



LESSON 8

Emotions and the Workings of the Mind

Interactions 例文

- ① What should we do **to lead** a happier and more meaningful life?
- ② I'm lucky **to have** a friend like you.
- ③ What he said is *hard to believe*.
- ④ The situation is **too complicated to explain**.
- ⑤ He was looking at his grandchildren, **feeling** happy and satisfied.
- ⑥ **Being** stressed out, I went to karaoke with my friends.

⑦ The song is popular around the world

because of its beautiful melody.

⑧ I was so nervous **with** everybody *watching*

me.





LESSON 8

Emotions and the Workings of the Mind

Interactions 例文 フラッシュカード

① What should we do **to lead** a happier
and more meaningful life?

① より幸せで意義のある人生を送る
ためには何をすべきでしょうか。





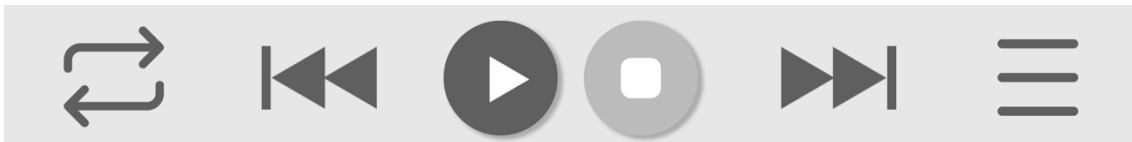
LESSON 8

Emotions and the Workings of the Mind

Vocabulary

- enjoy oneself
- motivate oneself
- clear one's mind
- get satisfaction from
- spend time with
- get an allowance
- improve one's grades
- feel stress
- reduce stress
- feel relaxed
- have peace of mind
- be free from anxiety
- fulfill one's potential
- do good for

- raise one's spirits
- reward someone for
- form a close friendship with
- encounter a childhood friend
- be pleased with oneself
- be concerned about





LESSON 8

Emotions and the Workings of the Mind

Vocabulary

enjoy oneself

楽しむ





LESSON 9

What Exactly Does Leadership Mean?

Start-Up

When people talk about great historical leaders, Mahatma Gandhi is surely mentioned. His determination to uphold non-violence inspired global movements for civil rights. Gandhi was an Indian lawyer and activist who helped India achieve independence. Although he studied law in England, he was not able to succeed in his career right away. However, he kept working hard and eventually became a successful lawyer in South Africa before returning to India in 1915. By 1920, he was one of the most important people in India. Wherever he went, people listened. It is his leadership style that will be remembered the most. His belief in truth was so strong that he continues to motivate people today.



Listening TASK

Q1 ① ② ③

Q2 ① ② ③





LESSON 9

What Exactly Does Leadership Mean?

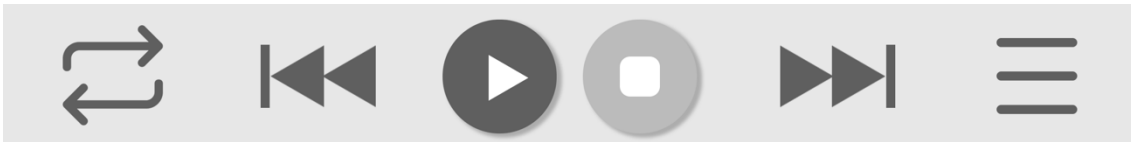
Interactions 例文

- ① She always knows how to cheer me up **when** I'm feeling sad.
- ② Our coach gave us a list of skills to work on **after** we lost the game.
- ③ Everyone respects her **because** she is always hardworking.
- ④ **If** a leader is flexible, they can manage conflict and organize their team.
- ⑤ **Although** he lacked experience, he had the right personality for that job.
- ⑥ **Whatever** happens, I will never give up

pursuing my goal.

⑦ She keeps a diary every day **so that** she can reflect upon her actions.

⑧ Steve was so *innovative* **that** people often misunderstood him.





LESSON 9

What Exactly Does Leadership Mean?

Interactions 例文 フラッシュカード

① She always knows how to cheer me
up **when** I'm feeling sad.

① 彼女はいつも、私が悲しいときに
元気づける方法を知っています。





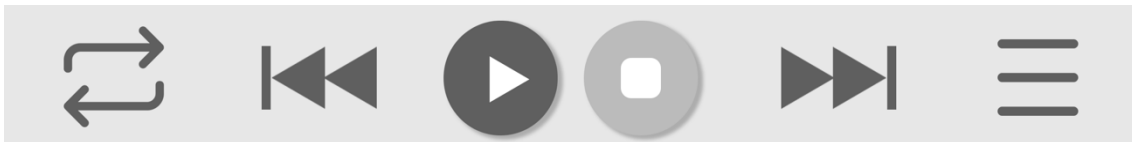
LESSON 9

What Exactly Does Leadership Mean?

Vocabulary

- humble
- compassionate
- organized
- open-minded
- be open to
- be willing to *do*
- handle pressure
- manage stress
- have a clear goal
- organize the team
- inspire the team
- manage conflict
- increase productivity
- take responsibility

- make a quick decision
- become a role model
- move ... in the right direction
- become a person of action
- have the ability to get things done
- have strong communication skills





LESSON 9

What Exactly Does Leadership Mean?

Vocabulary

humble

控えめな





Presentation

プレゼンを試みよう！

プレゼン原稿

Hello, everyone. Today, I'd like to talk about the self-esteem of young Japanese people. Self-esteem means how you feel about yourself.

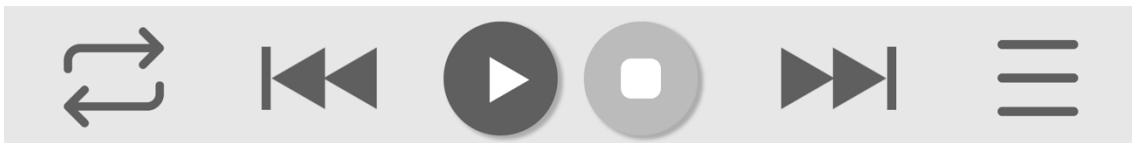
To begin with, please take a look at this graph. It shows how young people aged 13 to 29 in five different countries answered the question, "Are you satisfied with yourself?" The five countries were Japan, the U.S., Germany, France, and Sweden.

Now, let me tell you two important things about this graph. First, as you can see, the percentage of people who answered "no" in Japan was much higher than in the other countries. This clearly shows that the younger generation in Japan has notably low self-esteem. Second, the percentage of people who answered "yes" in Japan was as low as 57% while it was higher than 70% in the other countries. This may suggest that the younger generation in Japan has a very unique mentality.

What I want to point out here is that we should consider this unique mentality when we talk about young Japanese people. In other words, when we compare Japan's younger generation with that in the other countries, we must always take into account the different levels of self-

esteem.

In conclusion, I'd like to say that knowing this information will enable you to understand Japan's younger generation better. Thank you for your attention. Do you have any questions or comments?





LESSON 10

Introducing Japan

Start-Up

Every year, more and more people visit Japan from abroad and spend their money. The graph shows the average spending of tourists from Asian or Western countries in five different categories while in Japan. As you can see, Western people spend more money than Asian people on all categories except shopping. Both Western and Asian tourists spend the most money on accommodations such as hotels. However, it is notable that the amount Asian people spend on shopping is almost as much as they spend on their accommodations. Transportation is another interesting category where Western visitors spend about twice as much money as Asian visitors.



Listening TASK

Q1 ① ② ③

Q2 ① ② ③





LESSON 10

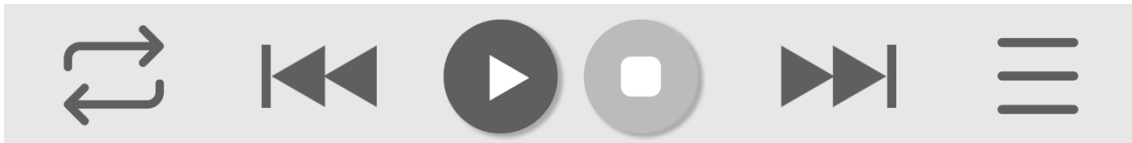
Introducing Japan

Interactions 例文

- ① Germany is almost **as large as** Japan.
- ② The population of Japan is **twice as large as** that of the Netherlands.
- ③ The variety of pens available in Japan is **wider than** in most other countries.
- ④ *Furoshiki* are **much more eco-friendly than** plastic bags.
- ⑤ **The most popular dish** in this restaurant is *tonkatsu*, or deep-fried pork cutlets.
- ⑥ *Washoku* is **one of the healthiest cuisines** in the world.
- ⑦ **No other mountain** in Japan is **higher than** Mt.

Fuji.

⑧ **More and more** tourists are interested in Japanese traditional culture.





LESSON 10

Introducing Japan

Interactions 例文 フラッシュカード

① Germany is almost **as large as** Japan.

① ドイツは日本とほぼ同じくらいの
面積です。





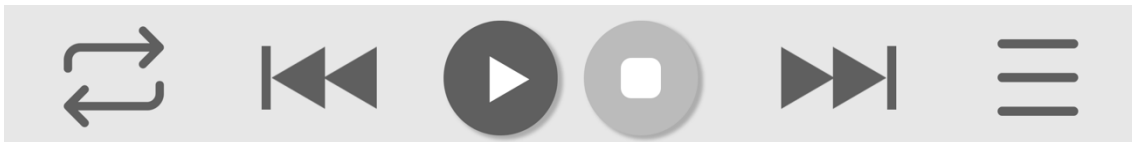
LESSON 10

Introducing Japan

Vocabulary

- show someone around
- go sightseeing in
- be unique to Japan
- recommend trying
- national treasure
- martial arts
- public bath
- flower arrangement
- calligraphy
- electrical appliances
- pottery
- available
- picturesque
- vibrant

- historically important
- be good for skiing
- rich in cultural heritage
- go cherry blossom viewing
- go autumn leaf viewing
- conveyor belt sushi restaurant





LESSON 10
Introducing Japan

Vocabulary

show someone
around

誰かを案内する



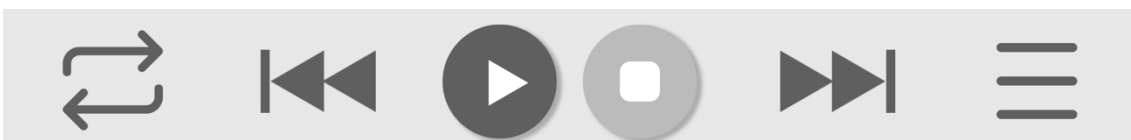


LESSON 11

Making Innovation Happen

Start-Up

What would you do if you had the ability to make one current innovation more popular? I would make biometric identification more popular. If this technology hadn't been developed, things would be much more inconvenient now. Currently, we use this technology to unlock our smartphones and other digital devices, to enter a home with a smart lock, or sometimes to access our bank accounts. Maybe it is time that we used this technology in other ways. We could use it for ID cards or even passports. Biometric security is not easily faked, so new uses for this innovation would make our lives safer. Wouldn't it be great if this became more widespread?



Listening TASK

Q1 ① ② ③

Q2 ① ② ③





LESSON 11

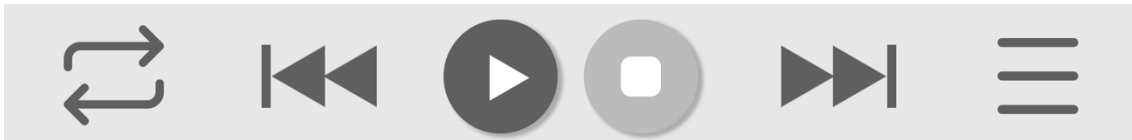
Making Innovation Happen

Interactions 例文

- ① If I **were** the principal of this school, I **would make** lunch time longer.
- ② Don't you think it **would be** great if students **could decide** the menu for the school cafeteria?
- ③ If the school **had** more exchange students, we **could improve** our language skills.
- ④ If I **had lived** 100 years ago, I **could have seen** a beautiful night sky from anywhere.
- ⑤ I **wish** our school **had** more advanced technology in every classroom.
- ⑥ **If only** I **could** understand my cat's thoughts!

⑦ **It's time** we **started** to think globally and act locally.

⑧ What **would** our lives **be** like **without** smartphones?





LESSON 11

Making Innovation Happen

Interactions 例文 フラッシュカード

① If I **were** the principal of this school,
I **would make** lunch time longer.

① もし私がこの学校の校長だったら、
昼食の時間を今より長くするのに。





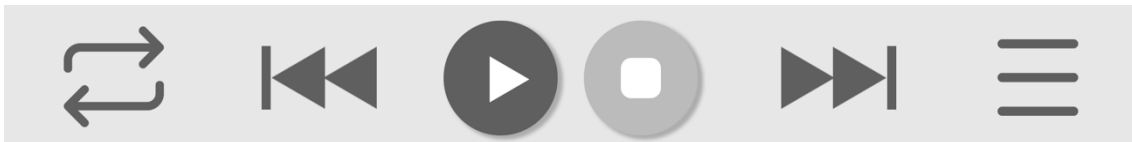
LESSON 11

Making Innovation Happen

Vocabulary

- reform
- make good use of
- make something better
- operate remotely
- drink tap water
- draw water from a well
- tie up hair
- use ... as power
- focus on
- break time
- virtual classrooms
- in the age of AI
- address issues
- deliver by drone

- expand human potential
- cutting-edge technology
- connect people through social media
- telemedicine for remote healthcare
- provide nursing care with robots
- make ... with a 3D printer





LESSON 11

Making Innovation Happen

Vocabulary

reform

改善する





LESSON 12

Embracing Diversity in Society

Start-Up

It was not until recently that Japanese society started to pay attention to the word “diversity.” Globalization has accelerated ethnic, religious, and social diversity. So, in today’s society, I suggest that we promote diversity education. An African-American poet, Maya Angelou, once said, “It is time for parents to teach young people early on that in diversity there is beauty and there is strength.” In other words, Angelou believed that understanding cultural diversity begins at home. However, I propose that diversity be embraced in the classroom, too. For example, having discussions among students from various backgrounds can lead to better mutual understanding. Does that really sound too difficult?



Listening TASK

Q1 ① ② ③

Q2 ① ② ③





LESSON 12

Embracing Diversity in Society

Interactions 例文

- ① I **suggest that** the government **tackle** racism by promoting education.
- ② It's **important that** we **respect** other people's religious beliefs.
- ③ I **think** some public spaces are not fully accessible to people with disabilities.
- ④ It **seemed** that non-Japanese speakers **had missed** crucial information during recent disasters.
- ⑤ She **said to me**, “I found a volunteer opportunity to help seniors *yesterday*.”

- ⑥ She **told me that** *she had found* a volunteer opportunity to help seniors *the day before*.
- ⑦ **It was not until** recently **that** I realized the importance of diversity.
- ⑧ **It won't be long before** more people embrace inclusive societies.





LESSON 12

Embracing Diversity in Society

Interactions 例文 フラッシュカード

① I **suggest that** the government **tackle** racism by promoting education.

① 政府は教育を促進することで、人種差別に取り組むべきだと提案します。





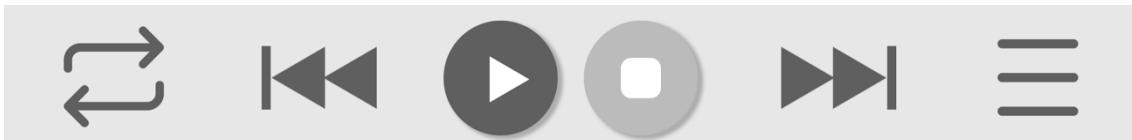
LESSON 12

Embracing Diversity in Society

Vocabulary

- the minority
- the majority
- empathy
- universal design
- bridge the gap
- take action
- embrace diversity
- raise awareness
- eliminate discrimination
- promote human rights
- have prejudice
- avoid conflicts
- overcome racial barriers
- educate people

- raise funds for
- do a charity event
- create a sense of belonging
- provide equal opportunities for all
- promote mutual understanding
- within the next few generations





LESSON 12

Embracing Diversity in Society

Vocabulary

the minority

少数派





Debate

ディベートをしてみよう！

ディベート例

肯定側立論

Our team is for the proposition. There are two reasons.

First, AI translation has advanced significantly and is now accurate enough for both casual and formal situations. For example, it can be used when traveling or even for business presentations.

Second, learning a foreign language takes a lot of time. People could use that time doing other meaningful activities, such as exploring their interests and developing other skills.

Therefore, we strongly believe that with AI translation, learning foreign languages is no longer necessary.

否定側立論

Our team is against the proposition. There are two reasons.

First, learning a language helps people understand different cultures.

This is important because in a global society, it is essential to communicate with people from different backgrounds.

Second, AI translation is not perfect. Without basic language knowledge,

people may not recognize errors in AI translations. This could cause misunderstandings and serious problems.

For these reasons, we strongly believe that learning a foreign language is still necessary.

否定側反論

The affirmative side said that AI translation is accurate enough, and that the time used learning a language would be used developing other skills, but we don't think those things are true.

The accuracy of AI translation is limited. It often fails in simple conversations, let alone in complex communication situations.

Also, language learning helps develop many skills, such as memory, critical thinking, and problem-solving. These are essential and can be used in many different situations throughout your life.

Therefore, learning foreign languages is vital, especially for students. It helps develop essential life skills and avoids the trouble that can be caused by translation mistakes.

肯定側反論

The negative side said that it's important to learn foreign languages to understand different cultures. They also claim that AI translation is not accurate. However, we don't believe that is the case.

Cultural understanding can be gained much more easily through other methods, such as movies, books, and travel.

Moreover, technology is rapidly advancing, and AI translation is becoming more and more accurate all the time. In fact, it is often more reliable than professional human translation.

So, cultural understanding can be gained in many different ways and AI translation is getting better day by day, so we believe that this technology makes language learning unnecessary.

肯定側まとめ

The point we want to emphasize is that if we have AI translation, there is no longer any need to learn foreign languages.

The other team argued that AI translation is not accurate enough, but it is often better than human translators. They also said that language learning enhances cultural understanding. However, there are many more efficient ways to learn about different cultures.

It takes people thousands of hours to learn a language, whereas AI translation can be done in just seconds, giving you more time to do other things. AI translation is also accurate and can be used in a variety of situations. These benefits far outweigh the risk of occasional errors.

Therefore, we conclude that with AI translation, there is no need to

waste time learning a foreign language.

否定側まとめ

We have argued that learning foreign languages is still both necessary and important even if AI translation is available.

The affirmative team pointed out that AI translation is developing, but it still has its limits. Translation errors can lead to very serious problems.

In addition, learning a language doesn't stop you from developing other skills, it actually helps you improve many important life skills.

By learning a foreign language, people gain a deeper understanding of other cultures than they can through books or media alone. Also, by having a basic understanding of a foreign language, they can avoid the trouble caused by errors that AI still makes.

To sum up, our team strongly disagrees with the claim that the convenience of AI translation eliminates the need for language learning.





LESSON 13

Tourism and Japanese Society

Start-Up

Hot spring baths, or onsen, are becoming popular among tourists from abroad. I'll briefly explain how to enjoy them. If you stay in an onsen ryokan, there is a kimono called a yukata in your room. You can put it on and wear slippers provided by the ryokan to go to the bath. Every hot spring bath has two sections. One is the changing room, and the main section is the place to bathe. When you enter the main section, clean your body before getting in the bath. Even though the bath is very hot, it's bad manners to pour cold water into the bath. If you have a chance to try an onsen, it is worth the experience.



Listening TASK

Q1 ① ② ③ Q2 ① ② ③





LESSON 13

Tourism and Japanese Society

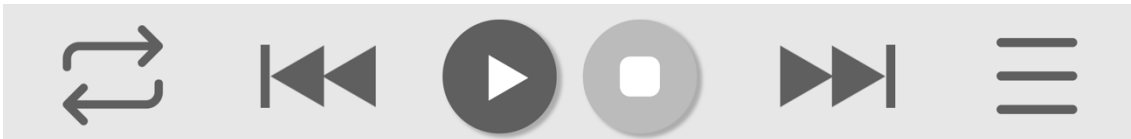
Interactions 例文

- ① **There is** *a World Heritage Site* in my prefecture.
- ② We **have** *several marvelous gardens* in our town.
- ③ In the autumn, the leaves on the mountains **turn** yellow and red.
- ④ As the tower appeared in a Japanese anime, it **became** a symbol of the city.
- ⑤ A lot of people **came to understand** the uniqueness of the building.
- ⑥ The number of tourists to our city **began to**

increase in the late 1990s.

⑦ It **takes** about two hours *to drive* from Sapporo to Furano.

⑧ I guess it will **cost** less than 2,000 yen *to rent* a bike for a day.





LESSON 13

Tourism and Japanese Society

Interactions 例文 フラッシュカード

① **There is** *a World Heritage Site* in my
prefecture.

① 私がいる県には世界遺産があります。





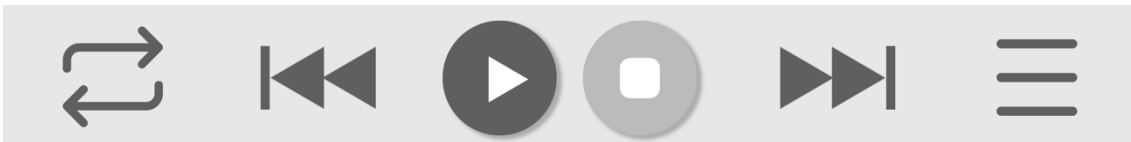
LESSON 13

Tourism and Japanese Society

Vocabulary

- attract tourists
- have a fine view of
- be designated as
- be registered as
- go on a day trip
- become a symbol of
- connect with nature
- sports facility
- camping site
- scenic spot
- must-visit place
- attractive feature
- how to get to
- entrance fee

- fare
- train bound for
- show me the way to
- interact with local people
- be spread by word of mouth
- be loved by local people





LESSON 13

Tourism and Japanese Society

Vocabulary

attract tourists

観光客を引きつける





LESSON 14

Food and Health

Start-Up

Should we always eat three meals a day? In many countries, parents have their children do this, and they are not allowed to eat more. In Japan, three meals a day with a snack between lunch and dinner is common. Sometimes, we even see people eat snacks several times a day. Some researchers suggest we should listen to our stomachs.

They had people eat six smaller, healthier meals each day. The results showed that this would contribute to weight loss. However, not all research has come to the same conclusion. No matter how many meals you eat each day, it's the total number of calories and the nutrition in those calories that are important.



Listening TASK

Q1 ① ② ③

Q2 ① ② ③





LESSON 14

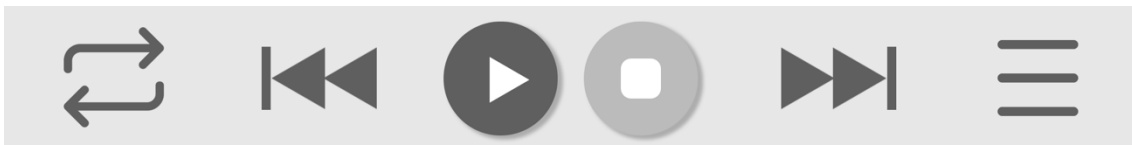
Food and Health

Interactions 例文

- ① The doctor **made** *the patient* **rest** in bed for several days.
- ② The mother didn't **let** *her daughter* **go** to school without having breakfast.
- ③ The doctor **advised** *me* **to exercise** more.
- ④ The city **allows** its residents **to use** the city's sports facilities for free.
- ⑤ Though I had an appointment, the clinic **had** me **waiting** for 30 minutes.
- ⑥ The patient **had** *his leg* **X-rayed** to check for the cause of the pain.
- ⑦ I **saw** *many people* **jogging** in the park this

morning.

⑧ I **heard** *a newscaster* **talking** about the average life expectancy of Japanese people.





LESSON 14

Food and Health

Interactions 例文 フラッシュカード

① The doctor **made** *the patient* **rest** in
bed for several days.

① 医者は患者に数日間ベッドで安静
にさせた。





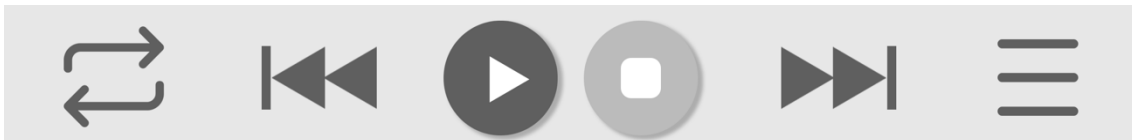
LESSON 14

Food and Health

Vocabulary

- feel dizzy
- affect one's health
- have a negative effect
- have a balanced diet
- high-fiber food
- low-fat food
- low-carb diet
- food additives
- sprain one's finger
- have no appetite
- be itchy
- get swollen
- have an allergy to
- X-ray

- CT scan
- hospital stay
- calculate calories
- exercise regularly
- have many benefits
- lead a healthy life





LESSON 14

Food and Health

Vocabulary

feel dizzy

めまいがする





LESSON 15

Issues Facing the World

Start-Up

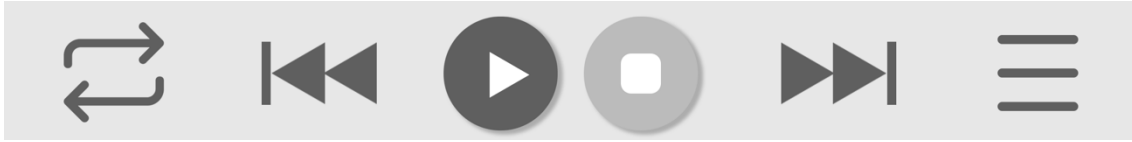
The 17 Sustainable Development Goals (SDGs) set by the United Nations could hopefully bring us a better future. Among these goals, “Life Below Water” should be one of the most important goals for an island nation like Japan. Pollution and overfishing prevent Japan from keeping the ocean healthy. So, we must think of effective ways to improve the situation. One solution is to hold an ocean-themed event at school. If every child learns about the importance of a clean ocean, they can protect it in the future. In other words, education will enable us to achieve our goals. This effort will surely lead to a better future for the next generation.



Listening TASK

Q1 ① ② ③

Q2 ① ② ③





LESSON 15

Issues Facing the World

Interactions 例文

- ① **Few researchers** noticed the mistake in the data.
- ② **No children** in this world should have to experience hunger.
- ③ **Solving the garbage problem** *will make* the world a better place to live.
- ④ **Recycling food waste** *will help* us save money and natural resources.
- ⑤ **Online education** *enables* students in remote areas *to take* classes.
- ⑥ **Poverty** *prevents* many children *from going to*

school.

⑦ In Japan, all children **are supposed to start** school at the age of six.

⑧ All countries should **be required to provide** equal access to the internet.





LESSON 15

Issues Facing the World

Interactions 例文 フラッシュカード

① **Few researchers** noticed the mistake
in the data.

① データの間違いに気づいた研究者
はほとんどいなかった。





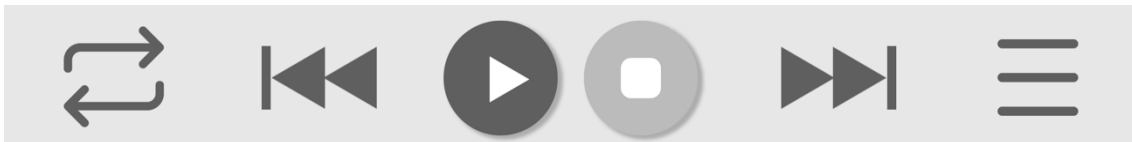
LESSON 15

Issues Facing the World

Vocabulary

- solve a problem
- achieve an objective
- take measures against
- take steps to
- dispose of edible food
- reduce food waste
- food shortage
- responsible consumption
- contribute to
- plan a strategy to
- seek a solution to
- provide a remedy to
- remote areas
- circumstances

- infrastructure
- online education
- income growth
- economic growth
- right to education
- achieve an equal society





LESSON 15

Issues Facing the World

Vocabulary

solve a problem

問題を解決する





Discussion

ディスカッションをしてみよう！

ディスカッション例

Moderator: OK. Let's get started. Today's topic is "What should we do for the event to promote gender equality?" Would anyone make the first suggestion? ... Yes, Aki.

Aki: I think we should do a play about gender equality because that's a good way to attract many people. We can write a script that describes both good and bad examples in promoting a gender-free society. Here, I have a great book titled Gender-free, Every Day. Maybe we can write a play based on the contents of this book.

Moderator: So, your point is to educate people through a play?

Aki: Exactly.

Bob: Aki, I see your point, but I'm afraid we don't have enough time to write and practice the play. We have only two weeks until the event.

Moderator: Then, Bob, do you have any ideas about something that's easy to do?

Bob: Well, I think it might be a good idea to do a presentation using videos. That way, people can understand the topic more easily. Moreover, it won't take much time and money. We can probably include a short

play in the video as Aki recommended.

Moderator: OK, you are saying we can save time and money with your idea.

Bob: Right, and my idea is easy to carry out.

Moderator: How about you, Chris?

Chris: I think Aki's idea is fun, but as Bob pointed out, we don't have enough time to prepare for the play. Bob's idea is reasonable, but it might not attract much interest. So why don't we invite a guest speaker? If we have a well-known person to speak on gender equality, many people will probably attend the event. Furthermore, local newspapers and TV stations may cover our event.

Moderator: Will we have to pay for the guest speaker?

Chris: Probably not.

Moderator: OK, we are running out of time. We have three choices so far: a play, a presentation, and a guest speaker. If there are no more suggestions, shall we take a vote?

