

Transcription

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Stage 1

Unit 1 Track 08-09

1 エリカとイアンの1分間自己紹介

本文
p.30 ~

Track 08 Hello. My name is Erika. I live in northwest of Tokyo, and I was born there, too. My mother is British. And I've lived- my whole life in Japan.

But I've visited England a couple of times, and every year I used to go to England for my summer vacation, so I was able to keep my English.

At the moment we live in Mitaka, which is also northwest of Tokyo, with my husband and my little daughter, who is nine months old.

In my free time, I like to do cycling. I cycle to parks, to lakes uh, I cycle along the river. And also I like camping. I've been camping to Mt. Fuji, by the seaside in Izu, and it's really nice to camp outside and just spend time in nature. Thank you.

Track 09 My name's Ian. I'm from the UK. Uh, my home town is Bristol, which is in the southwest of the country, about two and a half hours from London. I've lived in Japan for fifteen years now. Um, I moved over here after I finished university.

And at first, I was working as a teacher, but nowadays most of my work is as a sort of writing, sometimes editing, sometimes doing copywriting.

I'm interested in music and film. I've written about music, and actually I had a book about music published last year. I also sometimes make short films, especially music videos for bands that I know.

Unit 2 Track 10-12

2 ホーガー先生の「算数」模擬授業

本文
p.38 ~

Track 10 Okay, let's finish our counting and let's talk about fractions. Last week we cut up some different shapes to make parts or fractions. Let's have a look at this square on the chalkboard. If I cut this square into two equal parts, what do we call this in fractions? That's right, we call it "halves". We have two halves to make one whole. If I then cut the square again so that I have four equal parts, what do we call this? That's right, we can call it "fourths" or "quarters".

Track 11

When we cut the square into four parts, we have—four equal parts, we have quarters. One more. If I draw a circle on the board, and I cut the circle into three equal parts, what do we call this? That's right, we call it "thirds". Okay, each part of the circle is one third, to make three thirds, which is the same as one whole. Okay, today we're going to use our knowledge of fractions to make something. Here I have lots of different fruit that I bought at the supermarket.

Let's have a look at the different fruit. How many apples do I have? That's right, I have two apples. How many oranges? That's right, three oranges. Who knows what these are called? Yes, they're called kiwi fruit. How many kiwi fruit do I have? Five, yes. Five kiwi fruit. And here I have a packet of... grapes. Yes, how many grapes do you think there are?

Let's count them. Let's count in twos. Two, four, six, eight, ten. Yes, I have ten grapes.

Track 12

Now, with this fruit we're going to make a fruit salad. I'm going to use this knife to cut the fruit into different parts.

Some fruits I will cut into halves, some into quarters, some into thirds, and some I might cut into even smaller parts.

Let's start with the grapes. I want to cut the grapes into two equal parts.

Who can come and help me?

When I cut the grape into two equal parts, what do I have?

That's right, I've cut the grape into halves.

Now, let's cut the kiwi fruit into quarters.

How many parts will I have if I cut the kiwi fruit into quarters?

That's right, I'll have four equal parts.

Unit 3 Track 13-14

3 Voice of America News Words

本文
p.48 ~

Track 13 Welcome to the Voice of America's News Words. This week's news word is not a word. It is group of letters. LGBT.

There was cheering, dancing and a lot of security at the 46th annual LGBT Pride March of New York. The crowd also mourned and remembered the 49 mass shooting victims at Pulse, a gay nightclub in Orland, Florida.

LGBT is a short way to say Lesbian, Gay, Bisexual and Transgender.
The title refers to some sexual identities in human culture.
For more news words, go to our website.
LearningEnglish.voanews.com

Track
14

Welcome to the Voice of America's News Words.
This week's news word is linked to computer technology. Avatar.
This is AV1, an avatar that represents a child who is recovering from a long-term illness and cannot go to school.
The robot is carried between classes by the child's friends and is placed on the desk where the child usually sits.
From home or a hospital bed, the recovering child can also participate in class.
On the internet, or in computer games, an avatar represents the computer user.
In Hinduism, an avatar is a human or animal form of a Hindu god on earth.

Unit
4

Track 15-19

ホーガー先生の「理科」模擬授業

本文
p.58 ~Track
15

For the last few weeks we have been talking about plants. What kind of plants have we been growing in our class garden? That's right, we've been growing tomato plants and... yes, a beanstalk as well, like from the story "Jack and the Beanstalk" .

Today we're going to talk about our tomato plant and how it has grown, but first, let's have a quiz about plants. What do plants need to grow? First, I'm going to read a sentence, three sentences, and I want you to listen very carefully to the information in the sentences.

Track
16

Plants are like you. They need food and water to live. Plants need sunlight and air, too. Listen one more time. Plants are like you. They need food and water to live. Plants need sunlight and air, too. Okay, now, let's start the quiz. There's going to be four questions. If you know the answer, you can raise your hand.

The first question is this. Roots take me, from the soil, up into the plant. What am I? Who knows the answer? Yes, that's right. Water is the answer. Okay, roots take the water up, from the soil, into the plant.

Track
17

Okay, the next question. Number two. I am warm and bright; plants get light from me. What am I? Does anyone know the answer? Yes, that's right. Sunlight. Plants need sunlight to grow. That's why it's better to grow plants outside, not inside.

The third question. Green leaves make me for the plant. What am I? Does anyone know the answer? That's right. Green leaves make food for the plant. And the plant needs the food to grow.

Okay, the fourth question, the last question in our quiz. Listen carefully. You cannot see me but I am all around. Plants get the gas they need from me. What am I? You know the answer? Yes, that's right. Air. Air is a kind of gas that the plants use to help them to grow.

Track
18

Okay, let's have a think about our tomato plant that we have been growing. We're going to talk about the life cycle of the tomato plant. When we wanted to grow the tomato, what was the first thing that we did? That's right, we planted the seeds in our class garden outside. After we planted the seeds in the soil, what did we do next? That's right, we had to water the plant every day, and put some fertilizer in the soil.

Track
19

After a few weeks, the seedling, or the small plant, got bigger and bigger. ...And when they were red, and bigger, what did we do? Yes, we picked the red, ripe tomatoes.

And yes, we could make a salad with our tomatoes.

Okay, now we're going to write about the life cycle of the tomato plant in our science books so please get out your science books and let's start.

Stage 2

Unit
1

Track 20-23

朗読『トム・ソーヤの冒険』

本文
p.70 ~Track
20

"TOM!"
No answer.
"TOM!"
No answer.
"What's gone with that boy, I wonder? You TOM!"
No answer.

The old lady pulled her spectacles down and looked over them about the room; then she put them up and looked out under them.

She seldom or never looked THROUGH them for so small a thing as a boy; they were her state pair, the pride of her heart, and were built for "style," not service— she could have seen through a pair of stove-lids just as well.

She looked perplexed for a moment, and then said, not fiercely, but still loud enough for the furniture to hear:

"Well, I lay if I get hold of you I'll..."

Track
21

She did not finish, for by this time she was bending down and punching under the bed with the broom, and so she needed breath to punctuate the punches with. She resurrected nothing but the cat.

"I never did see the beat of that boy!"

She went to the open door and stood in it and looked out among the tomato vines and "jimson" weeds that constituted the garden. No Tom. So she lifted up her voice at an angle calculated for distance and shouted:

"Y-o-u-u TOM!"

There was a slight noise behind her and she turned just in time to seize a small boy by the slack of his roundabout and arrest his flight.

Track
22

"There! I might 'a' thought of that closet. What you been doing in there?"

"Nothing."

"Nothing? Look at your hands. And look at your mouth. What IS that truck?"

"I don't know, aunt."

"Well, I know. It's jam— that's what it is. Forty times I've said if you didn't let that jam alone I'd skin you. Hand me that switch."

The switch hovered in the air— the peril was desperate—

"My! Look behind you, aunt!"

The old lady whirled round, and snatched her skirts out of danger.

The lad fled on the instant, scrambled up the high board-fence, and disappeared over it.

Track
23

His aunt Polly stood surprised a moment, and then broke into a gentle laugh.

"Hang the boy, can't I never learn anything? Ain't he played me tricks enough like that for me to be looking out for him by this time?"

But old fools is the biggest fools there is. Can't learn an old dog new tricks, as the saying is.

But my goodness, he never plays them alike, two days, and how is a body to know what's coming? He 'pears to know just how long he can torment me before I get my dander up, and he knows if he can make out to put me off for a minute or make me laugh, it's all down again and I can't hit him a lick.

I ain't doing my duty by that boy, and that's the Lord's truth, goodness knows. Spare the rod and spile the child, as the Good Book says. I'm a laying up sin and suffering for us both, I know."

Unit
2

Track 24-27

エリカとイアンの日本食トーク

本文
p.80 ~Track
24

E: My favorite Japanese food is sukiyaki.

I: OK.

E: Not just sukiyaki, but all the- the wintertime foods such as nabe. Um... yeah, there's different kinds of nabes.

Um, I like the idea that we all share one pot.

Um, I think in western countries, or in England, we usually have one plate. And we don't really share. There's not much of a custom to share, so I like the idea in Japan.

I: That's one of my favorite things about eating in Japan, is that often you have several different dishes that are all around the table, and everyone can pick bits here and there.

E: That's right, yes.

I: Yeah. But that's also true of, like, Spanish food, right?

E: That's true. There's small tapas.

I: Right, right. I feel like that's a more social way of eating, isn't it?

E: It is. Yes.

I: Encourages people to talk to each other around the table and so on.

E: That's right, yes.

I: So when you have nabe, there's just one pot that everybody has to eat from, right?

Track
25

E: When it comes to Japanese food, there's not many spicy food, is there? Like, we have wasabi.

I: Wasabi is an interesting flavor.

E: It is. Actually, I don't like wasabi.

I always have to ask for sushi without wasabi, yeah.

I: I like wasabi.

E: Yeah, everyone says, "Why don't you like wasabi? It's, it's such, um, it brings a lovely flavor to the sushi."

But I don't know. I just- I can't eat it.

I : I like that feeling you get when you have slightly too much wasabi, and the back of your nose suddenly feels like it's on fire. But it's a cold fire.

E: I know that.

I : It's quite exciting. I like that.

E: (laugh)

Track
26

I : Where I live, around Koenji and the Chuo Line, there's a lot of yakitori, yakiton, those kinds of shops. And I really like that kind of food. Not just the food itself, which is great, but also I like the way the shops are often arranged all along the railway tracks near Koenji Station.

There's a lot of these tiny little yakitori, izakayas and shops.

E: Right. Yes.

I : And they spill out onto the street, and people are just sitting on top of plastic beer crates, on tables that are set up on more plastic beer crates.

E: Right. Yes, yes.

I : Just sitting out on the, on the street, on the summer evenings, and you can watch all the people walking by.

And there's often quite strange and interesting people walking by around that area.

E: Right. Yes.

I : And so it's a really nice atmosphere to sit with a cold beer.

Track
27

E: Did you try a lot of the, uh, sake from different kind of... areas?

I : Sometimes I... I have to be very careful with, with, um...

E: Sake?

I : Especially with nihonshu. Um, it's too easy to drink.

E: It is.

I : And you don't realize what you've done until the next morning.

E: (laugh)

I : You wake up with this terrible headache and... oh, no.

E: It's really sweet and smooth, and if you're in a good mood, you just keep drinking and...

I : It's much stronger than... than it feels while you're drinking it, isn't it?

E: Exactly, yes.

I : Yeah. So that's why... it's a problem, because the place in Japan I visit most is Kyushu.

E: Oh, right.

I : That's... deep hard-core, um, shochu— that's shochu country, yeah. Or Okinawa as well, right?

E: That's right. Awamori. I cannot take that.

Unit
3

Track 28-31

映画『ローマの休日』

本文
p.90 ~Track
28

ANN : How do you do?

JOE : How do you do?

ANN : And you are?

JOE : Bradley, Joe Bradley.

ANN : Delighted.

JOE : You don't know how delighted I am to meet you.

ANN : You may sit down.

JOE : Well, thank you very much. What's your name?

ANN : Er... you may call me Anya.

JOE : Thank you, Anya. Would you like a cup of coffee?

ANN : What time is it?

JOE : Oh, about one thirty.

ANN : One thirty! I must get dressed and go!

JOE : Why? What's your hurry? There's lots of time.

ANN : Oh no, there isn't and I've- I've been quite enough trouble to you as it is.

JOE : Trouble? You're not what I'd call trouble.

ANN : I'm not?

JOE : I'll run a bath for you.

Track
29

ANN : Now I'd better get a taxi and go back.

JOE : Well, look: before you do, why don't you take a little time for yourself?

ANN : It may be another hour.

JOE : Live dangerously: take the whole day!

ANN : I could do some of the things I've always wanted to.

JOE : Like what?

ANN : Oh, you can't imagine. I'd, I'd like to do just whatever I'd like, the whole day long!

JOE : You mean, things like having your hair cut? Eating gelato?

ANN : Yes, and I'd, I'd like to sit at a sidewalk cafe; and look in shop windows; walk in the rain! Have fun, and maybe some excitement. It doesn't seem much to you, does it?

JOE : It's great. Tell you what: why don't we do all those things together?

ANN : But don't you have to work?

JOE : Work? No! Today's gonna be a holiday.

ANN : But you'll want to do a lot of silly things.

JOE : Don't I? First wish: one sidewalk café. Coming right up! I know just the place: Rocca's.

Track
30

JOE : Must be quite a life you have in that school- champagne for lunch.

ANN : Only on special occasions.

JOE : For instance?

ANN : The last was time my father's anniversary.

JOE : Wedding?

ANN : No, it was... the fortieth anniversary of umm... of the day he got his job.

JOE : Forty years on the job; what do you know about that... What does he do?

ANN : Well... mostly you might call it... public relations.

JOE : Oh, well, that's hard work.

ANN : Yes, I wouldn't care for it.

JOE : Does he?

ANN : I've... heard him complain about it.

JOE : Why doesn't he quit?

ANN : Well, people in that line of work almost never do quit- unless it's actually unhealthy for them to continue.

JOE : Uh-huh. Well, here's to his health then.

ANN : You know: that's what everybody says.

Track
31

JOE : Everything ruined?

ANN : No. They'll be dry in a minute.

JOE : Suits you- you should always wear my clothes.

ANN : Seems I do.

JOE : I thought a little wine might be good.

ANN : Shall I cook something?

JOE : No kitchen; nothing to cook; I always eat out.

ANN : Do you like that?

JOE : Well, life isn't always what one likes- is it?

ANN : No, it isn't.

JOE : Tired?

ANN : A little.

JOE : You've had quite a day.

ANN : A wonderful day.

RADIO ANNOUNCER: This is the American Hour, from Rome, broadcasting a special news bulletin in English and Italian. Tonight there is no further word from the bedside of Princess Ann in Rome, where she was taken ill yesterday, on the last leg of her European goodwill tour. This has given rise to rumors that her condition may be serious, which is causing alarm and anxiety among the people in her country.

ANN : The news can wait till tomorrow.

JOE : Yes.

Unit
4

Track 32-35

ファラ先生へのインタビュー

本文
p.100 ~Track
32

My name is David Farah, and I'm originally from the U.S., and the state of Ohio, and I've been teaching at Kobe since just after the- the Great Hanshin Earthquake in 1995, um, which means I've been here for 22 years.

So Kobe's become my home, and I've been fortunate to be able to live at the edge of the city, um, which means I still have access to the city very easily, um, but I also have easy access to the- to the mountains, to the Rokko mountains. Um, so I feel very fortunate about being able to live where I live.

Track
33

And I grew up in the countryside in Ohio, so a lot of my, um, ideas formed there. And of course, I maintain a close connection with nature.

And this makes me wonder about urban life, city life, because people who grow up in the city will have a very different perception of nature, I think, by the time they become adults.

But their perceptions are forming when they're children, of course. Um, and it's something I've thought about, because it really not only affects an individual, of course, um, but it affects a way a community or a society or a culture develops.

Track 34 At the individual level, um, it affects I think our sensibility, you know, how we think about the world and what we think about the world. It surely affects our vocabulary, which defines how we think about the world.

Um, and when I came to Japan, that was quite interesting, because of course, um, I grew up, as I said, in the countryside, so in Ohio I had the vocabulary to define the trees that I saw and the birds that I heard, but then I came to Japan and the trees were different, and the birds were somewhat the same, but different. Um, so I had to learn a new vocabulary.

Track 35 When I got to university, I met a professor who introduced poetry in a whole in a way to me. More, it was for him, more of a spiritual act – that it is- that it is, of course. And of course, that involves everything that we are.

So it allowed me to think about poetry as a kind of play. And it allowed me to be playful with language. And I was always somewhat musical, so it allowed me to engage my interest in music.

Um, so that's finally, that- that man, that professor is finally the one who allowed me to, you know, walk onto the path of poetry.

Stage 3

Unit 1 Track 36-38

ミシェル・オバマの Q&A トーク

本文
p.114~

Track 36 **Child:** How does it feel being the First Lady?

The First Lady: How does it feel being the First La-? I think it feels like being me, you know? You- you don't change as a person just because you have a different job, you know? So what's your name?

Child: Isaiah.

The First Lady: Isaiah. So you know how you feel, Isaiah, right? And you feel that way whether you're at home or at school or at the park or whether you're with your friends. It's like you're always Isaiah, right?

So I think I feel the same way, too. I still feel like I- who I am; that, you know, I got to take care of my kids and I want to do a good job as First Lady.

I want to make sure that I'm making my country proud. But I still feel like me. Does that make sense?

Track 37 **Child:** What do you think are the leading causes of obesity in America?

The First Lady: That's a very astute question. (laughter) And you've definitely read my bio and you know what my issues are. (laughter) It's a good thing. It's a good thing.

You know, I think there are a lot of things that cause obesity. Um, I think it's the- the lifestyle we live. I think a lot of kids these days spend a lot of time in front of the TV set and on the computer.

And when we were young we didn't have 120 channels that were on 24 hours a day and we didn't have the Internet and computer games.

So when we were little, we had to— when you were bored, you had to go outside and play. Um, you know, A lot of kids don't—are driving to school or they take a bus to school. So I think that we're just getting less exercise.

Track 38 **Child:** When you were a kid, did you ever, like, dream of becoming the First Lady?

The First Lady: No, I didn't. I had- You know, when I was a little kid, I probably had dreams like most little kids. Um, for a second I wanted to be a pediatrician, because I liked kids. Uh, I never wanted to be a vet. (laughter)

Um, then, you know, after I went to college, I wanted to be an attorney, and I practiced for a while.

Um, uh, but no, as a matter of fact, I mean, the notion of being First Lady of the United States – you know, there had never been anybody of my race who had been... Here. (Bo barks)

Unit 2 Track 39-42

本文
p.122 ~

デレク・シヴァースのプレゼントーク

Track 39 Life is... what?
What word do you think goes in that blank? Life is what? Any ideas?
Well, let's look at some of the different options that philosophers and smarties have said.

Some say life is time. Life is all about time- that the definition of life is the time between when you're born and when you die. So the very literal meaning of life is time.

So if life is time, the way to have a good life is to use time wisely.

Track 40 How can you use time wisely? Number 1: Remember it's limited. If you find out tonight that you've only got one year left to live, you'll make the most of this next year. If you act like life is infinite, you won't.

To achieve great things, only two things are needed: a plan, and not quite enough time. So give yourself tight deadlines. Remember you could die at any time. Don't delay.

Track 41 How can you use time wisely? Number 2: Be mostly future-focused.
Make most of your current actions serve your future self. That means learn, practice, exercise, delay gratification, save and invest your money, and build towards your ideal future.

People who do this are more successful, and even happier.

But too much future focus can lead to being a successful person on your fourth marriage, with no true friends.

Because too much future focus can take time away from important things that need you to be in the moment.

Track 42 How can you use time wisely? Number 3: Be somewhat present-focused.

Sometimes pull your head out of the future, and give your full attention to the present. Relationships, communication, and sex require this.

But too much present focus is hedonism: You're only living for immediate gratification with as much excitement and novelty as possible.

And too much present focus leads to an empty bank account, with no impulse control.

And too much present focus robs you of the deeper happiness of delayed gratification, achieving long-term goals, and developing valuable expertise.

Unit 3 Track 43-46

本文
p.132 ~

ロバート・ケネディの歴史的スピーチ

Track 43 Ladies and Gentlemen: I'm only going to talk to you just for a minute or so this evening, because I have some very sad news for all of you. Could you lower those signs, please?

I have some very sad news for all of you, and, I think uh, sad news for all of our fellow citizens, and people who love peace all over the world; and that is that Martin Luther King was shot and was killed tonight in Memphis, Tennessee.

Martin Luther King dedicated his life to love and to justice between fellow human beings. He died in the cause of that effort. In this difficult day, in this difficult time for the United States, it's perhaps well to ask what kind of a nation we are and what direction we want to move in.

For those of you who are black— considering the evidence evidently is that there were white people who were responsible— you can be filled with bitterness, and with hatred, and a desire for revenge.

Track 44 We can move in that direction as a country, in greater polarization- black people amongst blacks, and white amongst whites, filled with hatred toward one another.

Or we can make an effort, as Martin Luther King did, to understand, and to comprehend, and replace that violence, that stain of bloodshed that has spread across our land, with an effort to understand, compassion and love.

For those of you who are black and are tempted to fill with... be filled with hatred and mistrust of the injustice of such an act, against all white people, I would only say that I can also feel in my own heart the same kind of feeling. I had a member of my family killed, but he was killed by a white man.

But we have to make an effort in the United States, we have to make an effort to understand, to get beyond, or go beyond these rather difficult times.

Track 45 My favorite poem, my favorite poet was Aeschylus. And he once wrote:

"Even in our sleep, pain which cannot forget
falls drop by drop upon the heart,
until, in our own despair,
against our will,
comes wisdom
through the awful grace of God."

What we need in the United States is not division; what we need in the United States is not hatred; what we need in the United States is not violence and lawlessness, but is love and wisdom, and compassion toward one another, and a feeling of justice toward those who still suffer within our country, whether they be white or whether they be black.

So I sa- ask you tonight to return home, to say a prayer for the family of Martin Luther King —yeah, it's true—but more importantly to say a prayer for our own country, which all of us love— a prayer for understanding and that compassion of which I spoke.

Track
46

We can do well in this country. We will have difficult times. We've had difficult times in the past. But we will- and we will have difficult times in the future. It is not the end of violence; it is not the end of lawlessness; and it's not the end of disorder.

But the vast majority of white people and the vast majority of black people in this country want to live together, want to improve the quality of our life, and want justice for all human beings that abide in our land. With...

And what- dedicate ourselves to what the Greeks wrote so many years ago: to tame the savageness of man and make gentle the life of this world. Let us dedicate ourselves to that, and say a prayer for our country and for our people.

Thank you very much.

Unit
4

Track 47-51

VOA ニュース インタビュー

本文
p.142 ~Track
47

I was born and raised in Ukraine. And I came here when I was 14 years old to pursue an American dream. I was always creating stuff since I was a little child.

All of the walls were painted. My notepads were painted. Everything, everywhere I could paint, I always did. Like, there's always doodles in-, in every single book I was reading.

I started by doing face painting, and I was doing it for about a year or two. I'm the type of person that always likes to take it to the next level. It's like, ok what's next? What's- what's next?

Track
48

You know, I'm already done with face painting. Now what? And I went to a face and body art convention in Florida, and I saw that people were doing body painting.

And I'm like, oh my God, this is so exciting, it's so much better than just face painting, because now I can do my- all my art with the body painting as well, and that's how body painting came along.

I definitely had my body painted quite a few times. And one of the main reasons why I decided to do that is because I wanted to know what it feels like for the model to be painted.

Because, for me, it's very important to make my model feel as comfortable as humanly possible. And in order for me to understand that better, I chose to be on the other end of the brush, so I can learn this experience.

Track
49

Initially, when I was exposed to this career, my parents did not support me at all. They wanted me to be a lawyer, a doctor.

I'm actually the first person in my family that does not have a college degree. But, at the same time, I'm the most successful one out of my whole family.

When I pick up a brush, it's almost like I'm getting into my own zone, in- in my own little world, my comfort zone.

Very often, my models try to talk to me throughout the process, but it's so hard for me to even keep up a conversation, because I'm so focused about what I'm doing, and I'm so inspired that it totally takes me out of this world. It's almost like a drug!

Track
50

I have moments in my life that I get focused on one particular design or color. A few years ago, I got my first car. And everything had to be zebra. Like, even my dog was not allowed in the car unless he was dressed up in a zebra outfit.

And now, as I purchased my first house, everything in my house is colored teal. Everything!

I am a huge fan of Tom Jones. "What's new pussycat? Woah, woah, woah!" Oh, my God, OK, so, that's how obsessed I am.

For some reason, for some really weird reason, it inspires me. When I wake up in the morning and I turn on his music, nothing else matters.

Track
51

What I do for a living, it makes me happy.

I feel like I have not worked a day of my life.

I feel like America gave me an opportunity to pursue my passion, as an artist.

And I'm pretty sure I won't be able to succeed in art field that I am in if I would be back in Ukraine.

It's a great feeling, it's a great feeling to do what you love.

Unit
5

Track 52-56

ウーピー・ゴールドバーグのインタビュー

本文
p.154 ~Track
52

When John Kennedy was running for president he came to my neighborhood. It was the hottest day, like, had- in a century. It was like 9,000 degrees.

And people came from all over Manhattan to my neighborhood to see this guy who talked about my country and my part in it. This was the coolest thing.

I was like seven or eight. Well, it simply meant that, you know, this was my country. This guy who was going to be the president was coming to my neighborhood to tell me that he was thinking of me, you know.

I mean, because I took it very personally, you know.
I thought it was very, very cool.

Track
53

Come on! Come on! You know, be an actor because you love to act. Don't be an actor 'cause you think you're going to get famous, 'cause that's luck.

But if it's what you want to do with your whole heart and soul, come on!

Go everywhere, learn everything. Learn Shakespeare. Shakespeare is great fun.

Don't be thrown by the words. The words are the same words that we use, you know, with a little different, uh implementation, you know.

Uh, write things for yourself. Come on, it's a great way to spend time. It's a great way to learn history, you know. It's a great way to learn all kinds of things.

But only come if you're coming to play. If you're not coming to play, you should get another gig to supplement your acting, you know.

Track
54

I'm a dyslexic, so there weren't a whole lot of books in my life, early on, with words. But I- I- I did love stories. I loved fairy tales, and I loved spooky stories and, you know. Anything with a good... 25- to 30-minute brain trip for me to go on. I still like to be read to, you know.

Because I knew I wasn't stupid, and I knew I wasn't dumb. My mother told me that. Everybody told me I wasn't stupid or dumb.

But what else could you be if you couldn't read, you know. If you read to me, I could tell you everything that you read, you know.

And people call you names in frustration, because then they didn't know what it was. They thought, well, they knew I wasn't lazy, you know.

But what was it? You know, it's like in the- in those early days— and this may be a good cut point for you, but we'll see— in the early days, when little girls complained about having cramps...

Track
55

I grew up in Manhattan, in New York, a place called Chelsea. And I grew up around lots of different people.

So we all grew up speaking a smattering of Greek, Italian, Spanish, uh, Indian, uh, Chinese, Yiddish.

Uh, and it was great. I had a great time, because I was in New York and, you know, in the olden days, which is when I was a kid, uh, there were all sorts of things to play with, you know, and to go and be part of, which, you know, now you do on things like this, on interactive.

Track
56

I have two theories on that. I have two theories on that. One theory is that I believe that when people die, the spirit flies from them and fragments, and goes into opening beings, people who are just coming into being. And I believe I got hit with a lot of fragments from various people. That's my first theory.

I believe that we- we keep the circle. The circle isn't an...you know, doesn't break, it just reinvents and stuff. The other thing is that I just love the idea that I could go be, uh, a princess from Greenland in the movies, and it's cool.

You know, and there's no one to say, no, you can't be from Greenland, you know. There's no one saying you can't be from Hungary, you know. So the idea that you can go into the past, the present and the future, you know, I just think it's too cool.

シャドーイング練習はそれ単独で行うこともできますが、薬と同じで、自分の症状に応じて、ほかの練習方法といっしょに組み合わせて行うと、もっと効果的です。

本書ではシャドーイングとシンクロ・リーディングを中心とした6段階の練習法を扱ってきましたが、読者のみなさんは興味や自分の弱点にあわせて、下記に挙げた通訳訓練で導入されているいろいろな訓練方法を方法も随時試みられることをおすすめします。

1 スピード音読 speed reading

テキストを見ながら、可能な限り速く音読します。1分間のスピーチ速度が160wpmを超えると、物理的にシャドーイングが追いつかない場合が出てきます。そういうときにはテキストをできるだけ速く音読し、顎や唇、舌などの動きをアップすることによって、自分のスピーチ速度を向上させることができます。「こりゃ口がついていかない」と思ったなら、音を聞かないで物理的にどれだけ速くテキストを音読できるか、やってみてください。発音、イントネーションなどは無視しても結構ですから、教材に負けないスピードで音読できるかだけを目標にしてください。これは音読の100メートル走。なりふりかまわず、走ってみましょう。

2 スラッシュ・リーディング slash reading

テキストを読む際に、句や節、あるいは意味の切れ目ごとにスラッシュ（/）を入れながら読むことです。順送りの訳をするサイト・トランスレーション（原稿を見ながらの通訳）では、意味のまとまりが視覚的に捉えられるので、前段階としてスラッシュを入れながら読みます。本テキストでもスラッシュが入れていますので参考にしてください。もちろん自分でドンドン手を加えていただいて結構です。

3 スラッシュ・リスニング slash listening

「テキストを見ながらスピーチを聞く際に、音声や意味、文構造の切れ目ごとにスラッシュを入れながら聞くこと。その後スラッシュごとにCDを停めて理解した内容を訳出する」(田中深雪：2003「最強のリスニング上達法」English Journal 6月号、アルク)。英語を聞いたときに、音の切れ目がとらえられなくて混乱したことはありませんか。そんな時にはまず、音声を聞きながら原稿にスラッシュを入れてみましょう。

特にシンクロ・リーディングさえ難しいと思われるスピードの速いスピーチは、まず、スラッシュ・リスニングをやって切れ目を確認しておくことで抵抗感が減ります。

4 リテンション retention

もともとは聞いた音声を一時的に記憶しておくことですが、通訳訓練法として、文単位の発話を聞いて記憶して、直後にその内容を口頭で正確に再生する練習方法をリテンションと呼んでいます。リピーティング、あるいはオーラル・ディクテーションとも言います。一文すべてを記憶するためには、高度な注意力と文構造などに対する知識、文や談話の意味の理解が必要となり、負荷の高い練習方法です。

5 サイト・トランスレーション sight translation

原稿を見ながら、適当な訳出ユニットごとに、順次、目標言語(target language)に口頭で訳出していくことです。通訳訓練では、「サイトラ」と簡略化して呼ばれます。入学試験用の訳と大きく違うのは、音声に沿って訳をしなければならないので、後ろから前へ返ることが制限されます。したがって「順送りの訳出」と言われるように、聞いたことをそのまま頭から日本語に訳していく技術が育まれます。また、リアルタイムの訳出ですから、時間的に大きな制約を受けます。この延長上に同時通訳があるわけですから。スラッシュ・リーディングの後にサイトラをやると、意味の切れ目がハッキリするのでやりやすいでしょう。

6 サマライゼーション summarization

聞いた内容の大意を口頭で要約して述べることです。英語のスピーチを聞く場合には、英語で要約する場合と、母語の日本語で要約する場合の二通りがあります。いずれにせよ、大きな単位で意味を把握する能力の向上に効果的です。

7 パラフレージング paraphrasing

聞いた文を、別の表現を用いて言いかえる練習はパラフレージングと言い、表現力を豊かにするのに効果的です。日英の通訳訓練にも有効な練習方法ですね。英作文の実力アップにパラフレージングはもってこいの練習です。受験生の方々にもお勧めします。

8 同時通訳 simultaneous interpretation

ご存じ、通訳の方法のひとつで、話し手が話し終わるのを待たずに、スピーチを聞きながらほぼ同時に訳出していくことです。シャドーイングは、言語変換という通訳としての本質的な要素はないものの、同時性という意味では同時通訳と同じ要素を持った訓練と言えるでしょう。

9 逐次通訳 consecutive interpretation

通訳のひとつの方法です。話し手が話し終えたり、適当な個所で話を止めたところで、それまでのところをまとめて訳出していく通訳法です。一度に訳出する量が多くなりますので、正確を期するためにもメモをとる技術が必要になります。訳出の単位は、数文単位からかなりの長文単位の訳出までさまざまです。

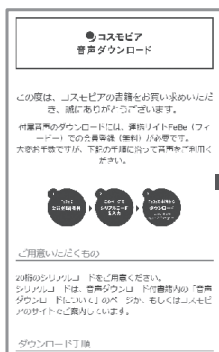
音声ダウンロードについて

本書の付属 CD 音声は、簡単な登録で、スマートフォンや PC にダウンロードすることができます。下記の手順に沿って音声をご利用ください。

* 音声をダウンロードするには、連携サイト audiobook.jp での会員登録(無料)が必要です。

CD を PC にインポートする作業が不要!

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- ・ iOS (iPhone/iPad)
- ・ Android (タブレット、スマートフォン)

このサイトにアクセス!

または「コスモピア シリアルコード」で検索!



<https://audiobook.jp/exchange/cosmopier>

1

audiobook.jp に会員登録(無料)

2

上記サイトから下記のシリアルコード*を入力

3

audiobook.jp の本棚からダウンロード

スマホの場合はアプリ「オーディオブック」から!

*シリアルコード: gniwodahs

玉井 健 (たまい けん)

公立高校で15年間教鞭をとる。SIT(米国)でMA、神戸大学で博士(学術)。現在、神戸市外国語大学国際関係学科および大学院英語教育学専攻、教授。関心分野はリフレクティブ・プラクティスによる教師教育、リスニング指導法研究。著書:『リフレクティブな英語教育をめざして』(共著)(ひつじ書房)、『リスニング指導法としてのシャドーイングの効果に関する研究』(風間書房)、『決定版 英語シャドーイング<超入門>』、『決定版 英語シャドーイング 改訂新版』(共著)、『英語シャドーイング練習帳』(共著)(コスモピア)など。趣味は陶芸、テニス。

決定版英語シャドーイング 入門編

【改訂新版】

著者: 玉井 健

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編集部: Tel: 03-5302-8379 email: editorial@cosmopier.com

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英会話 1000 本ノック ＜本番直前編＞

明日にも英語が必要というときに!



短時間で「英語スイッチ」を入れる直前トレーニング本。突然道を聞かれた、海外旅行に行く、外国人のゲストを出迎える……。いろいろな場面を想定し、コミュニケーション会話にチャレンジ。英語を話さざるを得ないピンチをチャンスに変えましょう。

【本書の特徴】

- ソレイシィコーチと一緒に6往復から12往復の会話にチャレンジ。本番さながらのトレーニングができます

著者：ステイブ・ソレイシィ
A5判書籍 222ページ+CD-ROM
(MP3音声 402分)

定価 本体 1,800円 + 税

英会話 1000 本ノック ＜入門編＞

初心者にやさしいノックがたくさん!



「英会話 1000 本ノック」のCDが質問のみであるのに対し、「入門編」は質問→ポーズ→模範回答の順で録音されているので、ポーズの間に自力で答えられないノックがあっても大丈夫。CDに合わせて声を出すことからスタート!

【本書の特徴】

- 5級からスタートして、200本ずつのノックに答えて1級まで進級するステップアップ・レッスン

著者：ステイブ・ソレイシィ
A5判書籍 184ページ+CD2枚 (72分、71分)

定価 本体 1,680円 + 税

英会話 1000 本ノック ＜ビジネス編＞

会話のマナーから
プレゼンテクニックまで!



あいさつ、自己紹介から始まり、状況で7段階に使い分けるお礼とお詫びの表現や電話応対を特訓。さらにスケジューリング、大きな単位の数字の攻略、Noをビジネスライクに言う表現、プレゼンまで練習します。

【本書の特徴】

- 回答例入りと質問のみの、両パターンの音声でMP3形式で用意
- 英語を使った成功体験ができる!

著者：ステイブ・ソレイシィ
A5判書籍 218ページ+CD-ROM
(MP3音声 430分)

定価 本体 2,000円 + 税

英会話 1000 本ノック

まるでマンツーマンの英会話
レッスン!



ひとりで、どこでもできる画期的な英会話レッスン。ソレイシィコーチが2枚のCDから次々に繰り出す1000本の質問に、CDのポーズの間にドンドン答えていくことで、沈黙せずにパツと答える瞬発力と、3ステップで会話をはずませる本物の力を育成します。

【本書の特徴】

- ソレイシィコーチの親身なアドバイスも満載
- ムダ玉無し。厳選されたノックばかり

著者：ステイブ・ソレイシィ
A5判書籍 237ページ+CD2枚 (各74分)

定価 本体 1,800円 + 税

英会話 超リアルパターン 500+

出だしのパターンを徹底トレーニング!



「最初のことが出てこない」人におすすめ。英文を頭の中で組み立てるのではなく、出だしのパターンをモノにすれば、続けてスラスラと話せるようになります。さらに本書の特長は例文のリアルさ。「覚えてもまず使わない」例文ではなく、生々しくて面白くて、実生活で必ず使う表現で構成されています。

著者：イ・グァンス、イ・スギョン
A5判書籍 293ページ+ミニブック 48ページ
MP3音声 (4時間 40分)

定価 本体 1,800円 + 税

英会話 超リアルパターン 500+ (ビジネス編)

パターン作戦で電話も会議も乗り切ろう!



電話、会議、プレゼン、交渉などで頻りに使われる200のパターンを厳選し、ひとつにつき4~5つの例文を使い方を覚えます。ビジネスの現場では、あまりに教科書的な表現も、いわゆる若者言葉も、どちらも不適切。相手の感情を損ねることのないように婉曲表現なども取り入れ、微妙なニュアンスも十分に考慮した構成となっています。

著者：ケビン・キュン
A5書籍 288ページ+ミニブック 48ページ
MP3音声 (5時間 40分)

定価 本体 1,800円 + 税

英会話 超リアルパターン 500+ (海外ドラマ編)

TVドラマのワンシーンが先生!



海外ドラマ45作品から日常会話の頻出パターン表現を厳選し、例文4つずつを挙げるとともに、どのシーンでどう使われたのか、具体的に再現。シチュエーションを思い浮かべること、その表現のニュアンスがよく分かります。

「フレンズ」、「24-TWENTY FOUR」、「グレイ」、「ゴシップガール」、「SHERLOCK (シャーロック)」など人気タイトル多数。

著者：イ・グァンス/イ・スギョン
A5判書籍 294ページ+ミニブック 48ページ
MP3音声 (5時間 49分)

定価 本体 1,800円 + 税

英会話 超リアルパターン 200+ (入門編)

英会話初心者はここからスタート!



ネイティブが最もよく使う「出だしのパターン 200」を選びました。I'm a...で始まる出だしはどれも中学レベル。「目」で見れば簡単なものばかりです。でも「口」から簡単に出てくるかという話は別。英会話は「口」でするものだから、何度も実際に声に出して練習できるように工夫したのが本書です。

著者：バク・シンギュ
A5判書籍 308ページ
MP3音声 (8時間 18分)

定価 本体 1,600円 + 税

声に出す！ スピーキング基礎コース

基本パック/オンライン・レッスン付きフルパック

どんどん話せる！ スピーキング実践コース

基本パック/オンライン・レッスン付きフルパック

話すのはもう少し勉強してからにする。

間違ったら恥ずかしいし 単語力は足りないし 文法も自信ないし

「いつか」「そのうち」「近いうちにきっとやるから」
ではなく、あなたに必要なのは、

「いま、話し始めること！」

毎日の生活を英語レッスンの場にしましょう！

いま、
話し始めるとは……



うがいをしながら
I gargle.

コピーを取りながら
I run off 20 copies
for the meeting.



ホチキスで留めながら
I staple the pages
together.



洗濯をしながら
I do the laundry.

総合監修

田中 茂範

慶應義塾大学教授



日常場面を英語にする、英語を生活に取り入れる、これがこの講座の基本的な考えです。日常場面は私たちひとりひとりにとってリアルなものであり、英語を学ぶ最良の素材を提供してくれます。会話力を高める瞬発力は、「自覚的に」訓練してはじめて獲得できるものです。1日20分の繰り返し、スピーキングを「自動化」することに繋がっていくのです。

執筆陣



長沼 君主
東海大学准教授
シリーズ・テスト監修



門田 修平
関西学院大学・
大学院教授
シリーズ・アドバイザー



岡本茂紀
オフィス LEPS 代表
「基礎コース」
「実践コース」



川本佐奈恵
明星大学教授
「基礎コース」



田中 宏昌
小林いづみ
IT 企業人事担当
「実践コース」



高橋 朋子
アメリカ創価大学
大学院長・教授
「実践コース」



阿部 一
阿部一英語総合
研究所(英総研) 所長
「実践コース」

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※ご受講にはインターネットが使える環境が必要です

声に出す！スピーキング基礎コース

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オンライン・レッスン ●お試し 1 回 ●レッスン 12 回 (週 1 回×15 分)



どんどん話せる！スピーキング実践コース

受講期間 4 カ月

受講料 【基本パック】28,000 円+税

【オンライン・レッスン付きフルパック】34,000 円+税

オンライン・レッスン ●お試し 1 回 ●レッスン 16 回 (週 1 回×15 分)



- テキスト試し読み・音声試聴ができます→ www.cosmopier.com/tushintop/
- 教材はお申し込み受付から1週間以内にお届けいたします

お申込方法

- コスモピア・オンラインショップ <https://www.cosmopier.net/shop/>

*クレジットカード一括払いとなります

■ TEL 03-5302-8378 (平日 9:00-17:00)

■ FAX 03-5302-8399

■ eメール mas@cosmopier.com

*教材と一緒に郵便局の払込用紙をお送りします。

● 件名を「スピーキング申込 15011 係」とし、以下の項目を送信してください。

① 申込コース名 ② お名前 (ふりがな) ③ 〒住所 ④ 電話番号 ⑤ 生年月日 ⑥ ご職業

・不良品はただちに交換させていただきます。開封済み教材の返品は原則としてご容赦ください。

// 本書のご意見・ご感想をお聞かせください! //

本書をお買い上げいただき誠にありがとうございます。

今後の出版の参考にさせていただきたいので、ぜひ、ご意見・ご感想をお聞かせください（PCまたはスマートフォンで下記のアンケートフォームよりお願いいたします）。

アンケートにご協力いただいた方のなかから抽選で毎月10名の方に、コスモピア・オンラインショップ（<https://www.cosmopier.net/shop/>）でお使いいただける500円分のクーポンを差し上げます。

（当選メールをもって発表にかえさせていただきます）

アンケートフォーム

<https://goo.gl/forms/xeTNRlFtM1yejKWF2>



コスモピア・サポート

無料

いますぐご登録ください!

「コスモピア・サポート」は大切なCDを補償します

使っている途中でキズがついたり、何らかの原因で再生できなくなったCDを、コスモピアは無料で補償いたします。

一度ご登録いただければ、今後ご購入いただく弊社出版物のCDにも適用されます。

登録申込方法

PCまたはスマートフォンで下記の入力フォームよりご登録をお願いいたします。（郵送での登録をご希望の場合はハガキにお名前・ご住所・電話番号・E-mail・性別・生年月日・購入した本の題名を記入し下記住所「コスモピア・サポート係」までお送りください）

入力フォーム：<https://goo.gl/forms/sQzZt3Dc0mRemjg02>



補償内容

「コスモピア・サポート」に登録後、使用中のCDにキズ・割れなどによる再生不良が発生した場合、理由の如何にかかわらず新しいCDと交換いたします（書籍本体は対象外です）。

交換方法

1. 交換を希望されるCDを下記までお送りください（弊社までの送料はご負担ください）。
2. 折り返し弊社より新しいCDをお送りいたします。

CDおよびハガキ送付先

〒151-0053 東京都渋谷区代々木 4-36-4
コスモピア株式会社
「コスモピア・サポート」係

★下記の場合は補償の対象外とさせていただきますのでご了承ください。

- 紛失などの理由でCDの送付がない場合
- 送付先が海外の場合
- 改訂版が刊行されて6カ月が経過している場合
- 対象商品が絶版等になって6カ月が経過している場合
- 「コスモピア・サポート」に登録がない場合

*製品の品質管理には万全を期していますが、万一ご購入時点で不都合がある「初期不良」は別途対応させていただきます。下記までご連絡ください。

連絡先

TEL 03-5302-8378

FAX 03-5302-8399

「コスモピア・サポート」係