

要約問題の追加問題

EXTRA 模擬問題① 民主化

- Instructions: Read the article below and summarize it in your own words as far as possible in English.
- Summarize it between 90 and 110 words.

1. In the late 20th century, several developing countries embarked on the challenging journey of democratization, heavily influenced by global shifts such as the fall of the Berlin Wall in 1989 and the end of apartheid in South Africa in 1994. Countries like Myanmar, Egypt, and Tunisia have witnessed significant transitions from autocratic regimes to democratic systems, often with the support of international organizations like the United Nations (UN) and the European Union (EU), as well as growing domestic demands for freedom and justice.
2. However, these transitions have not been without difficulties. In many cases, the lack of robust democratic institutions and a well-established democratic culture has resulted in political instability, violence, and economic challenges, all of which hinder the consolidation of democracy. A major obstacle in countries like Egypt and Myanmar is the resistance from entrenched military and political elites who are unwilling to relinquish control, as seen in Myanmar's military coup in 2021. Such resistance undermines electoral integrity and the credibility of democratic institutions. Furthermore, a lack of transparency and effective checks and balances within the political system has fueled widespread public disillusionment, as demonstrated by the challenges Egypt faced in implementing genuine democratic reforms following the Arab Spring. Consequently, these factors have contributed to low voter turnout and growing skepticism toward democratic processes, ultimately impeding democratic progress.
3. To address these issues, international organizations such as the United Nations Development Programme (UNDP) and local civil society groups have been actively working to strengthen democratic institutions through initiatives like civic education programs and election monitoring. However, these efforts face limitations, especially when confronted with deeply ingrained political elites and the absence of stable governance structures. Moving forward, the approach must shift towards more localized, grassroots-driven initiatives. Empowering local organizations and community leaders to spearhead democratic reforms is essential.

At the same time, continued international support remains crucial to counteracting authoritarian resistance and promoting long-term political stability. (307 words)

- [訳] 1. 20 世紀後半、いくつかの発展途上国は、民主化という困難な道のりに踏み出した。この動きは、1989 年のベルリンの壁の崩壊や 1994 年の南アフリカにおけるアパルトヘイトの終焉といった世界的な変化の大きな影響を受けていた。ミャンマー、エジプト、チュニジアといった国々では、専制体制から民主的な体制への大きな移行が見られたが、これは国際連合 (UN) や欧州連合 (EU) といった国際機関の支援に加え、自由と正義を求める国内の高まりつつある声によっても後押しされていた。
2. しかし、こうした移行が困難を伴わなかったわけではない。多くの場合、強固な民主的制度や国民の間に根付いた民主主義文化の欠如が、政治的不安定、暴力、経済的困難を引き起こし、民主主義の定着を妨げている。エジプトやミャンマーのような国々では、支配を手放そうとしない軍部や政治エリート層の抵抗が、民主化における大きな障害となっており、これは 2021 年のミャンマーにおける軍事クーデターに典型的に表れている。このような抵抗は、選挙の公正性や民主的制度の信頼性を損なうことになる。さらに、政治制度内の透明性や抑制と均衡 (チェック・アンド・バランス) の欠如は、広範な国民の幻滅感を生み出し、それはアラブの春後のエジプトにおける真の民主改革の実現の難しさにも表れている。こうした状況の結果、投票率は低下し、民主主義プロセスに対する不信感が高まり、最終的には民主化の進展が停滞することとなった。
3. こうした問題に対処するために、国連開発計画 (UNDP) などの国際機関や、現地の市民社会団体が、市民教育プログラムや選挙監視などの取り組みを通じて、民主的制度の強化に積極的に取り組んでいる。しかし、これらの努力も、根深い政治エリートの影響力や安定した統治構造の欠如に直面すると、限界がある。今後は、より地域に根ざした草の根レベルの取り組みに重点を移す必要がある。民主化改革を主導できるよう、地域の団体やコミュニティのリーダーに権限を与えることが不可欠である。同時に、権威主義的な抵抗に対抗し、長期的な政治的安定を促進するためには、国際社会からの継続的な支援も依然として重要である。

Step 1 ▶ アンダーライニング・トレーニング

前のページの問題文を読みながら重要な部分に下線を引いてください。(制限時間 3 分)

ポイントとなる部分に下線は引きましたか? 正解は次のようになります。

1. In the late 20th century, several developing countries embarked on the challenging journey of democratization, heavily influenced by global shifts such as the fall of the Berlin Wall in 1989 and the end of apartheid in South Africa in 1994. Countries like Myanmar, Egypt, and Tunisia have witnessed significant transitions from autocratic regimes to democratic systems, often with the support of international organizations like the United Nations (UN) and the European Union (EU), as well as growing domestic demands for freedom and justice.

2. However, these transitions have not been without difficulties. In many cases, the lack of robust democratic institutions and a well-established democratic culture has resulted in political instability, violence, and economic challenges, all of which hinder the consolidation of democracy. A major obstacle in countries like Egypt and Myanmar is the resistance from entrenched military and political elites who are unwilling to relinquish control, as seen in Myanmar's military coup in 2021. Such resistance undermines electoral integrity and the credibility of democratic institutions. Furthermore, a lack of transparency and effective checks and balances within the political system has fueled widespread public disillusionment, as demonstrated by the challenges Egypt faced in implementing genuine democratic reforms following the Arab Spring. Consequently, these factors have contributed to low voter turnout and growing skepticism toward democratic processes, ultimately impeding democratic progress.
3. To address these issues, international organizations such as the United Nations Development Programme (UNDP) and local civil society groups have been actively working to strengthen democratic institutions through initiatives like civic education programs and election monitoring. However, these efforts face limitations, especially when confronted with deeply ingrained political elites and the absence of stable governance structures. Moving forward, the approach must shift towards more localized, grassroots-driven initiatives. Empowering local organizations and community leaders to spearhead democratic reforms is essential. At the same time, continued international support remains crucial to counteracting authoritarian resistance and promoting long-term political stability.

Step 2 ▶ リフレージングトレーニング

下線部のキーアイデア&サポートより重要部分を抽出し、言い換えて引き締めてください。

【第1段落】 発展途上国の民主化の歴史

several developing countries embarked on the challenging journey of democratization, heavily influenced by global shifts such as the fall of the Berlin Wall in 1989 and the end of apartheid in South Africa in 1994. Countries like Myanmar, Egypt, and Tunisia (46 words)

→ Democratization in countries like Myanmar, Egypt, and Tunisia has been shaped by global events like the collapse of the Berlin Wall and the end of apartheid. (26 words)

■ リフレージングのコツをマスター！

動作の開始を強調した表現を受動態で結果に焦点を当てた受動態に変え、抽象的な「global shifts」を具体的な「events」に変えてわかりやすくしています（抽象→具体）。また、such as the fall of ... は like the collapse of ... と「類語」言い換え。

【第2段落】 民主化を阻む既得権層と制度課題

these transitions have not been without difficulties. / the lack of robust democratic institutions and a democratic culture / One of the most significant obstacles to democratization ... is the resistance from entrenched military and political elites / a lack of transparency and checks and balances within the political system

→ this process has faced challenges such as fragile democratic institutions, opposition from long-term military and political leaders, and insufficient political transparency and accountability.

■ リフレージングのコツをマスター！

without difficulties は肯定形に変えて簡潔にし、the lack of robust democratic institutions and a democratic culture は、fragile democratic institutions と否定語句を反意語に変え圧縮（否定句→反意表現）。また、such as で句でまとめ、resistance from entrenched military and political elites は長い表現を概念化（上級テクニック）しています。

【第3段落】 民主化支援とその限界

international organizations such as the United Nations Development Programme (UNDP) and local civil society groups / strengthen democratic institutions / these efforts face limitations, especially when confronted with deeply ingrained political elites

→ initiatives by transnational agencies like the UNDP and grassroots civic organizations to reinforce democratic organizations are hindered by deeply-rooted power structures.

Moving forward, the approach must shift towards more localized, grassroots-driven initiatives / At the same time, continued international support remains crucial to counteracting authoritarian resistance and

promoting long-term political stability

→ the future approach must evolve into grassroots organizations, while maintaining international support to ensure lasting democratic process and government stability.

■ リフレージングのコツをマスター！

international organizations such as the UNDP and local civil society groups, strengthen democratic institution は「**類語**」言い換えて、face limitations... は「**構文**」を変えて引き締めます。shift towards ... 以下は「**類語**」言い換えて、remains crucial to ... は、「**構文**」「**類語**」のダブル言い換えです。

■ ここがポイント！

引き締まった要約文を作るには、
分詞構文を使いこなそう！

2文を1文にまとめて文章を引き締めるには、①**分詞構文**／②**withを使った付帯状況**／③**カンマ付きの関係詞節**(..., which ~) が3大テクニックですが、中でも分詞構文は、使いこなせれば非常に洗練された印象を与えることができます。ただし、主節と分詞構文の主語が同一であることを常に確認してください。一致していないと、dangling participle (懸垂分詞) と呼ばれる、文法的に誤った構文になるからです。その場合は、カンマ付き関係詞節など、別の表現に言い換えるなど他の策を考えましょう！

[例] AI technology is rapidly replacing human jobs. This has raised concerns about unemployment. (AI技術が急速に人間の仕事を置き換えており、それが失業への懸念を引き起こしている)

① 分詞構文で言い換え → AI technology is rapidly replacing human jobs, raising concerns about unemployment.

※「raising」は因果的な結果を簡潔に示す分詞構文。

② with構文(付帯状況)で言い換え → AI technology is rapidly replacing human jobs, with concerns about increasing unemployment.

③ カンマ付き関係詞節(, which ...)で言い換え → AI technology is rapidly replacing human jobs, which has raised concerns about unemployment.

Step 3 ▶ 接続表現を入れて論理的なサマリーを完成

Step 2でリフレーズした3～4文の英文を、論理的なサマリーになるように、接続表現を使ってつないでみてください。As for countermeasures や To overcome these challenges で接続していますが、他にも To tackle these problems や To deal with the difficulty などにも使えるようにしておきましょう！すると次のような解答に仕上がります。

模範解答

Democratization in countries like Myanmar, Egypt, and Tunisia has been shaped by global events like the collapse of the Berlin Wall and the end of apartheid. However, this process has faced challenges such as fragile democratic institutions, opposition from long-term military and political leaders, and insufficient political transparency and accountability. As for countermeasures, initiatives by transnational agencies like the UNDP and grassroots civic organizations are hindered by deeply-rooted power structures. To overcome these challenges, the future approach must evolve into grassroots organizations, while maintaining international support to ensure lasting democratic process and government stability. (94 words)

[訳] ミャンマー、エジプト、チュニジアのような国々における民主化は、ベルリンの壁崩壊や南アフリカのアパルトヘイト終結といった世界的な出来事の影響を受けて進展してきた。しかしその過程では、脆弱な民主的制度、長期にわたり権力を握ってきた軍部および政治指導者からの抵抗、そして政治的な透明性と説明責任の欠如といった課題に直面している。対策としては、国連開発計画 UNDP のような国際機関や、草の根市民組織による取り組みが行われているものの、根深い権力構造によってその実効性は阻まれている。こうした課題を克服するには、今後のアプローチを草の根組織の強化へと進化させると同時に、持続的な民主化と政権の安定を確保するために、国際的支援を維持することが不可欠である。

■ リフレージングにチャレンジ！

1. ☐ embark on the journey of democratization → begin the process of democratization
民主化の道を歩み始める
☐ developing countries → emerging economies 新興経済国
☐ autocratic regimes → authoritarian governments 独裁政権
2. ☐ political instability → governmental uncertainty 政情不安定
☐ economic challenges → financial difficulties 経済的困難
☐ entrenched elites → deeply rooted ruling groups 既得権層
☐ relinquish control → give up power 権力を手放す

- electoral integrity → fair and transparent elections 選挙の公正性
- a lack of transparency → a lack of openness / accountability 透明性の欠如
- voter turnout → voting participation rate 投票率
- 3. □ election monitoring → electoral oversight 選挙監視
- deeply ingrained elites → long-standing power holders 根深い既得権層
- absence of stable governance structures → lack of reliable government framework 安定した統治体制の欠如
- grassroots-driven initiatives → bottom-up movements 草の根主導の取り組み
- empowering local organizations → strengthening community groups 地域組織の強化

EXTRA 模擬問題② 再生エネルギー

- **Instructions: Read the article below and summarize it in your own words as far as possible in English.**
 - **Summarize it between 90 and 110 words.**
1. In countries like Denmark, renewable energy sources such as wind and solar power have become integral parts of the energy mix. As concerns over climate change grow, these nations have significantly invested in renewable infrastructure. Denmark, for instance, has set a goal to generate 50% of its energy from wind power by 2030, making it a leader in wind energy production. This global trend is reflected in many developed countries, where renewable energy is increasingly replacing fossil fuels. With technological advances, renewable energy sources are now more affordable and efficient than ever before, making the transition to a cleaner energy future more feasible and accessible.
 2. However, challenges remain in achieving full reliance on renewable energy. One of the major concerns is the storage of energy. Wind and solar power are intermittent, meaning they cannot produce energy consistently, depending on weather conditions. Countries like Germany, which has heavily invested in solar energy, have faced difficulty with energy storage solutions, and the high cost of building infrastructure, such as large-scale battery storage systems, presents a significant hurdle. Additionally, some renewable energy technologies still require large amounts of land or materials, raising concerns about land use, resource sustainability, and the environmental impact of production processes for items like solar panels and wind turbines.
 3. To overcome these challenges, researchers are exploring various innovative solutions. For example, the development of large-scale battery storage, such as the Tesla Powerwall, can store excess energy produced by solar and wind sources for later use. Countries like Japan are also experimenting with floating solar farms, which make use of large water bodies, such as reservoirs and lakes, to optimize available space. While these solutions show promise, they require further investment and research to become more efficient and cost-effective. In the coming years, increasing global cooperation, advancements in energy storage technology, and robust policy frameworks will be essential to accelerating the transition to renewable energy and achieving energy security worldwide.

(320 words)

- [訳] 1. デンマークのような国々では、風力発電や太陽光発電といった再生可能エネルギーが、エネルギー供給の中核をなす存在となっている。気候変動への懸念が高まる中、これらの国々は再生可能エネルギー関連のインフラ整備に大きな投資を行ってきた。たとえばデンマークは、2030年までに電力の50%を風力発電で賄うという目標を掲げており、風力発電先進国として世界をリードしている。このような世界的な動きは他の先進国にも広がっており、再生可能エネルギーが化石燃料に代わる主要な電力源として台頭しつつある。技術革新により、再生可能エネルギーはこれまで以上に安価かつ効率的となっており、よりクリーンなエネルギー社会への移行が現実的かつ実現可能なものとなってきている。
2. とはいえ、再生可能エネルギーへの完全依存を実現するには、依然として多くの課題が残されている。最大の懸念の一つはエネルギーの蓄積である。風力や太陽光は天候に左右されるため、常に一定の電力を供給できるわけではない。太陽光発電に大規模な投資を行ってきたドイツのような国でも、エネルギーの貯蔵方法に課題を抱えており、大規模な蓄電インフラの構築には多大なコストがかかるという現実がある。加えて、再生可能エネルギーの中には広大な土地や大量の資源を必要とする技術もあり、土地利用、資源の持続可能性、太陽光パネルや風力タービンの製造過程における環境負荷といった点でも懸念がある。
3. これらの課題に対処するため、研究者たちはさまざまな革新的な解決策を模索している。たとえば、テスラ社の「パワーウォール」に代表されるような大規模な蓄電システムの開発により、太陽光や風力で発電された余剰電力を後で使用できるようにする技術が注目されている。また、日本では貯水池や湖沼などの水面を活用した「水上ソーラーファーム」の実験も進められており、土地の有効活用という観点から期待が寄せられている。これらの取り組みは有望ではあるが、さらなる効率化と低コスト化を図るための投資と研究が必要である。今後は、国際的な連携の強化、蓄電技術の進歩、そして強固な政策枠組みが、再生可能エネルギーへの転換と世界的なエネルギー安全保障の実現に不可欠となるだろう。

Step 1 ▶ アンダーライニング・トレーニング

前のページの問題文を読みながら重要な部分に下線を引いてください。(制限時間 3 分)

ポイントとなる部分に下線は引けましたか？ 正解は次のようになります。

1. In countries like Denmark, renewable energy sources such as wind and solar power have become integral parts of the energy mix. As concerns over climate change grow, these nations have significantly invested in renewable infrastructure. Denmark, for instance, has set a goal to generate 50% of its energy from wind power by 2030, making it a leader in wind energy production. This global trend is reflected in many developed countries, where renewable energy is increasingly replacing fossil fuels. With technological advances, renewable energy sources are now more affordable and efficient than ever before, making the transition to a cleaner energy future more feasible and accessible.
2. However, challenges remain in achieving full reliance on renewable

energy. One of the major concerns is the storage of energy. Wind and solar power are intermittent, meaning they cannot produce energy consistently, depending on weather conditions. Countries like Germany, which has heavily invested in solar energy, have faced difficulty with energy storage solutions, and the high cost of building infrastructure, such as large-scale battery storage systems, presents a significant hurdle. Additionally, some renewable energy technologies still require large amounts of land or materials, raising concerns about land use, resource sustainability, and the environmental impact of production processes for items like solar panels and wind turbines.

3. To overcome these challenges, researchers are exploring various innovative solutions. For example, the development of large-scale battery storage, such as the Tesla Powerwall, can store excess energy produced by solar and wind sources for later use. Countries like Japan are also experimenting with floating solar farms, which make use of large water bodies, such as reservoirs and lakes, to optimize available space. While these solutions show promise, they require further investment and research to become more efficient and cost-effective. In the coming years, increasing global cooperation, advancements in energy storage technology, and robust policy frameworks will be essential to accelerating the transition to renewable energy and achieving energy security worldwide.

Step 2 ▶ リフレーミングトレーニング

下線部のキーアイデア&サポートより重要部分を抽出し、言い換えて引き締めてください。

【第 1 段落】再生可能エネルギーへの世界的な移行とその進展

In countries like Denmark, renewable energy sources such as wind and solar power have become integral parts of the energy mix. / As concerns over climate change grow, / This global trend is reflected in many developed countries, where renewable energy is increasingly replacing fossil fuels. / With technological advances, renewable energy sources are now more affordable and efficient than ever before, ...

→ Due to growing concerns over climate change, Denmark and other developed nations are increasingly turning to renewable energy sources, with technological development making them more affordable and efficient.

■ リフレージングのコツをマスター！

これは with ... の「付帯状況」テクニックを用いたパターンで、due to ... のまとも方も巧い！ 後は簡単な「類語」言い換え。have become integral parts から are increasingly turning to ... は、状態の描写から動的な行動の表現に変え、能動性を強調（状態→行動への転換）。

【第2段落】再生可能エネルギー普及における課題

challenges remain in achieving full reliance on renewable energy. / One of the major concerns is the limitation of the storage of energy. Wind and solar power are intermittent, / some renewable energy technologies still require large amounts of land or materials, raising concerns about land use, resource sustainability, and the environmental impact of production processes for items like solar panels and wind turbines.

→ However, **there are many obstacles including** limited energy storage, unreliable wind and solar power, problems with land utilization and resource sustainability, and environmental damage from the manufacturing of renewable energy devices.

■ リフレージングのコツをマスター！

However, challenges remain in ~は、「懸念事項」のテンプレートを使い言い換え、それ以降は「品詞」や「類語」言い換えと、solar panels and wind turbines は devices で概念化。

以下の「懸念事項を列挙する」テンプレートを用い、3つの問題点（下線部①②③）を上のようにフレーズ化して引き締めています。

「懸念事項」のテンプレート②

There are many obstacles including [such as] A, B, and C.

(A,B,Cのような障害がある)

【第3段落】対策と今後の展望

To overcome these challenges, researchers are exploring various innovative solutions. / For example, the development of large-scale battery storage, / floating solar farms, / they require further investment and research to become more efficient and cost-effective. / increasing global cooperation, advancements in energy storage technology, and robust policy frameworks will be essential

→ To address these issues, scientists are pursuing many revolutionary solutions such as massive energy storage systems and offshore solar installations. However, these solutions require additional funding and continued research to enhance their efficiency, more international collaboration, breakthroughs in energy storage, and the implementation of solid policy mechanisms.

■ リフレージングのコツをマスター！

Exploring → pursuing / innovative → revolutionary / large-scale → massive / floating solar farms → offshore solar installations / robust policy frameworks → solid policy mechanisms などの「類語」言い換え。最後は冗長になるので require の目的語として句にして列挙。

Step 3 ▶ 接続表現を入れて論理的なサマリーを完成

Step 2 でリフレーズした 3～4 文の英文を、論理的なサマリーになるように、接続表現を使ってつなぎ、100 語程度の要約文を完成させましょう。

模範解答

Due to growing concerns over climate change, Denmark and other developed nations are increasingly turning to renewable energy sources, with technological development making them more affordable and efficient. However, **there are many obstacles including** limited energy storage, unreliable wind and solar power, problems with land utilization and resource sustainability, and environmental damage from the manufacturing of renewable energy devices. To address these issues, scientists are pursuing many revolutionary solutions such as massive energy storage systems and offshore solar installations. However, these solutions require additional funding and continued research to enhance their efficiency, more international collaboration, breakthroughs in energy storage, and the implementation of solid policy mechanisms. (106 words)

[訳] 気候変動への懸念が高まる中、デンマークをはじめとする先進諸国は、再生可能エネルギー源への移行を加速させている。技術の進歩により、再生可能エネルギーはより手頃で効率的なものとなりつつある。しかしながら、エネルギー貯蔵能力の限界、風力・太陽光の不安定性、土地利用や資源の持続可能性に関する問題、さらに再生可能エネルギー機器の製造過程における環境負荷など、多くの障害が存在する。これらの課題に対応するため、科学者たちは、大規模なエネルギー貯蔵システムや洋上太陽光設備といった革新的な解決策を模索している。しかし、これらの解決策を実用化・普及させるためには、効率向上に向けた資金と研究の継続、国際的な連携の強化、エネルギー貯蔵技術における革新、そして確固たる政策的枠組みの導入が必要不可欠である。

■ ここがポイント!

ここでは、2文目の問題点提示の前に、「対策」の文を To address these issues を使ってまとめています。To tackle these challenges [obstacles, difficulties], や To deal with the situation などと合わせて使えるようにしておきましょう!

■ リフレージングにチャレンジ!

1. ☐ renewable energy sources → green power sources (再生可能エネルギー源)
☐ become integral parts of → be essential to (不可欠な存在となる)
☐ invest in renewable infrastructure → fund clean energy facilities (再生可能エネルギー関連施設に投資する)
☐ replace fossil fuels → shift away from conventional energy (化石燃料に代わる)
☐ technological advances → innovation in technology (技術の進歩)
☐ transition to a cleaner energy future → shift toward sustainable energy use (よりクリーンなエネルギーへの移行)
2. ☐ achieve full reliance on renewable energy → completely depend on clean power (再生可能エネルギーへの完全依存を達成する)
☐ energy storage solutions → power storage technologies (蓄電技術/風力・太陽光の不安定さを補うための蓄電技術)
☐ high cost of building infrastructure → expensive setup costs (インフラ構築の高コスト)
☐ raise concerns about land use → trigger worries over space usage (土地利用への懸念を引き起こす)
☐ environmental impact of production processes → ecological cost of manufacturing (製造過程での環境負荷)
3. ☐ large-scale battery storage → mass energy storage systems (大規模蓄電システム)
☐ store excess energy → save surplus electricity (余剰エネルギーを貯蔵する)
☐ make use of large water bodies → utilize lakes and reservoirs (大規模な水域を活用する)
☐ require further investment and research → need more funding and studies (さらなる投資と研究が必要である)
☐ increase global cooperation → enhance international collaboration (国際協力を強化する)
☐ achieve energy security → ensure a stable energy supply (エネルギー安全保障を確保する)

EXTRA 模擬問題③ 暗号通貨

- Instructions: Read the article below and summarize it in your own words as far as possible in English.
 - Summarize it between 90 and 110 words.
1. Cryptocurrency, which refers to digital or virtual currencies that use cryptography for security, has become a significant financial innovation since Bitcoin's creation in 2009 by the pseudonymous Satoshi Nakamoto. Over the past decade, cryptocurrencies like Ethereum, Ripple, and newer coins such as Solana and Cardano have gained substantial popularity among individual investors, businesses, and even governments. As of 2023, the market capitalization of cryptocurrencies surpassed \$2 trillion, with countries like El Salvador adopting Bitcoin as legal tender and others, such as Japan and Switzerland, establishing more favorable regulatory environments for crypto adoption. The rise of cryptocurrencies has been driven by the potential for decentralized finance (DeFi), borderless transactions, and the promise of greater privacy and security, particularly in regions with unstable fiat currencies.
 2. However, the rapid expansion of cryptocurrency markets has raised several concerns. The highly volatile nature of cryptocurrencies, with prices often fluctuating by thousands of dollars in a short period, poses significant risks to investors. Additionally, the lack of regulatory oversight in many countries has led to concerns about illegal activities such as money laundering, tax evasion, and financing of terrorism. Cryptocurrencies are also criticized for their substantial environmental impact due to the energy-intensive process of mining. For example, Bitcoin mining alone consumes more electricity annually than some entire countries, like Argentina, raising questions about its sustainability.
 3. To address these issues, several organizations and governments have started implementing regulations and standards. The European Union, for example, has proposed the Markets in Crypto-Assets (MiCA) regulation to provide clearer oversight. Meanwhile, blockchain technology is being explored for its potential to reduce the environmental impact of mining by using more energy-efficient consensus mechanisms. Despite these efforts, challenges remain, particularly in balancing regulation with fostering innovation. The future stance must focus on creating global frameworks to prevent illegal activities, ensuring transparency, and minimizing environmental harm,

while still fostering the innovative potential of cryptocurrencies. (311 words)

- [訳] 1. 暗号通貨とは、暗号技術を用いたデジタルまたは仮想通貨を指し、2009年にサトシ・ナカモトという偽名の人物によってビットコインが開発されて以来、重要な金融イノベーションとなってきた。過去10年の間に、イーサリアムやリップル、新たなコインであるソラナやカルダノといった暗号通貨が、個人投資家、企業、さらには一部の政府の間でも大きな人気を得ている。2023年時点で、暗号通貨全体の時価総額は2兆ドルを超え、エルサルバドルのようにビットコインを法定通貨として採用する国も現れている。また、日本やスイスのように、暗号通貨の導入を後押しするような規制環境を整える国も出てきている。こうした暗号通貨の台頭の背景には、分散型金融(DeFi)、国境を越えた送金の可能性、不安定な法定通貨を抱える地域におけるプライバシーやセキュリティ向上の期待などがある。
2. しかし、暗号通貨市場の急速な拡大は、多くの懸念を引き起こしている。特に価格の急激な変動性は、数千ドル単位の上下が短時間で起こることがあり、投資家にとって大きなリスクとなっている。さらに、多くの国で規制の枠組みが整っていないため、マネーロンダリングや脱税、テロ資金供与などの違法行為への悪用が懸念されている。また、暗号通貨はマイニングに大量の電力を必要とするため、環境負荷が大きいという批判もある。例えば、ビットコインのマイニングは、年間の電力消費量がアルゼンチンのような国全体を上回ることもあり、その持続可能性に疑問が呈されている。
3. こうした課題に対応するため、各国の政府や国際機関は規制や基準の導入を進めている。たとえば、欧州連合は「暗号資産市場規制(MiCA)」を提案し、より明確な監督体制の構築を目指している。また、ブロックチェーン技術は、より省エネルギーなコンセンサスメカニズムを採用することで、マイニングによる環境負荷の低減にも活用されつつある。とはいえ、依然として課題は残されている。とりわけ、革新を促しながら適切な規制を実現するバランスの取り方が難しい。今後は、違法行為を防止し、透明性を確保し、環境への悪影響を最小限に抑えつつ、暗号通貨の持つ革新性を活かすための国際的な枠組みの構築が求められる。

Step 1 ▶ アンダーライニング・トレーニング

前のページの問題文を読みながら重要な部分に下線を引いてください。(制限時間3分)

ポイントとなる部分に下線は引きましたか？ 正解は次のようになります。

1. Cryptocurrency, which refers to digital or virtual currencies that use cryptography for security, has become a significant financial innovation since Bitcoin's creation in 2009 by the pseudonymous Satoshi Nakamoto. Over the past decade, cryptocurrencies like Ethereum, Ripple, and newer coins such as Solana and Cardano have gained substantial popularity among individual investors, businesses, and even governments. As of 2023, the market capitalization of cryptocurrencies surpassed \$2 trillion, with countries like El Salvador adopting Bitcoin as

legal tender and others, such as Japan and Switzerland, establishing more favorable regulatory environments for crypto adoption. The rise of cryptocurrencies has been driven by the potential for decentralized finance (DeFi), borderless transactions, and the promise of greater privacy and security, particularly in regions with unstable fiat currencies.

2. However, the rapid expansion of cryptocurrency markets has raised several concerns. The highly volatile nature of cryptocurrencies, with prices often fluctuating by thousands of dollars in a short period, poses significant risks to investors. Additionally, the lack of regulatory oversight in many countries has led to concerns about illegal activities such as money laundering, tax evasion, and financing of terrorism. Cryptocurrencies are also criticized for their substantial environmental impact due to the energy-intensive process of mining. For example, Bitcoin mining alone consumes more electricity annually than some entire countries, like Argentina, raising questions about its sustainability.
3. To address these issues, several organizations and governments have started implementing regulations and standards. The European Union, for example, has proposed the Markets in Crypto-Assets (MiCA) regulation to provide clearer oversight. Meanwhile, blockchain technology is being explored for its potential to reduce the environmental impact of mining by using more energy-efficient consensus mechanisms. Despite these efforts, challenges remain, particularly in balancing regulation with fostering innovation. The future stance must focus on creating global frameworks to prevent illegal activities, ensuring transparency, and minimizing environmental harm, while still fostering the innovative potential of cryptocurrencies.

(311 words)

Step 2 ▶ リフレージングトレーニング

下線部のキーアイデア&サポートより重要部分を抽出し、言い換えて引き締めてください。

【第1段落】暗号通貨の成長と特徴

Cryptocurrency, which refers to digital or virtual currencies,... has become a significant financial innovation since Bitcoin's creation in 2009 / Over the past decade, cryptocurrencies like Ethereum, have gained substantial popularity / As of 2023, the market capitalization of cryptocurrencies surpassed \$2 trillion, / The rise of cryptocurrencies has

been driven by the potential for decentralized finance (DeFi), borderless transactions, and the promise of greater privacy and security. ...

→ Cryptocurrencies, or digital or virtual currencies, such as Bitcoin and Ethereum, have surged in popularity due to their decentralized nature, cross-border financial exchange, and potentially better privacy and protection.

■ リフレーミングのコツをマスター！

この段落は、仮想通貨が分散型の性質、国境を越えた取引、プライバシー向上の可能性によって人気が高まったことを述べていますが、それを「同格挿入」、「構文入れ替え」で引き締め、「類語」言い換えをして完成。

【第2段落】急成長に伴う暗号通貨の課題

the rapid expansion of cryptocurrency markets has raised several concerns. The highly volatile nature of cryptocurrencies, / the lack of regulatory oversight has led to concerns about illegal activities such as money laundering, / their substantial environmental impact due to the energy-intensive process of mining.

→ The explosive growth of crypto markets has triggered numerous worries including substantial investment risks, money laundering and tax fraud, and significant environmental damage through price volatility, no regulation, and energy-intensive cryptocurrency production, respectively.

■ リフレーミングのコツをマスター！

「懸念事項の原因」を提示するテンプレート「A (直接の原因) causes [triggers] B (懸念事項) through C (間接的な原因)」を使い、第2段落では3つのBとCがあるので、Cの後に respectively をつけて意味を明確にします。これができない場合は、A causes B. で文を切り、These problems result from C. とする方法もあります。

「懸念事項の原因」テンプレート

A (直接の原因) causes [triggers] numerous worries[obstacles] through B (間接的な原因)

(AはBを通じてさまざまな懸念事項を引き起こしている)

【第3段落】対策と今後の方向性

To address these issues, several organizations and governments have started implementing regulations and standards. The European Union has proposed the Markets in Crypto-Assets (MiCA) regulation / blockchain technology is being explored for its potential to reduce the environmental impact of mining by using more energy-efficient consensus mechanisms. / challenges remain, particularly in balancing regulation with fostering innovation. / The future stance must focus on creating global frameworks to prevent illegal activities, ensuring transparency, and minimizing environmental harm, while still fostering the innovative potential of cryptocurrencies.

→ Governments and organizations are introducing regulations such as the EU's MiCA, while pursuing energy-efficient agreement protocols, and creation of global frameworks for ensuring transparency and development of eco-friendly cryptocurrency.

■ リフレーミングのコツをマスター！

現在もうすでにやっていることと、将来やろうとすることを introduce と pursue の2つの動詞を使って明確にし、分詞構文を使って1文に引き締めます。また、minimizing environmental harm, while still fostering the innovative potential of cryptocurrencies は行間を読んで development of eco-friendly cryptocurrency と言い換えます。その他はいつもの「類語」言い換えを用いて完成。

Step 3 ▶ 接続表現を入れて論理的なサマリーを完成

Step 2 でリフレーズした3文の英文を、論理的なサマリーになるように、接続表現を使ってつなぎ、100語程度の要約文を完成させましょう。

模範解答

Cryptocurrencies, or digital or virtual currencies, such as Bitcoin and Ethereum, have surged in popularity due to their decentralized nature, cross-border financial exchange, and potentially better privacy and protection. However, the explosive growth of crypto markets has triggered numerous worries, including substantial investment risks, money laundering and tax fraud, and significant environmental damage caused by price volatility, lack of regulation, and energy-intensive cryptocurrency production, respectively. In response to these concerns, governments and organizations are introducing regulations such as the EU's MiCA, while

also pursuing energy-efficient agreement protocols and creating global frameworks to ensure transparency and promote the development of eco-friendly cryptocurrency. (101 words)

[訳] ビットコインやイーサリアムなどの暗号通貨（仮想通貨・デジタル通貨）は、その分散型の仕組み、国境を越えた金融取引、そしてより高いプライバシーと保護の可能性から、急速に人気を高めている。しかし、その市場の爆発的な成長は、多大な投資リスク、マネーロンダリングや脱税、さらには価格変動の激しさ、規制の欠如、そしてエネルギー消費の多いマイニングによる深刻な環境負荷といった懸念を引き起こしている。これらの懸念に対応するため、各国政府や国際機関はEUのMiCA（暗号資産市場規制）といった規制を導入するとともに、省エネルギー型の合意形成プロトコルの採用や、透明性の確保と環境に配慮した暗号通貨の開発を促進するための国際的枠組みづくりを進めている。

■ リフレージングにチャレンジ！

1. ☐ cryptocurrency → digital currency 暗号通貨
☐ cryptography → encryption technology 暗号技術
☐ financial innovation → monetary breakthrough 金融革新
☐ market capitalization → total market value
時価総額（＝株や資産の市場全体での評価額）
☐ legal tender → official currency 法定通貨
☐ regulatory environment → legal framework
規制環境（政府が定める制度やルールの枠組み）
☐ decentralized finance → non-centralized financial system
分散型金融（＝中央機関を介さない金融取引）
☐ borderless transaction → cross-border payment 国境を越える取引
2. ☐ volatile → unstable / unpredictable 変動の激しい
☐ regulatory oversight → legal supervision 監督規制（＝法律による監視・管理）
☐ money laundering → illegal money cleaning 資金洗浄
☐ tax evasion → tax fraud / illegal tax avoidance 脱税
☐ financing of terrorism → terrorist funding テロ資金供与
☐ environmental impact → ecological footprint 環境への影響
☐ energy-intensive → power-consuming 大量のエネルギーを要する
☐ sustainability → long-term environmental viability 持続可能性
3. ☐ implement regulations → enforce rules 規制を導入する
☐ oversight → supervision / monitoring 監督
☐ energy-efficient → low-power-consuming 省エネの
☐ consensus mechanism → agreement protocol
合意形成メカニズム（＝ブロックチェーン上での取引承認方式）

- ☐ foster innovation → encourage technological progress
イノベーションを促進する
- ☐ global framework → cross-border framework 国際的枠組み
- ☐ transparency → openness / clarity 透明性（情報の公開度や明確さ）
- ☐ minimize environmental harm → reduce ecological damage
環境被害を最小限にする

EXTRA 模擬問題④ 海洋投棄

- **Instructions: Read the article below and summarize it in your own words as far as possible in English.**
- **Summarize it between 90 and 110 words.**

1. The issue of ocean dumping has become a significant environmental concern in recent decades. Since the mid-20th century, large quantities of industrial waste, plastics, and even chemical pollutants have been dumped into the world's oceans. Countries such as the United States and Japan, with extensive industrial sectors, have been major contributors to this practice. One of the primary concerns is long-term impacts on marine life and ecosystems. Pollutants such as plastics can persist in the ocean for decades, harming marine animals through ingestion or entanglement. Additionally, toxic chemicals can enter the food chain, affecting both aquatic and human populations. Ocean dumping contributes to the growing problem of ocean acidification, which can disrupt marine biodiversity. This problem has been exacerbated by the lack of effective monitoring and enforcement of international regulations in some regions. In fact, illegal dumping continues to pose a serious threat to marine environments, particularly in developing countries with less stringent laws.
2. Under the circumstances, global efforts to combat ocean dumping have expanded. The Ocean Cleanup project, led by a Dutch NGO, uses large floating systems to remove plastic from the Pacific. Advanced technologies, including drones and AI, help monitor illegal dumping. Meanwhile, NGOs and volunteers lead coastal cleanups to stop debris from reaching the sea. Alongside international regulations like the 1972 London Convention and bans on single-use plastics, these initiatives reflect a global commitment to tackling marine pollution through innovation, enforcement, and public engagement.
3. Despite these efforts, challenges remain, including inadequate infrastructure in some countries to manage waste properly and the high costs associated with large-scale clean-up efforts. The continued rise in global production and consumption means that ocean dumping remains a pressing issue. Moving forward, international cooperation, stricter enforcement of laws, and investment in waste management systems will be crucial to addressing the ongoing problem of ocean dumping.

(304 words)

- [訳] 1. 海洋投棄の問題は、近年ますます深刻な環境問題として注目されている。20 世紀半ば以降、大量の産業廃棄物やプラスチック、さらには化学汚染物質が世界中の海に投棄されてきた。アメリカや日本のように大規模な工業部門を持つ国々は、こうした海洋投棄の主な加担者とされている。1972 年の国連ロンドン条約などの国際的取り組みでは、有害物質の海への投棄を禁止し、その規制と削減を目指している。しかしながら、世界的な生産と消費の増加が続くなかで、海洋投棄は依然として深刻な問題であり続けている。
2. 海洋投棄に関する最大の懸念の 1 つは、海洋生物や生態系に対する長期的な影響である。たとえば、プラスチックなどの汚染物質は何十年も海中に残り続け、海洋動物が誤って飲み込んだり絡まったりすることで深刻な被害を与える。また、有害な化学物質は食物連鎖に入り込み、水生生物だけでなく人間の健康にも悪影響を及ぼす。さらに、海洋投棄は海洋酸性化の進行にも寄与しており、これは海洋の生物多様性に混乱をもたらしかねない。加えて、一部の地域では国際的な規制の監視や執行が不十分なため、特に規制の緩い発展途上国においては、違法な海洋投棄が今なお深刻な脅威となっている。
3. 海洋投棄への対策としては、規制の強化や技術革新が挙げられる。国連は海洋汚染に関する法制度を拡充し、いくつかの国では使い捨てプラスチックの使用を禁止する措置を導入して、海への廃棄物の流入量を削減しようとしている。たとえば「オーシャンクリーンアップ」プロジェクトのような革新的な取り組みでは、既に存在するプラスチックごみの除去を目指している。しかし、依然として課題は多く、適切な廃棄物処理のインフラが整っていない国や、大規模な清掃活動にかかる高いコストなどが障壁となっている。今後は、国際協力の強化、法規制のより厳格な執行、そして廃棄物管理システムへの投資が、海洋投棄問題への根本的な対応に不可欠となるだろう。

Step 1 ▶ アンダーライニング・トレーニング

前のページの問題文を読みながら重要な部分に下線を引いてください。（制限時間 3 分）

ポイントとなる部分に下線は引きましたか？ 正解は次のようになります。

1. The issue of ocean dumping has become a significant environmental concern in recent decades. Since the mid-20th century, large quantities of industrial waste, plastics, and even chemical pollutants have been dumped into the world's oceans. Countries such as the United States and Japan, with extensive industrial sectors, have been major contributors to this practice. One of the primary concerns is long-term impacts on marine life and ecosystems. Pollutants such as plastics can persist in the ocean for decades, harming marine animals through ingestion or entanglement. Additionally, toxic chemicals can enter the food chain, affecting both aquatic and human populations. Ocean dumping contributes to the growing problem of ocean acidification, which can disrupt marine biodiversity. This problem has been exacerbated by the lack of effective monitoring and enforcement of international regulations in some regions. In fact, illegal dumping

continues to pose a serious threat to marine environments, particularly in developing countries with less stringent laws.

2. Under the circumstances, global efforts to combat ocean dumping have expanded. The Ocean Cleanup project, led by a Dutch NGO, uses large floating systems to remove plastic from the Pacific. Advanced technologies, including drones and AI, help monitor illegal dumping. Meanwhile, NGOs and volunteers lead coastal cleanups to stop debris from reaching the sea. Alongside international regulations like the 1972 London Convention and bans on single-use plastics, these initiatives reflect a global commitment to tackling marine pollution through innovation, enforcement, and public engagement.
3. Despite these efforts, challenges remain, including inadequate infrastructure in some countries to manage waste properly and the high costs associated with large-scale clean-up efforts. The continued rise in global production and consumption means that ocean dumping remains a pressing issue. Moving forward, international cooperation, stricter enforcement of laws, and investment in waste management systems will be crucial to addressing the ongoing problem of ocean dumping.

Step 2 ▶ リフレージングトレーニング

下線部のキーアイデア&サポートより重要部分を抽出し、言い換えて引き締めてください。

【第1段落】海洋投棄問題の拡大

The issue of ocean dumping has become a significant environmental concern in recent decades. / Countries such as the United States and Japan, with extensive industrial sectors, have been major contributors. / One of the primary concerns is long-term impacts on marine life and ecosystems. / This problem has been exacerbated by the lack of effective monitoring and enforcement of international regulations.

→ Ocean dumping has recently become a serious environmental problem with US and Japan being major culprits. One major concern is long-term damage to marine ecosystems, which have been exacerbated by lack of effective international regulations.

■ リフレージングのコツをマスター！

冗長な部分を省き、with の付帯状況を使い、関係代名詞で2文を合体し、「類語」言い換えと「構文」言い換えで完成。

【第2段落】海洋投棄による深刻な環境影響

Under the circumstances, global efforts to combat ocean dumping have expanded. / The Ocean Cleanup project uses large floating systems to remove plastic from the Pacific. / Advanced technologies, including drones and AI, help monitor illegal dumping. / Meanwhile, NGOs and volunteers lead coastal cleanups to stop debris from reaching the sea. / Alongside international regulations like the 1972 London Convention, these initiatives reflect a global commitment to tackling marine pollution.

→ There have been greater international efforts to address ocean dumping, including The Ocean Cleanup project using massive floating systems, drones and AI for dumping surveillance, NGOs' coastal cleanups, and cross-border regulations like the 1972 London Convention.

■ リフレージングのコツをマスター！

ここでは efforts の内容4つを句でまとめて引き締め、あとは「類語」言い換えをして完成！

【第3段落】対策の進展と今後の課題

Despite these efforts, challenges remain, including inadequate infrastructure in some countries to manage waste properly and the high costs associated with large-scale clean-up efforts. / Moving forward, international cooperation, stricter enforcement of laws, and investment in waste management systems will be crucial to addressing the ongoing problem of ocean dumping.

→ Despite these endeavors, there are still many obstacles including insufficient infrastructure for waste management and costly massive clean-up drive. Thus, in the future, global collaboration, more stringent law enforcement, and more spending on waste treatment devices will be essential for dealing with ocean dumping.

■ リフレージングのコツをマスター！

there are still many obstacles including ... の「懸念事項」テンプレートを使い、あとは「類語」言い換えで完成。

Step 3 ▶ 接続表現を入れて論理的なサマリーを完成

Step 2 でリフレーズした 3 ～ 4 文の英文を、論理的なサマリーになるように、接続表現を使ってつなぎ、100 語程度の要約文を完成させましょう。

模範解答

Ocean dumping has recently become a serious environmental problem with US and Japan being major culprits. One major concern is long-term damage to marine ecosystems, which have been exacerbated by lack of effective international regulations. As a result, there have been greater international efforts to address ocean dumping, including The Ocean Cleanup project using massive floating systems, drones and AI for dumping surveillance, NGOs' coastal cleanups, and cross-border regulations like the 1972 London Convention. Despite these endeavors, there are still many obstacles including insufficient infrastructure for waste management and costly massive clean-up drive. Therefore, in the future, global collaboration, more stringent law enforcement, and more spending on waste treatment devices will be essential for dealing with ocean dumping. (118 words)

[訳] 近年、海洋投棄は深刻な環境問題となっており、米国や日本が主な原因国である。最大の懸念は、効果的な国際規制の欠如によって悪化した海洋生態系への長期的な被害である。その結果、海洋投棄に対処するための国際的な取り組みが強化されてきた。たとえば、大規模な浮体システムを用いた The Ocean Cleanup プロジェクトや、ドローンや AI を活用した投棄監視、NGO による沿岸清掃活動、1972 年ロンドン条約のような国境を越えた規制などが挙げられる。しかし、これらの取り組みにもかかわらず、廃棄物管理インフラの不十分さや大規模な清掃活動にかかる高額な費用など、多くの障害が依然として存在する。したがって、今後は世界的な協力体制の強化、より厳格な法執行、そして廃棄物処理設備へのさらなる投資が、海洋投棄問題への対応に不可欠となるであろう。

🗨️ 2 文目の懸念事項を受けて、対応策を述べる 3 文目の冒頭は *As a result, ...* と「結果」を述べ、障害を述べる 4 文目の冒頭は *Despite these endeavors, ...* (これらの試みにもかかわらず)、最終文の「今後取るべきスタンス」は結論なので、*Therefore, ...* 「ゆえに」を追加している。

■ リフレージングにチャレンジ!

1. ☐ chemical pollutants → toxic contaminants (化学汚染物質)
☐ marine animals → oceanic creatures (海洋動物)
☐ exacerbated by the lack of effective monitoring and enforcement → made worse by poor supervision and law enforcement (効果的な監視・執行の欠如で悪化)

- ☐ serious threat to marine environments → major danger to ocean habitats (海洋環境への深刻な脅威)
- ☐ developing countries → emerging nations (発展途上国)
- 2. ☐ combat ocean dumping → fight marine waste disposal (海洋投棄と闘う)
☐ led by a Dutch NGO → headed by a nonprofit in the Netherlands (オランダの NGO 主導で)
- ☐ monitor illegal dumping → observe unlawful disposal (違法投棄を監視する)
- ☐ NGOs and volunteers lead coastal cleanups → civic groups and citizens spearhead shore cleaning (NGO とボランティアが沿岸清掃を主導する)
- ☐ bans on single-use plastics → prohibition on disposable plastic items (使い捨てプラスチックの禁止)
- ☐ public engagement → citizen involvement (市民の関与)
- 3. ☐ inadequate infrastructure in some countries → lack of proper facilities in certain nations (一部国での不十分なインフラ)
☐ high costs associated with large-scale clean-up efforts → substantial expenses for extensive cleaning (大規模清掃の高額費用)
☐ a pressing issue → an urgent problem (差し迫った課題)
☐ waste management systems → garbage treatment structures (廃棄物処理システム)
☐ address the ongoing problem → deal with the persistent issue (継続的な問題への対応)