a great regional variety and often reflects local products as well as each region's history.

F. 導入 (第一段落) を読んで、一般論と主題文を見つけましょう。

Wrap-up Activities

G. 前頁の Reading Skills を参考に Graphic Organizer を完成させましょう。

<p>第一段落 (導入) — 高齢化社会は問題なのか 書き出しの文: 高齢化はそれにより多くの国が (¹) や (²) の増加に直面し、否定的にとらえられることが多い。 主題文 : しかし、専門家によると高齢化には (³) もある。</p>
<p>第二段落 (本論) — 高齢化社会の強みを生かす教育環境 支持文: 利点に関する報告によると、日本は (⁴) が低く若手労働者 (⁵) であるが、第3世代大学などで研修の機会を持つことによって、高齢者も若者と同じくらいに (⁶) を高めることができる。したがって、身近に教育機関を設置することが重要である。</p>
<p>第三、四段落 (本論) — (⁷) の高齢者増加への対応 支持文: 増加する高齢者へのケアの資源不足の恐れがある。家族のいない独居老人が増加しているが、パーソナル・コミュニティのような新しい社会連帯が (⁸) している。パーソナル・コミュニティは高齢者自身の (⁹) によって構成され、どのような支援が必要かによっても変わってくる。パーソナル・コミュニティも支援の源となるため、自発的で対等な、(¹⁰) つながりが今後重要となるだろう。</p>
<p>第五段落 (結論) — このような例は、人口の高齢化は必ずしも悪いわけではなく、明るい (¹¹) があり、新たな社会生活の考え方を提示している。</p>

H. ボックスの中の語句を () に入れて下記の要約を完成させてください。

(a) lateral (b) social welfare costs (c) productive (d) choices
 (e) good (f) social security benefits (g) strangers

Aging has become a key global challenge, and many countries are faced with balancing increasing (¹) and (²). However, some researchers argue that aging can be a (³) thing. For instance, educational opportunities at Colleges of the Third Age can help older adults become more (⁴). A new type of solidarity, such as in "personal communities," has risen with population aging. One's personal community is formed by his/her (⁵), and the type of people included in that community may vary depending on how much support he/she needs. One's personal community may consist of (⁶) rather than family members. They can be important sources of care and emotional support. Such voluntary and equal (⁷) relationships will be important in a growing older population. ¹⁰

Another Challenge!

I. 第3世代大学について調べ、定年を迎えたひとの生活にどのような利点をもたらすか、またどのような問題があるのか、について話し合ってみよう。

Listening Corner 1

Sports Management — A study for a better society

- ❖ スポーツ・マネジメントの社会貢献について理解しましょう。
- ❖ ここではトピックを聞き取る練習をします。



Before Listening

A. 下記の質問について話し合ってみましょう。

1. In what sport are the people in the photograph above participating?
2. How can sports contribute to our society?

B. 下記の語句の名詞形を書いてみましょう。

- | | |
|--------------------------------------|--------------------------------------|
| 1. compete () | 4. manage () |
| 2. contribute () | 5. revitalize () |
| 3. improve () | |

C. B で書いた語彙を空欄に入れて、下記の文を完成させてください。必要な場合は形を変えてください。

1. John showed remarkable () after practicing daily for one month.
2. The great success of the singer was due to good () by her recording company.
3. Cathy participated in a swimming () and won first place.
4. Mr. Sasagawa made a one-million-yen () to the British youth group.
5. The mayor began the () of the town by introducing a shopping mall.

While Listening

⑤ D. 下記の質問に答えてください。

1. CD を聞いて、繰り返される語句を書いてみましょう。
2. 書き出した語句から会話全体のトピックを推測して書いてください。

⑥ E. 下記の質問に答えてください。

1. CD で林先生の台詞を聞いて、最初の文と最後の文を書いてみましょう。

最初の文 : _____

最後の文 : _____

2. 書き出した文からどのような内容であるか推測して書いてください。

⑦ F. CD を聞きながら、下記の質問の答えを選んでください。

1. According to Professor Hayashi, which is true?

- (a) Sports management is useful only for earning money.
- (b) Sports management is useful primarily for entertaining people.
- (c) Sports management is useful for improving society.

2. Which of the following is used to illustrate the relationship between sports and society?

- (a) Fitness clubs (b) Swimming clubs (c) Football clubs

3. How can sports make society a better place?

- (a) By contributing both to the owner of the fitness club and its customers
- (b) By decreasing the medical fees for individual customers
- (c) By increasing the income from membership fees

4. What can sports contribute to other than our good health?

- (a) Local communities
- (b) World peace
- (c) Both a and b

5. Bob and Mary talked about the World Cup. For whom was it held?

- (a) the local communities (b) the homeless (c) the non-profit organizations

After Listening

8 G. CD を聞きながら、下記の Script の空欄を埋めて内容の確認をしましょう。

H 下記の質問に答えてください。

1. インターネットで the Homeless World Cup のホームページを読み、昨年はどこで開催されたのか調べてみましょう。
2. このような活動は社会にどのような貢献ができるのか考えてみましょう。

Script

5 Mary : Hello. I'm Mary. Welcome to Listening Corner 1. With me in the studio today is Bob. In today's program, we're discussing the relationship between sports and our society, especially how we can (¹) Bob, are there any sports you regularly take part in?

Bob : Well, I used to enjoy playing (²) when I was a high school student. I practiced it with my friends early in the morning, during noon recess, and after classes. We even practiced on Sundays and holidays.

Mary : It sounds as if you were really into sports.

Bob : Yes, I was. But after I graduated from high school, I stopped practicing so hard. I started to feel like I wanted to try other things as well. I still like sports and enjoy watching various sport competitions on TV, though.

Mary : Well, Naoya Hayashi, an associate professor at Kwansai Gakuin University, is focusing his research on (³). According to his studies, sports can serve to improve society. He says:

6 Mr. Hayashi : People often associate sports management with obtaining financial benefits. 15

7 It is generally considered to be a theory-oriented field relating to marketing and financial management—namely, theories about how to offer sport-related services and how to increase sport-related sales. But, in fact, sports management is more about how to offer an environment to make our society a better place to live in by linking people, sports, and society in a positive way. 20

Bob : So Mr. Naoya Hayashi is saying that sports can help us improve society. But how?

Mary : Yes, that's a good question. Do you go to a (⁴), Bob?

Bob : Yes, I go at least once a week. I would like to maintain my health, and I have become good friends with some of the people I have met there. Just chatting with them after work really makes me feel better.

Mary : That's what Mr. Hayashi points out as one way sports help to improve society. On one the hand, the more that people become members of fitness clubs, the more that clubs (⁵) clubs receive through monthly or annual membership fees. And on the other hand, people are able to become (⁶) by doing regular exercise and to expand their circle of acquaintances by (⁷) with other members. Running a fitness club efficiently creates financial value for the business as well as social value in individuals' lives. 5 10

Bob : He's got a point. Since I became a member of my fitness club, the club began profiting from my membership fees. Yet, at the same time, I became healthier and am enjoying mingling with other members.

Mary : Exactly. Mr. Hayashi also points out that, as a result, society itself will benefit in some way in the long term. 15

Bob : I see. Sports are not just for entertainment or refreshing ourselves. They can also be part of our social life.

Mary : That's what Mr. Hayashi thinks. For instance, we can (⁸) local communities through sports. Sports can contribute to (⁹) too. Teams from approximately (¹⁰) different countries participated in the Homeless World Cup this year. In Japan, volunteers from the non-profit organization, the Big Issue Foundation, enjoyed activities with the homeless, including football. They are trying to help homeless people connect with society and obtain self-confidence through these activities. 20 25

Bob : That sounds wonderful. Thanks Mary. Maybe I should rejoin the baseball team with my colleagues at the office from next spring too.