



CHAPTER 2

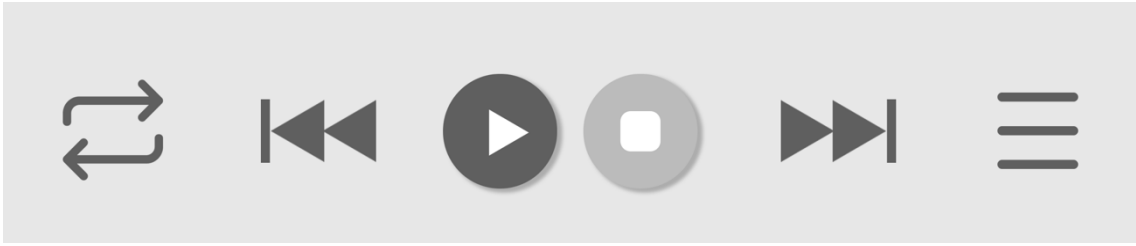
Stationery: Changing Our Lives for the Better

Part 2 本文

Before the invention of glue tape, people often had trouble using glue. It didn't spread evenly; it dried up when the cap was removed; and it also stuck to the user's hands. In order to overcome these problems, a German stationery company invented a glue tape in the mid- 1980s that became very popular in Europe.

It was a Japanese stationery company that made glue tape more user-friendly. By using a so-called dot pattern method, the company was able to improve the evenness of the glue and make the tape come out more smoothly. The company then worked hard to optimize the shape and size of the dot-pattern and the adhesiveness of the glue.

The kind of glue tape we use today was released in 2005 and became a huge hit, with over two hundred million sold in Japan alone. A wide variety of tapes are now available, some with replaceable cartridges and others with heart-shaped or star-shaped dots.





CHAPTER 2

Stationery: Changing Our Lives for the Better

Part 3 新語・イディオム

erasable

inspire

coloring

thermosensitive

market (v.)

requirement

nor

trace

erase

trial

utilize

frictional

launch

depending on ...

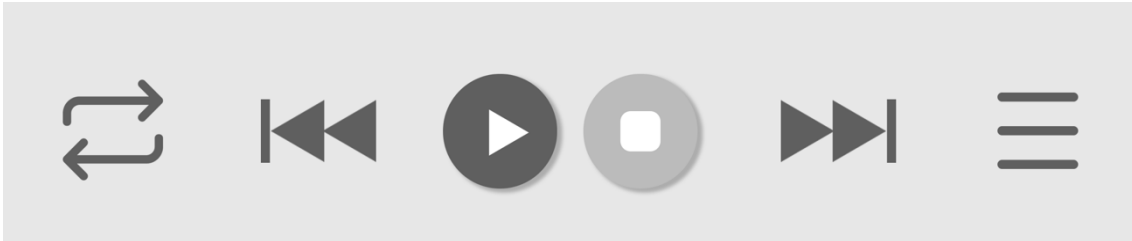
trial and error

on sale

typically

marketing

department





CHAPTER 2

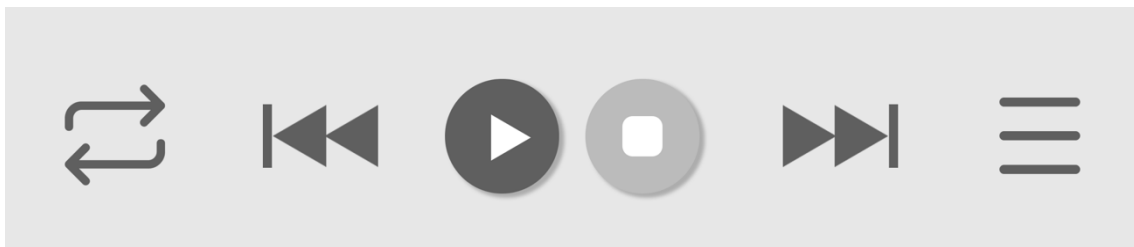
Stationery: Changing Our Lives for the Better

Part 3 本文

The erasable-ink pen was invented in Japan. In 1975, a researcher at a Japanese stationery company, inspired by the coloring of autumn leaves, invented a thermosensitive ink called Metamo ink. It changes color depending on the temperature. However, in order to market the product, the ink had to meet several difficult requirements. Most importantly, it should not easily disappear after being used on paper nor should it leave a trace after being erased. After much trial and error, the company was able to meet these requirements. In 2006, the first erasable-ink pen utilizing frictional heat was launched in Europe. A year later, it went on sale in Japan. Since then, it has been widely used around the world.

The story of the development of the erasable-ink pen is an interesting one. In Japan, students typically use pencils and mechanical pencils for writing. In Europe, however, students use ballpoint pens. As a result, they

have to hold both a ballpoint pen and a correction pen in their hands. The marketing department of the Japanese company realized that with erasable-ink pens, students would not have to switch from one pen to the other and this would make the new pen popular. They were right!





CHAPTER 2

Stationery: Changing Our Lives for the Better

Part 4 新語・イディオム

high-quality

stylish

reasonable

take up …

spite

popularity

undergo

due

digitalization

paperless

reflection

in spite of …

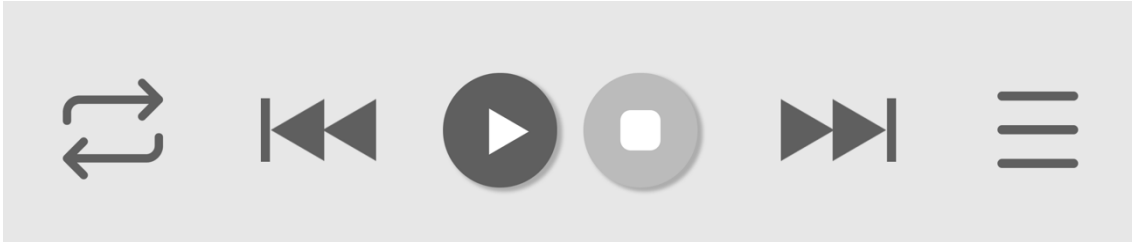
due to …

in a sense

mindset

passion

craftsmanship





CHAPTER 2

Stationery: Changing Our Lives for the Better

Part 4 本文

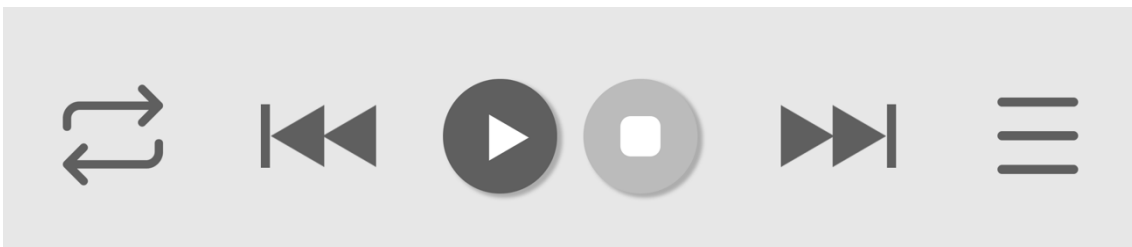
Today, Japan is known for its high-quality, creative, and stylish stationery. Japanese stationery is popular not only in Japan but also in many countries around the world. Foreign tourists often buy Japanese stationery products because the prices are reasonable and they do not take up much space. There are also many Japanese students who take them as gifts for their host families when they go on homestay programs abroad.

In spite of their current popularity, however, stationery products are undergoing new changes due to digitalization and paperless communication. In a sense, stationery products are a reflection of our society.

Changes in our lifestyle and mindsets will lead to new stationery products. It is likely that people living one hundred years from now will be using stationery products that are completely different from those we

use today.

You could be the one to create new and unique stationery products with pride, passion, and craftsmanship for the next generation. What kind of stationery products would you like to create?





CHAPTER 2

Stationery: Changing Our Lives for the Better

通読用（ファストスピード）

①

Have you ever wondered when and how the stationery products we use every day were developed? If you look closely at the stationery products you have, you will notice that many of them are made in Japan. There are also products that were originally invented overseas and further developed in Japan.

Take the stapleless stapler, for example. It is said that the regular stapler was invented in France in the 18th century. Over time, stationery companies tried to develop a stapleless stapler, but it proved to be extremely difficult. In 2009, a major Japanese stationery company released a new user-friendly stapleless model. When documents bound without staples were distributed to the delegates at the IMF/World Bank Annual Meetings in Tokyo in 2012, the delegates were impressed and attention was focused on the new product. They realized that the new

type of stapler did not require reloading and was economical and environmentally friendly.

In this chapter, we will take a look at some interesting stories of stationery products and see how they have changed our lives for the better.

②

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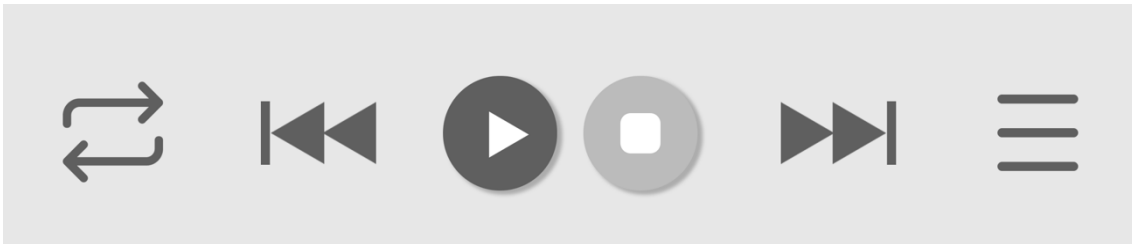
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CHAPTER 2

Stationery: Changing Our Lives for the Better

Recap & Retell 1





CHAPTER 3

Salt: More than Just a Seasoning

Part 1 新語・イディオム

p.38

seasoning

pinch

sprinkle

fundamental

do without...

set off on...

p.39

suppose

preserve

ferment (v.)

disinfection

de-ice

inseparable

companion

component

sodium

nutrient

oxygen

transmit

expel

urine

restore

keep ... going

consume





CHAPTER 3

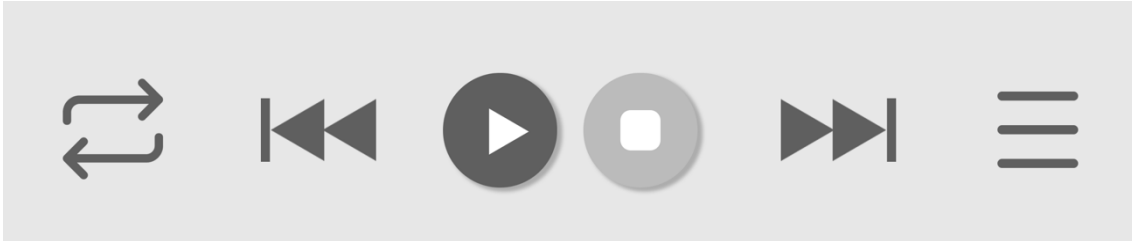
Salt: More than Just a Seasoning

Part 1 本文

Suppose you are making onigiri, a rice ball made with freshly steamed rice. What is needed to give it flavor? Salt! Salt is used as a seasoning worldwide. It is also used to preserve or ferment food. Moreover, salt is used in the production of medicines, the disinfection of tap water, and even the de-icing of roads.

Salt is an inseparable companion of all living creatures, including human beings. The main component of salt is sodium, which plays an essential role in keeping us alive. It helps to store nutrients and oxygen, transmit nerve impulses, and move muscles. We humans do not naturally produce sodium, but we need it to keep our bodily functions going. Without enough salt, we would suffer from various health problems. The average adult human body contains about 250 grams of salt, but most of it is expelled as sweat, tears, or urine. We need to restore the body salt that is lost in our daily activities.

When did humans start to consume salt as part of their diet? When did we start to season food with salt? To answer these questions, we need to look at the history of humans and salt.





CHAPTER 3

Salt: More than Just a Seasoning

タイトル

CHAPTER 3

Salt: More than Just a Seasoning

Take a pinch of salt in your fingers and sprinkle it over your food. This seasoning adds to the food's flavor. Salt is so fundamental to our lives that we can't do without it. When and why did humans start to use salt as part of their diet? Let's set off on a journey through the history of salt, which is sometimes said to be the king of seasonings.





CHAPTER 3

Salt: More than Just a Seasoning

Part 2 新語・イディオム

life form

-celled

multi-

organism

evolve

evolutionary

form (v.)

organ

function (v.)

mineral

commonly

seawater

onto

elemental

composition

as you know

move out

constantly

adjust

surrounding

taste bud

detect

kidney

filter (v.)

transform

excess (*adj.*)

take in ...

make it possible to do





CHAPTER 3

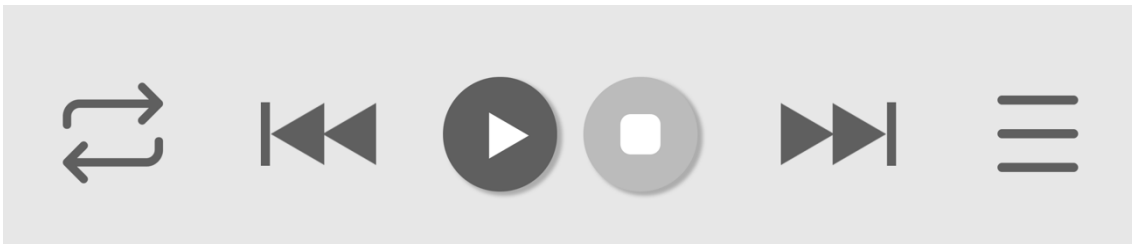
Salt: More than Just a Seasoning

Part 2 本文

The story goes back to the creation of life on earth. Life is said to have begun in the sea billions of years ago. The first life forms were single-celled organisms. Later multi-celled organisms appeared and, slowly over time, evolved into complex living creatures. During this evolutionary process, they formed organs inside their bodies that required sodium to function well. This mineral, as you may know, is commonly found in seawater. Much later, the first animals moved out of the sea and onto land. By that time, their bodies had developed a need for sodium. The elemental composition of human blood is, even today, very much like that of seawater.

However, unlike those in the sea, living creatures on dry land constantly need to take in sodium. To adjust to the new surroundings, our distant ancestors evolved slowly and developed two important organs. One organ is our tongue. There are taste buds on the tongue

that enable us to detect such tastes as saltiness, sweetness, and bitterness. These taste buds evolved and made it possible for us to notice even a small amount of salt. The other organ is our kidneys. They filter blood and transform waste and excess salt and water into urine. Thus, the kidneys help to maintain the proper amount of salt in our bodies.





CHAPTER 3

Salt: More than Just a Seasoning

Part 3 新語・イディオム

Maasai

liter

agriculture

drastically

harvest (v.)

crop

stable

intake

wheat

potassium

result in ...





CHAPTER 3

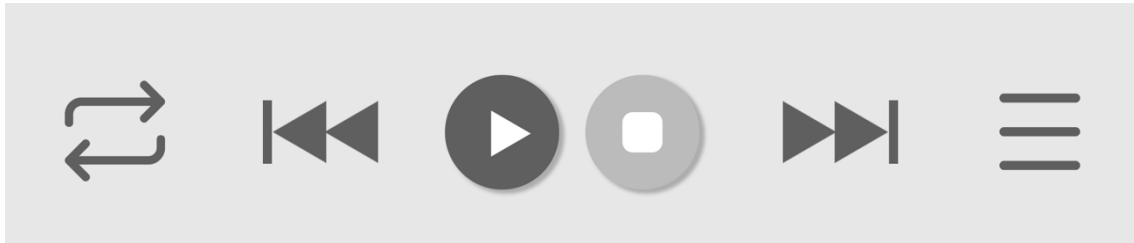
Salt: More than Just a Seasoning

Part 3 本文

When humans first appeared on earth millions of years ago, they did not use salt as a seasoning. It is probably because they were able to get enough sodium by eating fish and animals. It is not necessary to season food with salt if we get enough sodium from what we eat and drink. For example, the Maasai people of Africa drink a few liters of milk a day and do not use salt. They get about two grams of sodium from the milk, which seems to be enough for them.

It was about eight thousand years ago that agriculture began, which changed life drastically for most human beings. Although harvesting crops made it possible for people to live stable lives, it caused a serious problem: a lack of sodium intake. Our ancestors' major staples — wheat and rice — contain little sodium, though they are rich in potassium, another important mineral. At that time, people mainly ate food made from these two crops every day, which resulted in low sodium

intake, and often caused illness.





CHAPTER 3

Salt: More than Just a Seasoning

Part 4 新語・イディオム

deficiency

take place

get used to doing

no longer

no doubt

somehow

crave

-related

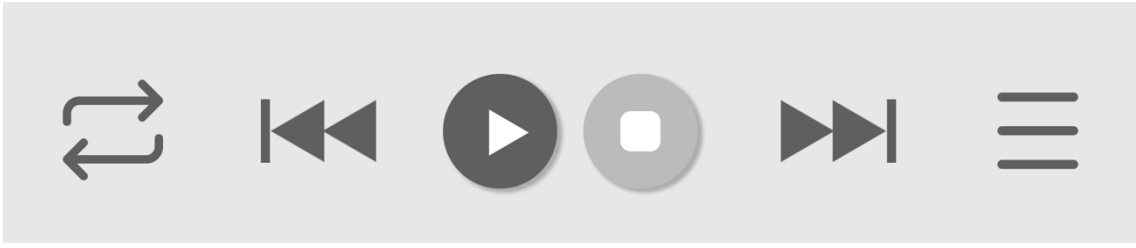
pressur

stroke

drive O to do

indispensable

excessive





CHAPTER 3

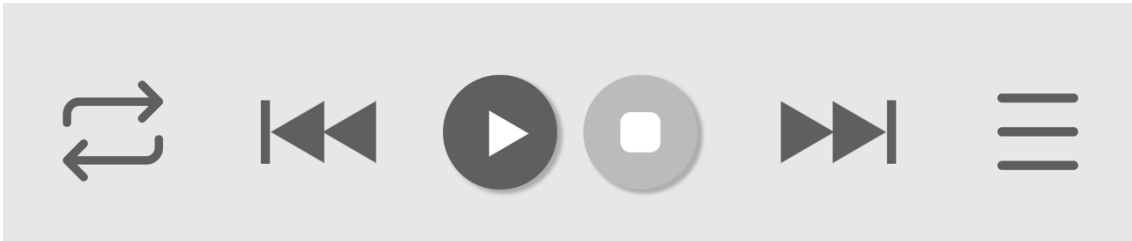
Salt: More than Just a Seasoning

Part 4 本文

No one knows exactly when humans first started seasoning food with salt. However, it is clear that this change in the human diet took place at some point in history. Fortunately, this addition helped to solve the problem of sodium deficiency. Now we can say that once humans got used to seasoning with salt, they were no longer able to eat food without it. How would you feel if there were no salt in your food? No doubt, you would find it lacking in taste.

Today, even though we can choose from a variety of seasonings, it is difficult to cook without using salt. Salt makes food taste better, and somehow our brains drive us to crave salt. In fact, we generally take in more salt than necessary. As a result, many people now suffer from various salt-related diseases, including high-blood pressure, heart disease, and strokes. Reducing sodium intake has become a major challenge in the 21st century.

Salt is indispensable for human beings. It is a key component of most foods. However, consuming excessive salt can cause serious health problems. Salt can be either healthy or harmful, depending on the amount consumed. So be careful of the number of pinches of salt you use.





CHAPTER 3

Salt: More than Just a Seasoning

通読用（ファストスピード）

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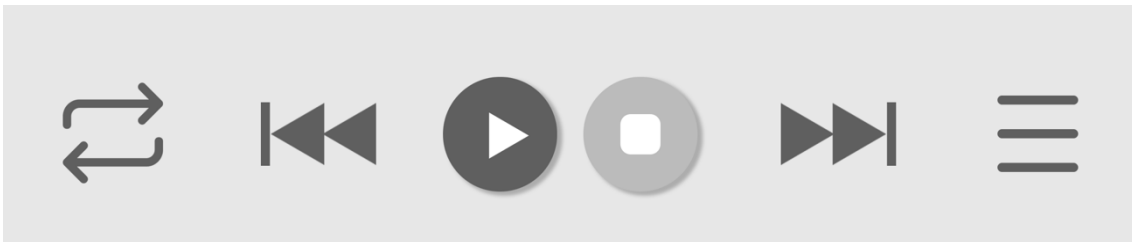
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CHAPTER 3

Salt: More than Just a Seasoning

Recap & Retell 1





CHAPTER 4

The Story of Holly Butcher

Part 1 新語・イディオム

p.52

Holly Butcher

New South Wales

p.53

realise = realize

mortal

tick

wrinkled

grey = gray

unpredictable

leave the world

out of one's hands

inevitability

taboo

fate

meaningless

whenever

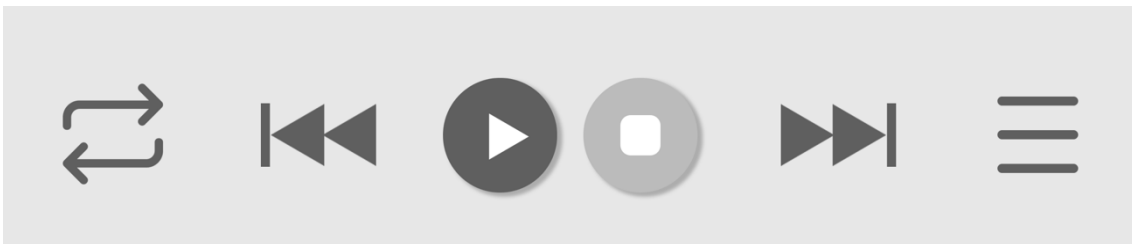
complain

grateful

minor

thankful

for the most part





CHAPTER 4

The Story of Holly Butcher

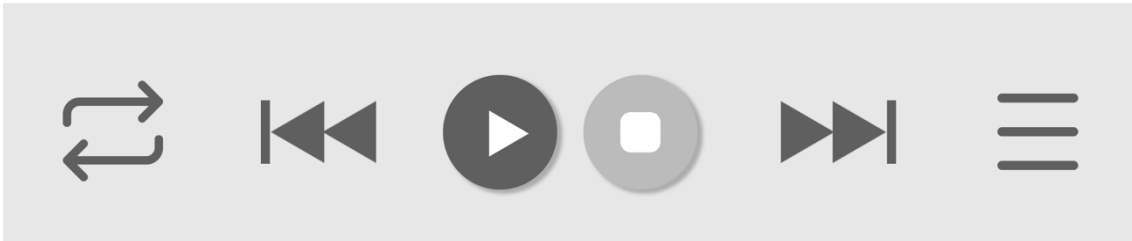
Part 1 本文

I've had a lot of time to think about life these past few months, and I want to share some of my thoughts. It's a strange thing to realise and accept that you're mortal at the age of 26. But the clock keeps ticking and I know death is fast approaching. I always imagined myself growing old with wrinkled skin and grey hair after raising a beautiful and loving family.

Life is fragile, precious, and unpredictable, and each day is a gift, not a given right. I'm 27 years old now. I love my life and I am happy. I don't want to leave the world, but that decision is out of my hands.

I'm not writing this message so that people will fear death. In fact, it's good that we are not constantly thinking about its inevitability. For the most part, death is often considered a 'taboo' topic, especially among young people. I want people to remember that we all suffer the same fate in the end. So stop worrying about the little issues that cause

meaningless stress in everyday life. Whenever you start complaining about unimportant things, think about those people who are actually facing serious problems and be grateful that your problems are minor ones. Take a deep breath of the fresh air and be thankful that you are able to breathe it in.





CHAPTER 4

The Story of Holly Butcher

タイトル

CHAPTER 4

The Story of Holly Butcher

Born in New South Wales in Australia, Holly Butcher dreamed of a bright and happy future. She hoped her dreams would come true, but unfortunately they didn't. A rare form of bone cancer ended her dreams and her life. In this chapter, you will read "A Note Before I Die," which she wrote in her last days.





CHAPTER 4

The Story of Holly Butcher

Part 2 新語・イディオム

hairdresser

lament

insignificant

get caught in ...

far from ...

as a whole

time-consuming

physically

commonplace

appreciate

emotional

spiritual

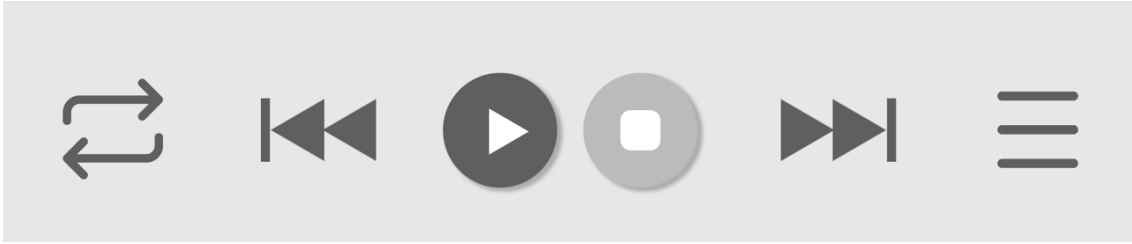
in addition

flu

sore

annoying

life-threatening





CHAPTER 4

The Story of Holly Butcher

Part 2 本文

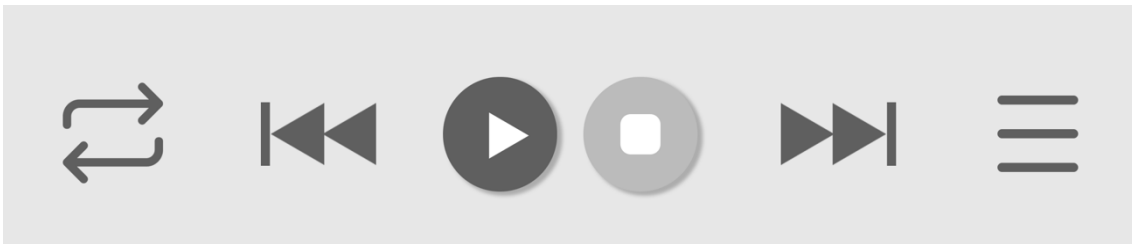
You might have got caught in bad traffic today, or your hairdresser might have cut your hair too short, or you might lament that your body shape and size are far from ideal. My advice is to forget about those things. You won't think about them when it's your turn to go. They are insignificant when you look at life as a whole. What I wish for most is that I could spend one more birthday or Christmas with my family.

I hear people complain about how hard their work is or how time-consuming exercise is. But you should be grateful you are physically able to do those things. Work and exercise may seem so ordinary and commonplace, until your body doesn't allow you to do either of them anymore. Then you realise their importance.

Appreciate your good health. And take pride in your normally functioning body, even if it isn't the perfect size or shape. Don't worry so much about what others might think of it. Take good care of your body

and never forget how amazing it is. In addition, work hard to find emotional and spiritual happiness.

Be grateful for those days when you don't have any serious pain. Of course, there will be days when you are sick with the flu or have a sore back. Those physical problems may be annoying, but thankfully they are not life-threatening in most cases.





CHAPTER 4

The Story of Holly Butcher

Part 3 新語・イディオム

incredibly

stranger

fall sick

weird

silly

jewellery = jewelry

take ... out

above all





CHAPTER 4

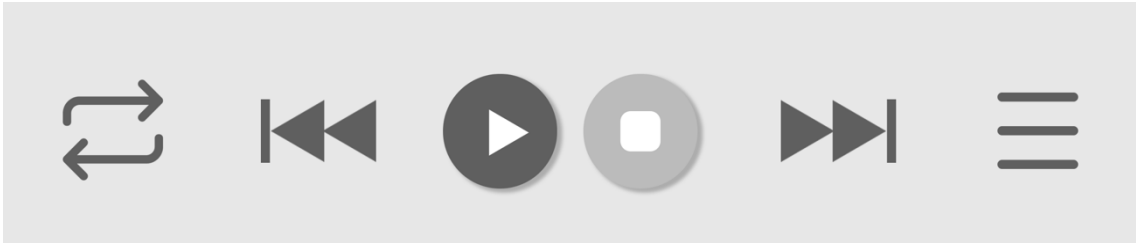
The Story of Holly Butcher

Part 3 本文

Since I fell sick, I've met many incredibly kind people. I've received loving words and support, not only from my family but also from friends and even strangers. I will never forget their kindness and will forever be grateful to them.

It's weird having money to spend when you are dying; it's certainly not a time to go out and buy things like a new dress or new shoes. You come to understand how silly it is to spend so much money on things that are not really necessary. Instead of buying clothes or jewellery for yourself, buy your friends something nice. Take them out for a meal, or cook a special dinner for them. And above all, tell them that you love them.

This Christmas our family agreed not to exchange presents. The tree looked sad and lonely with no lovely presents under it. What we did instead was to write nice cards to each other. Those cards mean more to me than any present I have ever received.





CHAPTER 4

The Story of Holly Butcher

Part 4 新語・イディオム

dip

capture

put off...

be meant to be done

miserable

concerning

donate

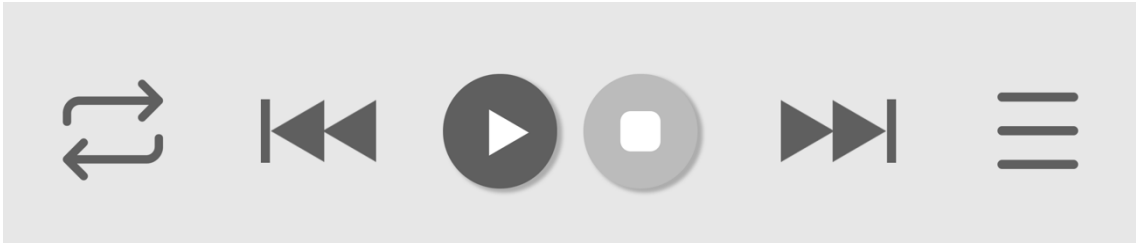
prolong

donation

extra

'til = until

nothing but ...





CHAPTER 4

The Story of Holly Butcher

Part 4 本文

Go on that day trip to the beach that you keep putting off. Dig your toes in the sand and dip your feet into the water. Enjoy those precious moments rather than always trying to capture them on your smartphone camera. Life isn't meant to be lived on a phone screen; nor is life just about taking perfect photos.

If something is making you miserable, remember you have the power to change it. Since you don't know how much time you have left on this earth, don't waste it being miserable.

This note is nothing but one young girl's advice concerning life and death. You can take it however you like. If you find it useful, great! If not, that's okay too. There is one last thing: if you can, please donate blood.

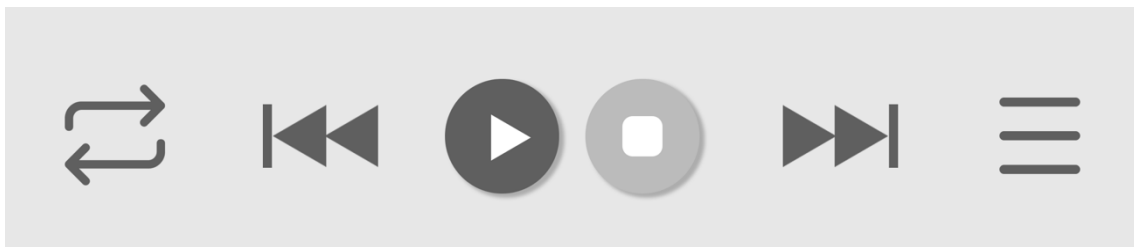
That is one way to help prolong or save lives. Blood donations helped keep me alive for an extra year. That allowed me to spend one more year here on earth with my family, my friends, and my dog. During that

year, I had some of the best times of my life.

... 'Til we meet again.

Hol

Xoxo





CHAPTER 4

The Story of Holly Butcher

通読用（ファストスピード）

①

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fate in the end. So stop worrying about the little issues that cause meaningless stress in everyday life. Whenever you start complaining about unimportant things, think about those people who are actually facing serious problems and be grateful that your problems are minor ones. Take a deep breath of the fresh air and be thankful that you are able to breathe it in.

②

You might have got caught in bad traffic today, or your hairdresser might have cut your hair too short, or you might lament that your body shape and size are far from ideal. My advice is to forget about those things. You won't think about them when it's your turn to go. They are insignificant when you look at life as a whole. What I wish for most is that I could spend one more birthday or Christmas with my family.

I hear people complain about how hard their work is or how time-consuming exercise is. But you should be grateful you are physically able to do those things. Work and exercise may seem so ordinary and commonplace, until your body doesn't allow you to do either of them

anymore. Then you realise their importance.

Appreciate your good health. And take pride in your normally functioning body, even if it isn't the perfect size or shape. Don't worry so much about what others might think of it. Take good care of your body and never forget how amazing it is. In addition, work hard to find emotional and spiritual happiness.

Be grateful for those days when you don't have any serious pain. Of course, there will be days when you are sick with the flu or have a sore back. Those physical problems may be annoying, but thankfully they are not life-threatening in most cases.

③

Since I fell sick, I've met many incredibly kind people. I've received loving words and support, not only from my family but also from friends and even strangers. I will never forget their kindness and will forever be grateful to them.

It's weird having money to spend when you are dying; it's certainly not a time to go out and buy things like a new dress or new shoes. You come

to understand how silly it is to spend so much money on things that are not really necessary. Instead of buying clothes or jewellery for yourself, buy your friends something nice. Take them out for a meal, or cook a special dinner for them. And above all, tell them that you love them.

This Christmas our family agreed not to exchange presents. The tree looked sad and lonely with no lovely presents under it. What we did instead was to write nice cards to each other. Those cards mean more to me than any present I have ever received.

4

Go on that day trip to the beach that you keep putting off. Dig your toes in the sand and dip your feet into the water. Enjoy those precious moments rather than always trying to capture them on your smartphone camera. Life isn't meant to be lived on a phone screen; nor is life just about taking perfect photos.

If something is making you miserable, remember you have the power to change it. Since you don't know how much time you have left on this earth, don't waste it being miserable.

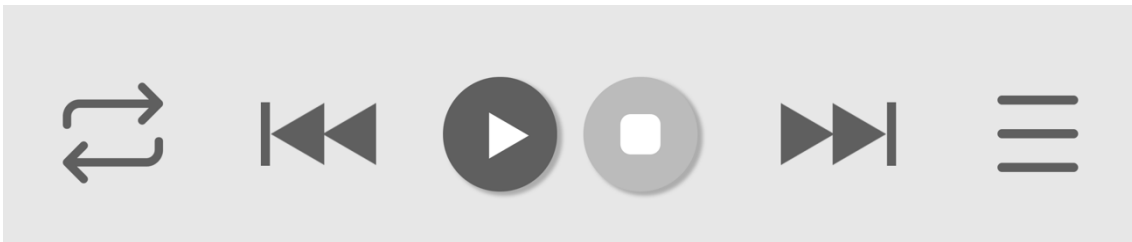
This note is nothing but one young girl's advice concerning life and death. You can take it however you like. If you find it useful, great! If not, that's okay too. There is one last thing: if you can, please donate blood.

That is one way to help prolong or save lives. Blood donations helped keep me alive for an extra year. That allowed me to spend one more year here on earth with my family, my friends, and my dog. During that year, I had some of the best times of my life.

... 'Til we meet again.

Hol

Xoxo





CHAPTER 4

The Story of Holly Butcher

Recap & Retell 1





CHAPTER 5

From Overtourism to Sustainable Tourism

FYI 新語・イディオム

p.66

overtourism

sustainable

tourism

memorable

Natalie Boyona

overview

industry

observe

online (*adj.*)

p.67

destination

Barcelona

stunning

Gaudí

architecture

Venice

iconic

gondola

historic

Luang Prabang

Laos

colonial

Phi Phi

lagoon

coral reef

lush

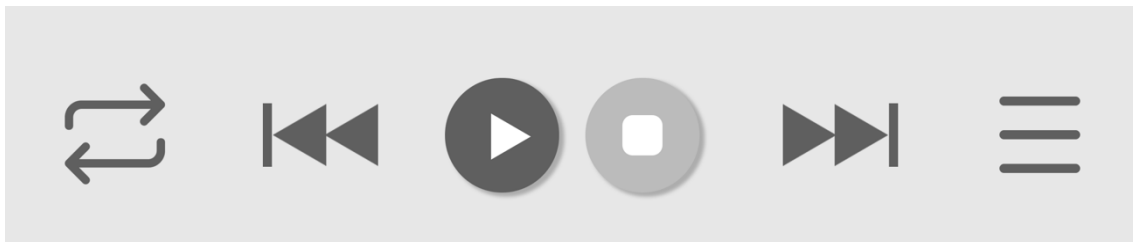
diverse

feature

farmhouse

scenic

heritage





CHAPTER 5

From Overtourism to Sustainable Tourism

FYI 本文

Barcelona (Spain)

Population: 5.7 million (2024)

Number of tourists: 12 million (2023)

Barcelona is known for its stunning Gaudí architecture, beautiful beaches, and rich history.

Venice (Italy)

Population: 258,000 (2024)

Number of tourists: 5.7 million (2023)

Venice is one of Italy's most iconic cities. It is famous for its canals, gondolas, and historic architecture.

Luang Prabang (Laos)

Population: 452,000 (2024)

Number of tourists: 1.5 million (2023)

Luang Prabang is an ancient city in Laos. It's known for its beautiful temples, French colonial architecture, and lively markets.

Phi Phi Island (Thailand)

Population: 2,500 (2018)

Number of tourists: 1.2 million (2023)

Phi Phi Island is located in the southern part of Thailand and is famous for its clear waters, beautiful lagoon, and coral reefs.

Iriomote Island (Japan)

Population: 2,400 (2023)

Number of tourists: 300,000 (2023)

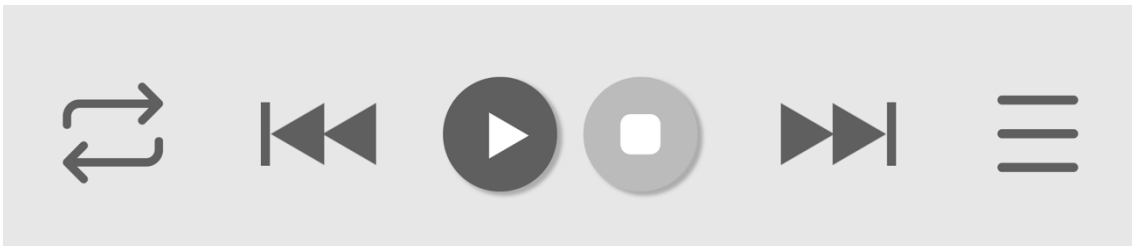
Iriomote Island is located in Okinawa Prefecture and is famous for its lush jungles, diverse wildlife, and beautiful beaches.

Shirakawa Village (Japan)

Population: 1,490 (2024)

Number of tourists: 1.7 million (2023)

Shirakawa Village, in Gifu Prefecture, features traditional *gassho-zukuri* farmhouses, scenic landscapes, and rich cultural heritage.





CHAPTER 5

From Overtourism to Sustainable Tourism

タイトル

CHAPTER 5

From Overtourism to Sustainable Tourism

Do you like traveling? What is the most memorable trip you have had? Where did you go and what did you do there? Natalie Boyona from UN Tourism gives an overview of the tourism industry and invites you to observe an online meeting on overtourism.





CHAPTER 5

From Overtourism to Sustainable Tourism

Part 1 新語・イディオム

contributor

economy

council

sector

account

employ

account for …

sharply

decline

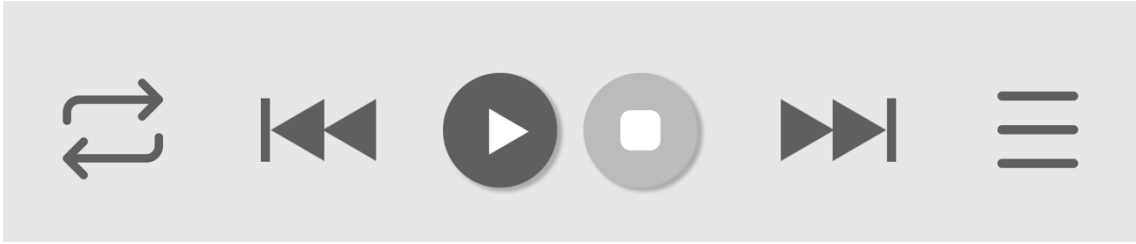
pandemic

tally

forecast

enjoyable

negative





CHAPTER 5

From Overtourism to Sustainable Tourism

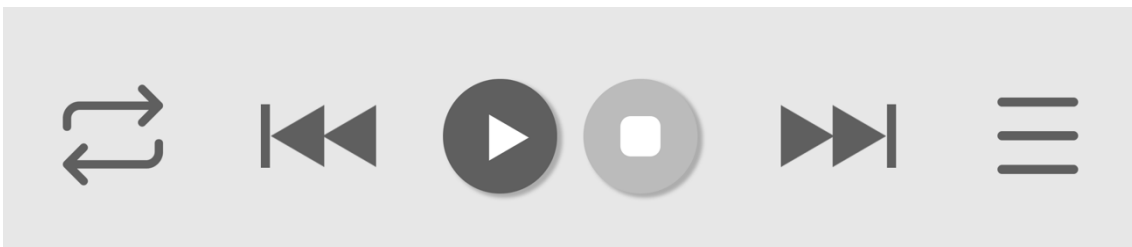
Part 1 本文

The tourism industry is a major contributor to the world economy. According to the World Travel and Tourism Council, the sector accounted for 9.1% of global GDP in 2023 and employed over 320 million people worldwide. In Japan, the industry accounted for 6.8% of GDP and employed more than five million people in 2023. That means one in twelve jobs in Japan was directly or indirectly linked to tourism.

What do you think are the most popular travel destinations? Over 100 million foreign tourists visited France in 2022. After France came Spain, the United States, and Italy. The number of tourists visiting Japan went above 31 million for the first time in 2018 but sharply declined in 2020 due to the pandemic. The tally came to 25 million in 2023 and was forecast to increase further. You may have noticed more foreign tourists where you live.

Traveling is enjoyable for tourists and brings economic benefits for the

places they visit. However, too many tourists can have a negative effect on the natural environment, the quality of life for locals, and the quality of the visitors' experiences. This so-called overtourism has become a concern in many popular destinations.





CHAPTER 5

From Overtourism to Sustainable Tourism

Part 2 新語・イディオム

representative

moderator

Sophia Johnson

species

wildcat

soar

resident

surge

habitat

access

restrict

roadkill

engage

accompany

certified

bay

overcrowding

prohibit

closure

replenish

measure

speedboat

maximum

monitor

at a time

up to ...





CHAPTER 5

From Overtourism to Sustainable Tourism

Part 2 本文

Ms. Boyona now invites you to observe an online meeting in which representatives of various destinations share ideas on dealing with overtourism.

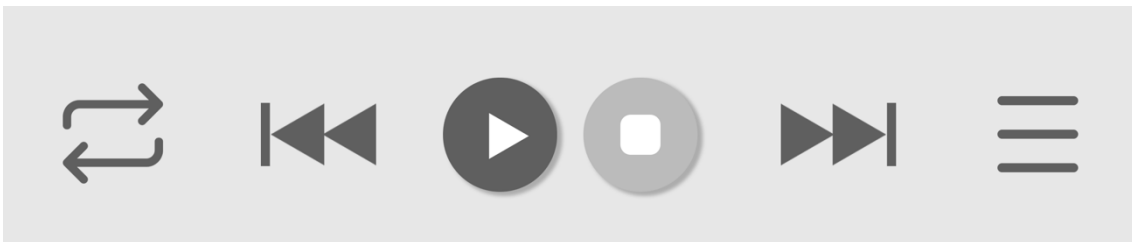
Moderator: Thank you for joining us. I'm the moderator, Sophia Johnson. We are discussing ways to deal with overtourism. Let's start with Iriomote Island in Japan.

Iriomote Island (Japan): Our island is home to many rare species, including the Iriomote wildcat. Since the island became a World Natural Heritage Site in 2021, the number of tourists has soared. The island, which has only 2,400 residents, sees as many as 300,000 visitors a year. This surge has led to an increase in damage to the natural habitat. From March 2025, there has been a daily limit of 1,200 visitors and access to some areas is restricted. Vehicles on the island are not allowed to go above 40 kilometers per

hour in order to decrease roadkill. Visitors are allowed to engage only in certain activities and have to be accompanied by a certified guide.

Moderator: Thank you. Next we'll hear about a bay on Phi Phi Island in Thailand.

Phi Phi Island (Thailand): The movie *The Beach* was shot on Phi Phi Island and released in 2000. It made the island famous and the number of tourists increased. By 2018, we had 6,000 tourists a day. Overcrowding led to problems such as water pollution and damage to coral. We decided to prohibit access to the area so it could recover, which took four years. During the closure, we planted over 10,000 corals to replenish the reefs. Thanks to this and other measures, marine life has returned and the bay is home to more than 150 blacktip sharks! There are now stricter rules: speedboats cannot enter the bay, and a maximum of 300 visitors at a time are allowed to stay up to one hour between 10 a.m. and 4 p.m. We will monitor whether these measures are working.





CHAPTER 5

From Overtourism to Sustainable Tourism

Part 3 新語・イディオム

shift

Buddhist

ritual

spectacle

respectful

charm

congestion

protest (*n.*)

publicize

alternative

crack

unlicensed

reserve

advance

cathedral

overall (*adv.*)

crack down on …

in advance

booking

lessen

admission

fund

ensure

clear-cut

awareness

annoy

litter





CHAPTER 5

From Overtourism to Sustainable Tourism

Part 3 本文

Moderator: We heard from two places trying to protect the natural environment. Now let's shift our focus to overcrowding.

Luang Prabang (Laos): We welcomed over 1.5 million tourists in 2023, and overcrowding has begun to affect a daily Buddhist ritual. This cultural tradition is becoming too much of a spectacle, and tourists are not always respectful. We may be losing the charm of being a quiet and peaceful place.

Barcelona (Spain): Congestion in Barcelona became so serious that anti-tourism protests took place in 2017. The Spanish government started publicizing other cities to draw tourists to alternative destinations. Barcelona cracked down on unlicensed B&Bs to restrict the number of visitors. Tourists now need to reserve entry tickets in advance to visit the Sagrada Familia Cathedral. Overall, conditions are improving.

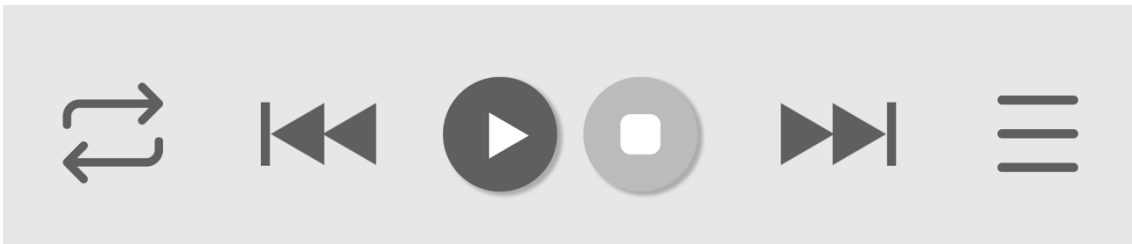
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in Japan, now limits visitor numbers in the high season.

Shirakawa Village (Japan): In 2024, we introduced advance booking for the winter light-up event. This lessened congestion and made things more enjoyable for visitors. The admission fees help us fund such events and ensure that the village continues to be an attractive place to visit.

Moderator: Thank you. Is limiting visitor numbers a clear-cut solution?

Venice (Italy): We need to raise awareness among tourists, too. They need to understand that people living in the area are annoyed by litter, bad manners, and noise. Some people have moved out of our city because of overtourism.





CHAPTER 5

From Overtourism to Sustainable Tourism

Part 4 新語・イディオム

address (v.)

take ... into account

previously

unknown

viral

increasingly

economically

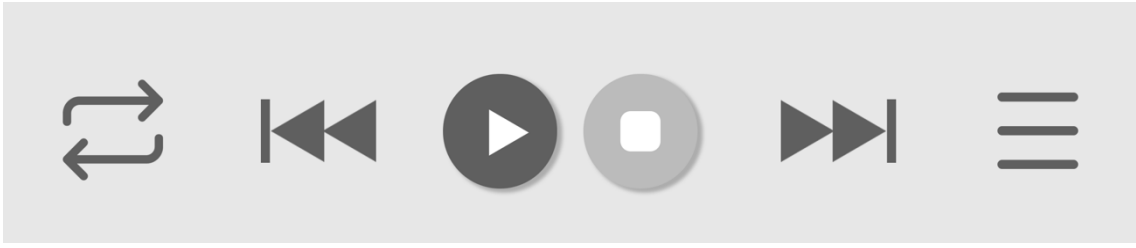
day-to-day

responsibly

go viral

at times

go on doing





CHAPTER 5

From Overtourism to Sustainable Tourism

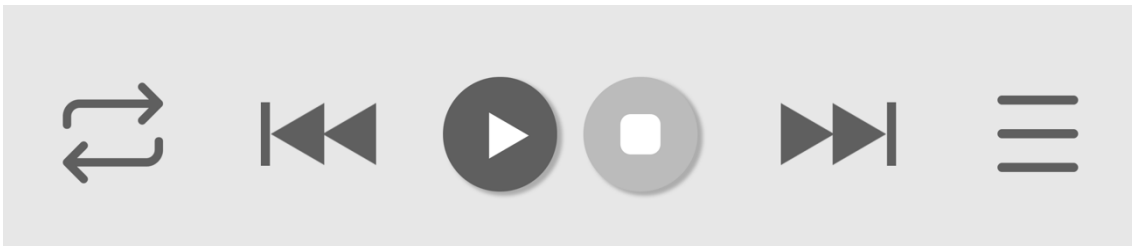
Part 4 本文

After the meeting, Ms. Boyona asks what you think and makes some comments.

How do you feel about the current state of tourism in Japan and other places? In order for tourism to be sustainable, everyone — tourists, those in the industry, and community members in tourist destinations — needs to have a sense of responsibility. Sustainable tourism means ensuring that environmental, social, and economic issues are addressed and that both the tourist experience and the needs of host communities are taken into account.

In the age of social media, a single photo of a previously unknown destination can go viral. Your neighborhood may suddenly become a popular tourist destination. Everyone is likely to be a tourist at times, and it is increasingly likely that tourism will affect us economically and in our day-to-day lives. We need to think about how we can travel responsibly

ourselves and how to influence other tourists for the better. If we want to ensure that tourism goes on making a positive contribution, we must try to make it more sustainable.





CHAPTER 5

From Overtourism to Sustainable Tourism

通読用（ファストスピード）

①

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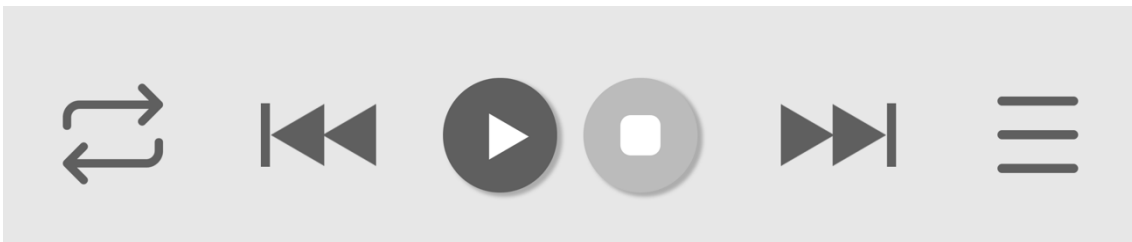
4

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CHAPTER 5

From Overtourism to Sustainable Tourism

Recap & Retell 1





CHAPTER 6

Living Well with Your Smartphone

Part 1 新語・イディオム

p.82

usage

keep in mind...

p.84

install

application

range

cashless

payment

virtual

anytime

versatility

entertain

revolutionize

addiction

prioritize

conduct (v.)

ministry

internal

affair

teens

disorder

notable

institution

implement (v.)

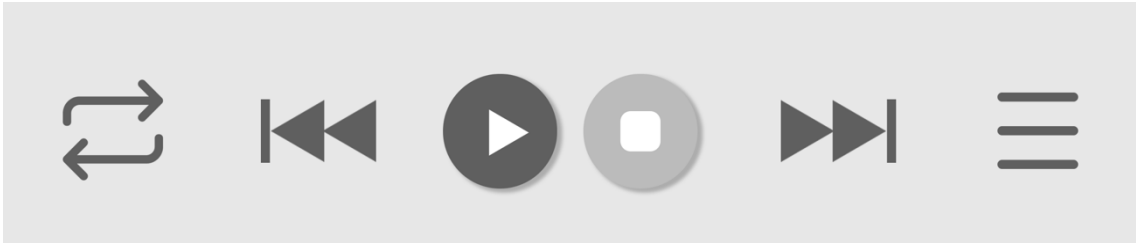
countermeasure

on the rise

checklist

exceed

addicted





CHAPTER 6

Living Well with Your Smartphone

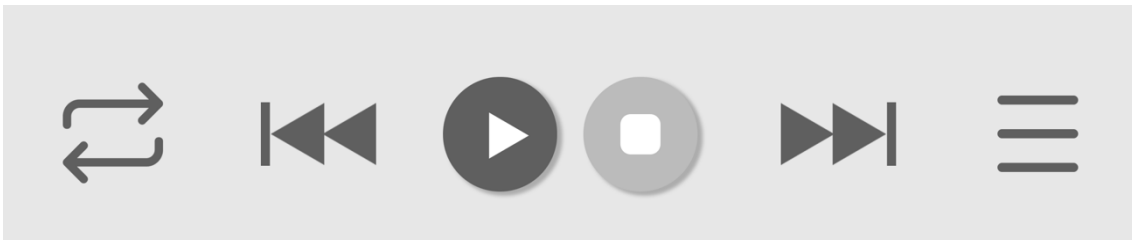
Part 1 本文

Today, the smartphone has become an indispensable tool in our lives. In fact, it is hard to imagine living without one. By using the installed applications, we can enjoy a wide range of services, from internet searches, social media, online shopping, and cashless payments, to virtual meetings, anytime, anywhere. With its convenience and versatility, the smartphone has greatly changed the way we live, communicate, work, and stay entertained.

Smartphones have revolutionized our lives, but they have also introduced challenges like addiction. This occurs when people prioritize their devices over work, study, and other important activities. A recent survey conducted by the Ministry of Internal Affairs and Communications revealed that more than half of those in their teens and twenties in Japan tend to spend too much time on their smartphones. In addition, gaming disorder is a notable concern among teenagers. The

number of people struggling with smartphone addiction is on the rise, and families, educational institutions, governments, the IT industry, and medical institutions need to work together to implement effective countermeasures.

Now, take a moment to answer the following checklist. For each question, select the one that best describes your situation. If your total score exceeds 31 points, you are likely to be addicted to your smartphone.





CHAPTER 6

Living Well with Your Smartphone

タイトル

CHAPTER 6

Living Well with Your Smartphone

How much do you use your smartphone every day? For what purpose do you use it? Can you imagine living without it? What should we keep in mind when we use them? In this chapter, let's consider how we should approach smartphone usage.





CHAPTER 6

Living Well with Your Smartphone

Part 2 新語・イディオム

impaired

vision

span

isolation

online (*adv.*)

readjust

extreme

dependency

pose

lose track of...

run into...

digitally

latest

uneasy

miss out

at all times

keep up with ...

leave ... behind

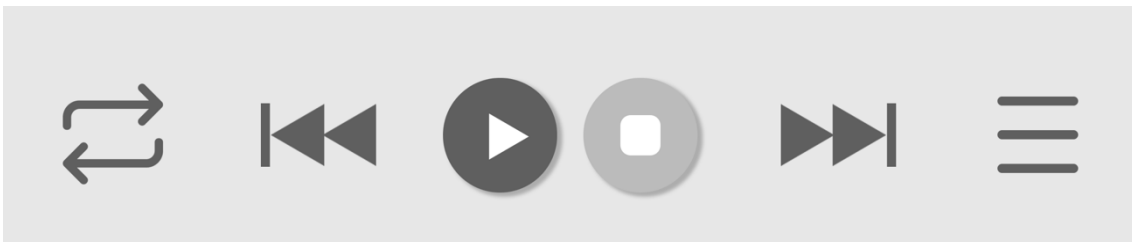
post (v.)

constant

digital

depression

behind one's back





CHAPTER 6

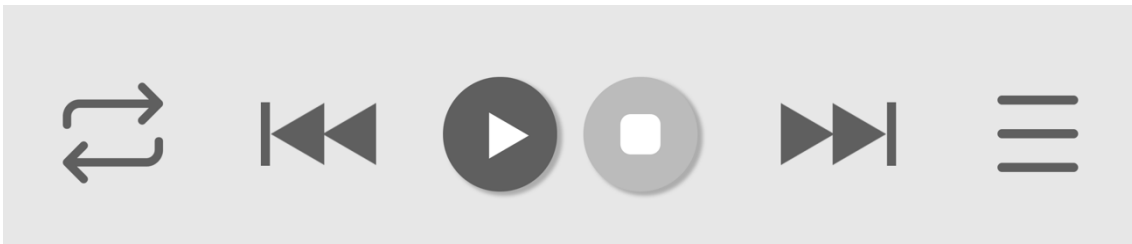
Living Well with Your Smartphone

Part 2 本文

Smartphone addiction leads to various harmful effects such as sleep disorders, impaired vision, poor attention span, and social isolation. Have you ever lost track of time watching videos online? Have you found yourself unable to concentrate on your studies because you can't stop checking your smartphone? Have you ever almost run into someone because you were looking at your smartphone while walking or riding a bicycle? If any of these apply to you, it may be a good time for you to consider how you use your smartphone. The deeper the addiction, the harder it becomes to readjust to reality. In extreme cases, this dependency can even pose life-threatening risks.

Another negative effect of smartphone addiction is the “fear of missing out,” or FOMO. We live in an age when most of us are connected digitally at all times, and some people develop a fear that if they do not keep up with the latest information, they will be left behind. Such people

feel the need to be connected at all times and check their smartphones regularly to see if anyone has contacted them. As a result, they feel uneasy if there is even a slight delay in responses to things they have posted. Such people might also worry that something is going on behind their back in group chats when they find themselves not involved all the time. This constant need for digital connection can lead to depression if people feel they are missing out or being left behind.





CHAPTER 6

Living Well with Your Smartphone

Part 3 新語・イディオム

detox

abbreviation

detoxification

purify

resource

disconnect

refresh

mindfulness

workshop

promote

tech

stay away from ...

track (v.)

basis

automatically

aside

offline

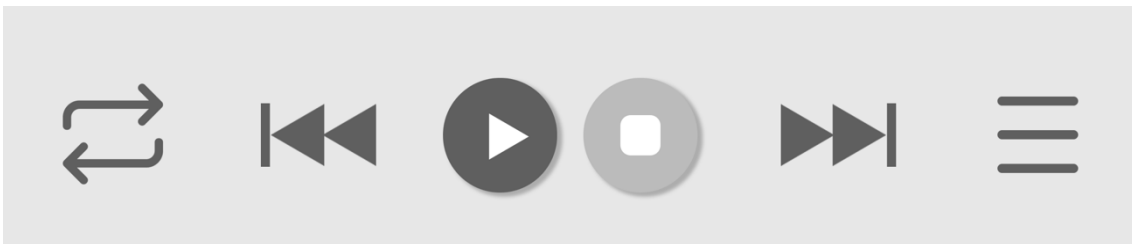
set aside …

specific

encouragement

real-world

foster





CHAPTER 6

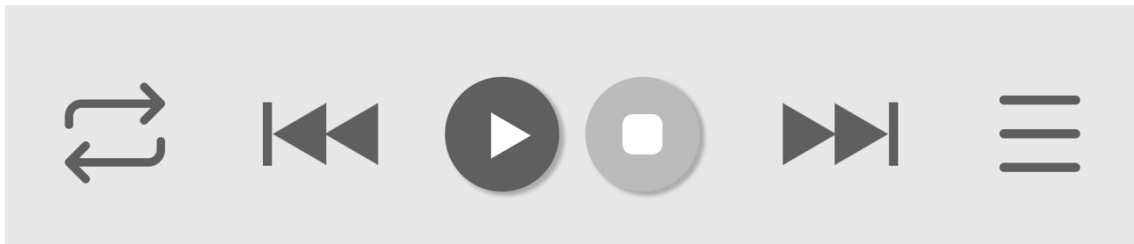
Living Well with Your Smartphone

Part 3 本文

Digital detox, which means staying away from your smartphone for a certain period of time, is said to be a good practice for overcoming smartphone addiction. “Detox” is an abbreviation of the English word “detoxification,” which refers to removing toxic substances from the body. A digital detox is an effort to purify the body and mind by taking a break from smartphone usage. It is now popular around the world, with many organizations offering digital-detox programs and resources to help individuals disconnect and refresh. These programs often include activities such as mindfulness exercises, outdoor adventures, and workshops designed to promote healthier tech habits. Even many teenagers, who often use and become addicted to their smartphones, have tried digital detoxing because they are aware of their addiction.

To begin, track how much time you spend using your smartphone on a daily basis. Today’s smartphones have features that automatically

track the time and usage, making this easier. Once you understand how much time you spend on your smartphone, create a plan for setting aside time offline. This can involve setting specific hours of the day or certain days of the week when you will not use your smartphone. If you find it difficult to do this alone, ask your family and friends for encouragement and support. These steps reduce stress, improve real-world connections, and foster a healthier relationship with your device.





CHAPTER 6

Living Well with Your Smartphone

Part 4 新語・イディオム

globally

endless

boost

productivity

face (v.)

concept

well-being

term

emotionally

mindful

detract

at the same time

intertwine

vibrant

simulate

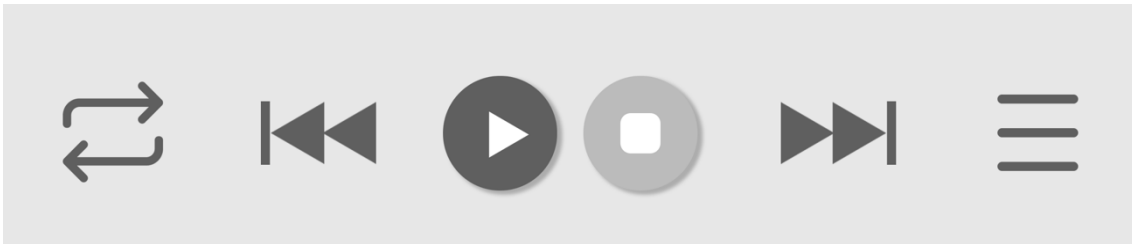
replicate

instance

recreate

On the one hand, ... On the other hand, ...

for instance





CHAPTER 6

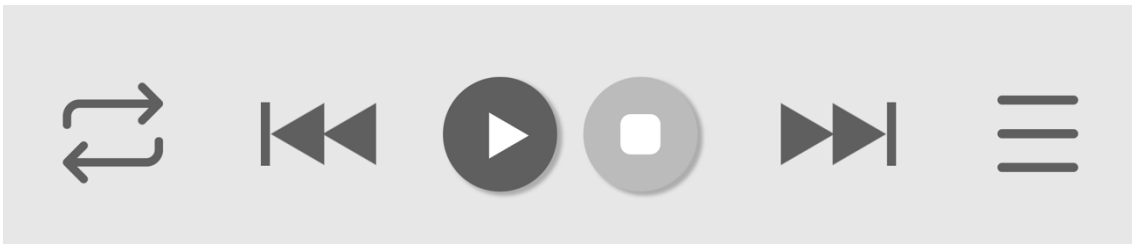
Living Well with Your Smartphone

Part 4 本文

Smartphones are powerful tools that connect us globally, provide endless information, boost productivity, and offer entertainment. At the same time, we are facing the challenge of finding a good balance in how we use them. In recent years, the concept of “digital wellbeing” has gained attention as an alternative to the term “digital detox.” While the word “detox” implies that all smartphone use is harmful, digital wellbeing is about maintaining a healthy relationship with smartphones while focusing on real life and ensuring that we are emotionally and physically healthy. This means being mindful of how and for how long we use our smartphones so that they support rather than detract from our wellbeing.

Now, the real world and the digital world have become so intertwined that it is difficult to draw a clear line between them. On the one hand, the real world offers vibrant and tangible experiences that digital devices

can simulate but never fully replicate. For instance, the air and the smell of a hike in the mountains cannot be recreated on a digital device. On the other hand, the digital world offers unique experiences that are not always available in the physical world. Achieving digital well-being thus allows us to enjoy the best of both worlds, staying connected online while appreciating the beauty of our surroundings.





CHAPTER 6

Living Well with Your Smartphone

通読用（ファストスピード）

①

Today, the smartphone has become an indispensable tool in our lives. In fact, it is hard to imagine living without one. By using the installed applications, we can enjoy a wide range of services, from internet searches, social media, online shopping, and cashless payments, to virtual meetings, anytime, anywhere. With its convenience and versatility, the smartphone has greatly changed the way we live, communicate, work, and stay entertained.

Smartphones have revolutionized our lives, but they have also introduced challenges like addiction. This occurs when people prioritize their devices over work, study, and other important activities. A recent survey conducted by the Ministry of Internal Affairs and Communications revealed that more than half of those in their teens and twenties in Japan tend to spend too much time on their smartphones. In

In addition, gaming disorder is a notable concern among teenagers. The number of people struggling with smartphone addiction is on the rise, and families, educational institutions, governments, the IT industry, and medical institutions need to work together to implement effective countermeasures.

Now, take a moment to answer the following checklist. For each question, select the one that best describes your situation. If your total score exceeds 31 points, you are likely to be addicted to your smartphone.

②

Smartphone addiction leads to various harmful effects such as sleep disorders, impaired vision, poor attention span, and social isolation. Have you ever lost track of time watching videos online? Have you found yourself unable to concentrate on your studies because you can't stop checking your smartphone? Have you ever almost run into someone because you were looking at your smartphone while walking or riding a bicycle? If any of these apply to you, it may be a good time for you to

consider how you use your smartphone. The deeper the addiction, the harder it becomes to readjust to reality. In extreme cases, this dependency can even pose life-threatening risks.

Another negative effect of smartphone addiction is the “fear of missing out,” or FOMO. We live in an age when most of us are connected digitally at all times, and some people develop a fear that if they do not keep up with the latest information, they will be left behind. Such people feel the need to be connected at all times and check their smartphones regularly to see if anyone has contacted them. As a result, they feel uneasy if there is even a slight delay in responses to things they have posted. Such people might also worry that something is going on behind their back in group chats when they find themselves not involved all the time. This constant need for digital connection can lead to depression if people feel they are missing out or being left behind.

③

Digital detox, which means staying away from your smartphone for a certain period of time, is said to be a good practice for overcoming

smartphone addiction. “Detox” is an abbreviation of the English word “detoxification,” which refers to removing toxic substances from the body. A digital detox is an effort to purify the body and mind by taking a break from smartphone usage. It is now popular around the world, with many organizations offering digital-detox programs and resources to help individuals disconnect and refresh. These programs often include activities such as mindfulness exercises, outdoor adventures, and workshops designed to promote healthier tech habits. Even many teenagers, who often use and become addicted to their smartphones, have tried digital detoxing because they are aware of their addiction.

To begin, track how much time you spend using your smartphone on a daily basis. Today’s smartphones have features that automatically track the time and usage, making this easier. Once you understand how much time you spend on your smartphone, create a plan for setting aside time offline. This can involve setting specific hours of the day or certain days of the week when you will not use your smartphone. If you find it difficult to do this alone, ask your family and friends for encouragement and support. These steps reduce stress, improve real-

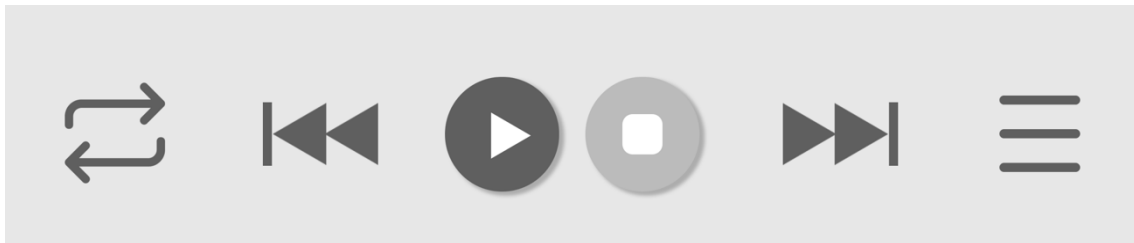
world connections, and foster a healthier relationship with your device.

④

Smartphones are powerful tools that connect us globally, provide endless information, boost productivity, and offer entertainment. At the same time, we are facing the challenge of finding a good balance in how we use them. In recent years, the concept of “digital wellbeing” has gained attention as an alternative to the term “digital detox.” While the word “detox” implies that all smartphone use is harmful, digital wellbeing is about maintaining a healthy relationship with smartphones while focusing on real life and ensuring that we are emotionally and physically healthy. This means being mindful of how and for how long we use our smartphones so that they support rather than detract from our wellbeing.

Now, the real world and the digital world have become so intertwined that it is difficult to draw a clear line between them. On the one hand, the real world offers vibrant and tangible experiences that digital devices can simulate but never fully replicate. For instance, the air and the smell

of a hike in the mountains cannot be recreated on a digital device. On the other hand, the digital world offers unique experiences that are not always available in the physical world. Achieving digital well-being thus allows us to enjoy the best of both worlds, staying connected online while appreciating the beauty of our surroundings.





CHAPTER 6

Living Well with Your Smartphone

Recap & Retell 1





CHAPTER 7

Factfulness: The World Is Not So Simple

FY1 新語・イディオム

p.98

statement

p.99

chart

segment

percentage

peak

plunge

fluctuate

upward

downward

flatten

level (v.)

steady

fluctuation

dramatically

steeply

verbal

indicate

vertical

horizontal

represent

level off

