

Listen and Speak! らくらく英検2級 II

～ 英語ができる人になる ～

第2回 How to step out of your comfort zone Script

* はじめに *

ようこそ “Listen and Speak! らくらく英検2級 セカンドシリーズ”へ。

この番組は英検でおなじみの、日本英語検定協会がお送りする、全ての『英語ができる人』になりたい人たちのための番組です。これから英検2級や準2級を目指す人はもちろん、さらにその上を目指して、本当に『英語ができる人』になりたいというあなたにとって必ず役に立ちますよ。後半はちょっと難しかったり、大変だったりするかもしれませんが、私、伊藤太と頼れるパートナーの Gary Scott Fine がしっかり『英語ができる人』になりたいあなたをサポートします。

Yes, this program will not only help you succeed on Eiken Tests, but it will also help you improve your English ability, especially listening and speaking. However, the real aim of this program is to help you learn more than English itself.

We are not just interested in whether you can use English, but in what you can do with English.

Program Number 2 “How to step out of your comfort zone”

さて、今回のタイトル “How to step out of your comfort zone” は「コンフォートゾーンから踏み出す方法」という意味です。コンフォートゾーンというのは「安楽な領域」、つまり、自分が心地よく感じる領域で、慣れ親しんだものや、楽なものに囲まれている領域のことです。ですから今回は **How to step out of your comfort zone** 自分の **comfort zone** から一歩前に踏み出して **challenge** するための方法を探りながら番組を進めていきます。それから、今回、文法では「不定詞」を中心に扱いながら、不定詞に関わる疑問を解いたり、基本的な性質を理解したりできるようにしたいと思います。

それでは、この後のヒントになるかもしれないので、まずはゲーリーと私の会話を聞いてください。

■ Introduction

G: Hi, Futoshi, what's new?

F: Hmm, I started to go to the gym.

G: That's great! What do you do at the gym? Do you swim in the pool?

F: No, not yet. I mostly do weight training, but I'll start swimming next month.

G: What about studio programs, yoga, or aerobic dancing?

F: I hate being in the studio, especially doing aerobics.

G: Really? So, what's your purpose for going to the gym? Do you want to be a macho man?

F: No, I go there in order to lose weight and get slimmer. While I was doing "konkatus" or looking for a partner, my body was six-packed and ideally good shaped.

G: Hmm. Well, you may have gained weight because of your ideally happy marriage. But, as for losing weight, aerobics is much more effective than weight training. Why not step into the studio and do aerobic dancing?

F: You know, I've been doing weight training at home and I'm used to doing it. Last Sunday, I did dare to enter the exercise studio, but I felt very uncomfortable surrounded by a lot of women watching me, none of whom I knew, so, from now on I'll avoid the studio. Besides, can you imagine a middle-aged man dancing and smiling happily? It's nothing but *kimoi*, or grotesque, isn't it?

G: Well, I can certainly see why you might feel that way. And there seems to be a deeper reason behind it. But for now, let's stop talking about aerobic exercises and start talking about English exercises.

F: Yeah, I agree.

G: OK. Then let's get started with today's exercises. And now...

G/F: Here we go!

1 Exercise 1 dialogue

これから流れる男女の対話を聞いて、後の問いに答えてください。これから流れる対話は過去の英検に出題されたリスニング問題の一つです。実際の問題は、対話を聞いてから適当な選択肢を選ぶ形式ですが、ここではちょっと頑張って、ゲーリーの質問に自分の言葉を使って英語で答えてみるようにしてください。いいですか、もう一度言いますよ。対話を聞いた後、ゲーリーの質問に自分の言葉で答えてくださいね。二次試験の面接対策にもなりますし、とても役に立ちますよ。それでは、始めます。

Listen to the dialogue and answer the question that follows. 【2013-2 2nd No.3】

(M=Man / W=Woman)

W: Hi, Kevin. Are you going to the company's Christmas party this weekend?

M: No, I can't. My cousin's coming to visit, and I've promised to take her around town.

W: That's too bad. I was looking forward to talking with you at the party.

M: Well, I'll call you next week. Maybe we can go out for lunch.

Answer the following question in your own words.

Question: Why can't the man attend the Christmas party?

それでは、語彙と会話の表現について確認をしましょう。

■Let's study vocabulary and expressions

Listen to my Japanese and repeat after Gary in English.

- | | |
|-------------|-----------------------|
| 1. いとこ | cousin |
| 2. 約束する | promise |
| 3. ～を案内して回る | take someone around ～ |
| 4. ～を楽しみにする | look forward to ～ |

それでは、少し答え方についてヒントを出しましょう。Question は **Why can't the man attend the Christmas party?** 「なぜ男性はそのクリスマスパーティーに参加できないのですか」ですね。理由を特定することはさほど難しくありませんが、正確な答え方に注意が必要です。Because の後ろの主語と動詞、take の目的語など、代名詞と動詞の形に注意してくださいね。初めはこうしたことにいちいち気を付けなければならないかもしれませんが、こうした機械的な変換は英語を話す機会を増やせば増やすほど、意識せず自然にできるようになります。この場合は、頭の中で「誰が」「誰を」案内すると約束したのかを確認すると上手くいくでしょう。それでは、その辺りに注意してもう一度聞いてみましょう。

Listen to the dialogue and answer the question that follows. 【2013-2 2nd No.3】

(M=Man / W=Woman)

W: Hi, Kevin. Are you going to the company's Christmas party this weekend?

M: No, I can't. My cousin's coming to visit, and I've promised to take her around town.

W: That's too bad. I was looking forward to talking with you at the party.

M: Well, I'll call you next week. May be we can go out for lunch.

Answer the following question in your own words.

Question: Why can't the man attend the Christmas party?

■ Model answer

Listen to the model and compare it with your answer.

Question: Why can't the man attend the Christmas party?

Because he has promised his cousin to take her around town.

では少し確認しましょう。主語は the man を he に、動詞はそれに合わせて have ではなく has に、そして take her around town の her は his cousin に、それぞれ「誰が」と「誰を」を頭に浮かべて答えることがポイントです。あまり「形」を意識しなくても自然に、

Because he has promised his cousin to take her around town. と答えられるようになるというですね。

それから、この対話の中に不定詞が2つ出てきましたね。My cousin is coming to visit. の to visit と、I've promised to take her around town. の to take です。ここで不定詞について少し文法的な解説をしたいと思います。

そもそもなぜ「不定詞」と呼ぶのでしょうか。ちなみに英語では不定詞を“infinitive”直訳すると「無限のもの」と呼びます。どうして形が一定なのに「不定」詞なのか、何が「無限なのか」ですが、どういうことでしょうか。

◎ 少し、単純な例で不定詞を述語動詞と比べてみますね。Gary?

I promised to finish my work in time.

He always promises to finish his work in time.

述語動詞 promise は時制が変われば、現在形 promise / 過去形 promised とその時制の定めを受けて形を変えなければなりません。主語によっても形が定められますね。現在形で I なら promise, 現在形で He なら promises となります。つまり、述語動詞は主語と時制によって形が制限され定められるわけです。

◎ これに対して不定詞はどうでしょう。

I promised to finish my work in time.

He always promises to finish his work in time.

このように、主語にも時制にも制限を受けたり定められたりすることがありません。だから、定められることがないので「不定詞」、制限がないので「無限のもの」“infinitive”になるというわけです。なぜ、「不定詞」と呼ぶか分かりましたか。

実は大切なのはここからです。「不定詞はとても便利だ」ということです。先ほどの英文の **to take** をもしも節、つまり不定詞ではなく動詞を使うとどうなるかで比較してみましょう。

- ◎ 述語動詞が現在完了なら、案内するのはこれからのことになるので…

The man has promised that he will take his cousin around town.

- ◎ 述語動詞が過去完了ならどうでしょう。案内するのはその後ですから…

The man had promised that he would take his cousin around town.

- ◎ どちらも「主語と時制による限定」を気にして形を変えなければならないので面倒ですね。しかし、不定詞なら、どちらも、こうなります。Gary?

The man has promised to take his cousin around town.

The man had promised to take his cousin around town.

Thank you, Gary. つまり、主語や時制を気にせずに済む、とても便利で扱いやすいのが不定詞だということなんですね。不定詞の便利さが分かりましたか。

それから、**to** が方向性を表す言葉であることから、**to + 動詞原形** 「これから～する」または「～する方向」というニュアンスを含みます。それで、「約束する」**promise** の後はこれからのことを言うために、**seem** も「推測」の方向性を表すために **to 不定詞** が自然に使われるというわけです。

2 Exercise 2 passage

このエクササイズでは、短い文章が読まれた後にゲーリーが1つ質問をしますので、自分が思ったことを自由に答えてください。主語と正しい答え方に注意して、聞かれたことに対してまっすぐ答えてくださいね。

Listen to the passage and answer the question that follows. 【2014-1 2nd No.23】

Mr. Norris owns a hardware store. He wanted his staff to think of ways to bring in more customers, so last month he decided to hold a contest. He told his workers that the person who thought of the best way to attract customers would receive a bonus. The workers were very excited about the bonus and thought of many good ideas.

Answer the following question in your own words.

Question: According to the passage, what was Mr. Norris's intention when he gave his workers a chance to receive a bonus?

さあ、きちんと聞き取れましたか。それでは、少し語彙と英文の表現を確認しましょう。

■Let's study vocabulary and expressions

Listen to my Japanese and repeat after Gary in English.

- | | |
|----------------|----------------|
| 1. ～を所有する | own ～ |
| 2. 工具店、ホームセンター | hardware store |
| 3. ～を思い付く、考案する | think of ～ |
| 4. ～を持ち込む、呼び込む | bring in ～ |
| 5. ～を引き付ける | attract ～ |

実際のビジネスではよくありそうな話ですね。ここで聞かれているのは 何が最も大きな“change”か、ということです。“change”という言葉を目にした瞬間に、変化の対象、つまり「何が何に変わるのか」と、変化の内容「何がどう変わるのか」に意識が向けられるようになるといいですね。さあ、ここでは「何が何にどう」changeするのでしょう。それから、その目的は何でしょう。それではこの点に注意して、もう一度聞いてください。

Listen to the passage and answer the question that follows. 【2014-1 2nd No.23】

Mr. Norris owns a hardware store. He wanted his staff to think of ways to bring in more customers, so last month he decided to hold a contest. He told his workers that the person who thought of the best way to attract customers would receive a bonus. The workers were very excited about the bonus and thought of many good ideas.

Answer the following question in your own words.

Question: According to the passage, what was Mr. Norris's intention when he gave his workers a chance to receive a bonus?

■Model answer

Listen to the model and compare it with your answer.

Question: According to the passage, what was Mr. Norris's intention when he gave his workers a chance to receive a bonus?

His intention was to bring more customers into his store by making the workers think of good ideas to attract customers.

Or

It was to encourage them to think of good ways to get more customers.

さあ、どうでしたか。初めのモデルアンサーでは passage の流れに沿って、bring in more customers / think of good ideas / to attract customers など、基本的に passage と同じ語句を使いながら、by making the workers think of ~ 〈by+動名詞〉「~することによって」という手段を表す表現方法、〈make+目的語+原形不定詞〉を併せて使いましたね。

一方、後のモデルアンサーでは、もっと簡潔にまとめています。どちらも正しい答え方ですが、一番大きな違いは「より多くのお客を得る」と「従業員に良い案を考えさせる」のどちらを先に持ってくるかですね。答えとしてはどちらを先に持ってきて構わないのですが、両方ともそろっていないと答えとしては不十分だということ、この2つの要素を上手につなぐことが大事だということを、それぞれのモデルアンサーでしっかりと確認してくださいね。

■ Repetition Drill using the passage

さあ、ここからは、放送された英文について Repetition Drill を行います。repetition は反復でしたね。ポーズの間にゲーリーの英語をできるだけそっくりに真似してみましょう。単語の発音だけでなく、イントネーションや雰囲気も真似してくださいね。

1) Repetition Drill

Repeat during each pause. Practice again and again, and you'll surely improve.

Ready? Let's begin.

Mr. Norris owns a hardware store. //

He wanted his staff to think of ways /

to bring in more customers, /

so last month he decided to hold a contest. //

He told his workers /

that the person who thought of the best way to attract customers /

would receive a bonus. //

The workers were very excited about the bonus /

and thought of many good ideas. //

どうでしたか。上手に真似ができると楽しいですね。さあ、次は『英語ができる人』は必ずと言っていいほど練習するシャドウイングにいきます。私が実際、少しシャドウイングのお手本を示しますね。ゲーリーの後に続いてシャドウイング、つまり、ゲーリーの言葉の影を追うよ

うな形で、聞きながらゲーリーの言葉を真似していきます。

2) Shadowing Drill 1

While listening, shadow each part.

(G → F)

Mr. Norris owns a hardware store. //

He wanted his staff to think of ways /

to bring in more customers, /

so last month he decided to hold a contest. //

He told his workers /

that the person who thought of the best way to attract customers /

would receive a bonus. //

The workers were very excited about the bonus /

and thought of many good ideas. //

要領はつかめましたね。次は実際に自分で **shadowing** にチャレンジしてください。**shadowing** は自分で **speaking** をするという負荷をかけながら **listening** をするので、筋トレと同じように「耳トレ」になります。必ず **listening** の能力が向上しますので、できるまで何度でも繰り返してください。

聞く音声の方を大きくして、自分の声はあまり聞こえないようにすると一層効果が上がりますよ。

2) Shadowing Drill 1

While listening, shadow each part.

Ready? Let's begin.

Mr. Norris owns a hardware store. //

He wanted his staff to think of ways /

to bring in more customers, /

so last month he decided to hold a contest. //

He told his workers /

that the person who thought of the best way to attract customers /

would receive a bonus. //

The workers were very excited about the bonus /

and thought of many good ideas. //

どうですか。できるようになるとすごく楽しいし、やりがいがあるでしょう。次はセンテンスの途中に区切りはありませんよ。各センテンスの間も短いですから、一気にパッセージ全体をシャドウイングできるように頑張ってくださいね。できたらとても達成感が得られますよ。

3) Shadowing Drill 2

Shadow the whole passage from the beginning to the end. Practice again and again. It may be much harder, but you will enjoy a feeling of accomplishment, if you can. Ready? Let's begin.

Mr. Norris owns a hardware store. //

He wanted his staff to think of ways to bring in more customers, /

so last month he decided to hold a contest. //

He told his workers that the person who thought of the best way to attract customers would receive a bonus. //

The workers were very excited about the bonus and thought of many good ideas. //

3 Challenge passage & opinion

さて、いよいよ最後のエクササイズ、チャレンジのコーナーです。ここからは一気に英語だけで進めていきますから、しっかり集中してくださいね。

Listen to the passage, and answer Gary's question. 【2013-3 pre-2nd No.27】

Last year, Mariko went to study abroad in Australia. There was a large shopping mall near her school, and she often went there to buy food or clothes. At first, Mariko did not like the mall because it was very big and she often got lost. But after a few weeks, she was able to find her way around easily.

Now, Gary is going to make several points about the passage, and then ask you a question. Please answer his question. You should express your opinion as well as you can.

According to the passage, a girl named Mariko, who studied abroad in Australia, didn't like a large shopping mall near her school at first. But after a few weeks, she became able to find her way around easily in the mall and she ended up shopping there frequently.

I think that most of us have had an experience like Mariko's, and there is a good reason for this. Let's take an example. Why does a soccer team tend to lose more games away, on the road, than at home? Neuroscience provides one answer for this. When we are surrounded by unfamiliar things or put into unfamiliar circumstances, our brains release a stress hormone called cortisol. This hormone not only makes us feel uneasy but also lowers our ability to make proper judgments or good decisions. This is among the reasons that a

soccer team tends to lose more games away than at home, and for almost all of us to feel uneasy before we become familiar with new things or new surroundings. In our daily lives, we are often unwilling to try new things or accept unfamiliar ways of thinking. In other words, we deny change. We tend to stay within our “comfort zones” where we feel safer. But, like neuroscientists, we should understand that it’s much better to step out of our comfort zones and try new things than to just stay comfortable.

Now, I would like to ask you a question. What do you think are some advantages in stepping out of your own comfort zone? Please explain your answer.

■Model

Now, let’s listen to Futoshi. He will present a model response. Listen and compare it with your answer.

I think there are several advantages in stepping out of our own comfort zones.

The first one is that we can learn a greater variety of new things than we can within our comfort zones. By learning new things, we will probably be able to see more new perspectives. This enables us to understand different points of view and accept different values.

The second one is to have more new experiences. The more different experiences we have, the more likely we are to be able to cope with different situations or different problems.

However, knowledge and experience are not enough. We need to keep an outgoing spirit. For the real strength of a person is tested in new and difficult situations in which no one gives you the right answer and you have to explore what is right or what should be done until you find it for yourself. In order to do this, you must keep a positive state of mind, with knowledge and experience acquired by stepping out of your comfort zone.

Of course, we should still use careful judgment, but we need to be ready and willing to step forward. An outgoing spirit will expand our own world.

How was it? Could you catch what Futoshi said? Did you understand his points?

Okay, now he will explain what he just said. Please listen.

はい、ゲーリーはまず、マリコというオーストラリアに留学中の学生が、初めは学校近くの大きなショッピングモールが嫌いだったけれども、2, 3週間したらすっかり慣れて頻繁にそこに買い物に行くようになったという passage の内容を要約してくれました。その上で、サッカーチームがよくアウェーではホームより負けやすいという例を挙げて、我々にも同様のことが当てはまると説明してくれましたね。

我々は誰もが不慣れな状況に置かれると脳内から分泌されるコルチゾールと呼ばれるストレスホルモンによって不安を感じて、判断力や意思決定能力が低下しやすいそうです。これが不慣れな状況で試合を戦うアウェーでは負けてしまいやすいことや、我々も自分の「コンフォー

トゾーン」という安楽な領域から抜け出して新しく馴染みのないものにチャレンジしにくい傾向があることの理由の一つとなっているようです。

その上でゲーリーは、「コンフォートゾーンから抜け出す利点は何だと思えますか」と質問をしました。

これに対して私は、重要なことはいくつかある、**there are several advantages** と抽象的な表現を使い、その後で複数の **several advantages** を一つずつ具体的に説明する展開を取りました。これは前回の第1回同様の、いわゆる「抽象から具体」の論理展開です。そこで3つの **advantages** を説明しましたが、今回も一番最後に最も重要だと思うものを取り上げたのが分かりましたか。

このように、「～はいくつかある」→「一つはA、次にB」→「しかし最も～なのはCである」という展開で主張を印象付ける方法は単純ですが大変強力な方法です。

そして更に、主張と反対の要素を持つ譲歩の後に主張を再提示して結ぶという方法は大変有効ですから、ぜひ、英検の公式ウェブサイトからスクリプトをダウンロードして、英文とダイアグラムを確認してください。前回のものと比較すると一層効果的です。

Now, let's listen to Futoshi again. Please listen carefully, and focus on his opinion, and the way in which he expresses it.

I think there are several advantages in stepping out of our own comfort zones.

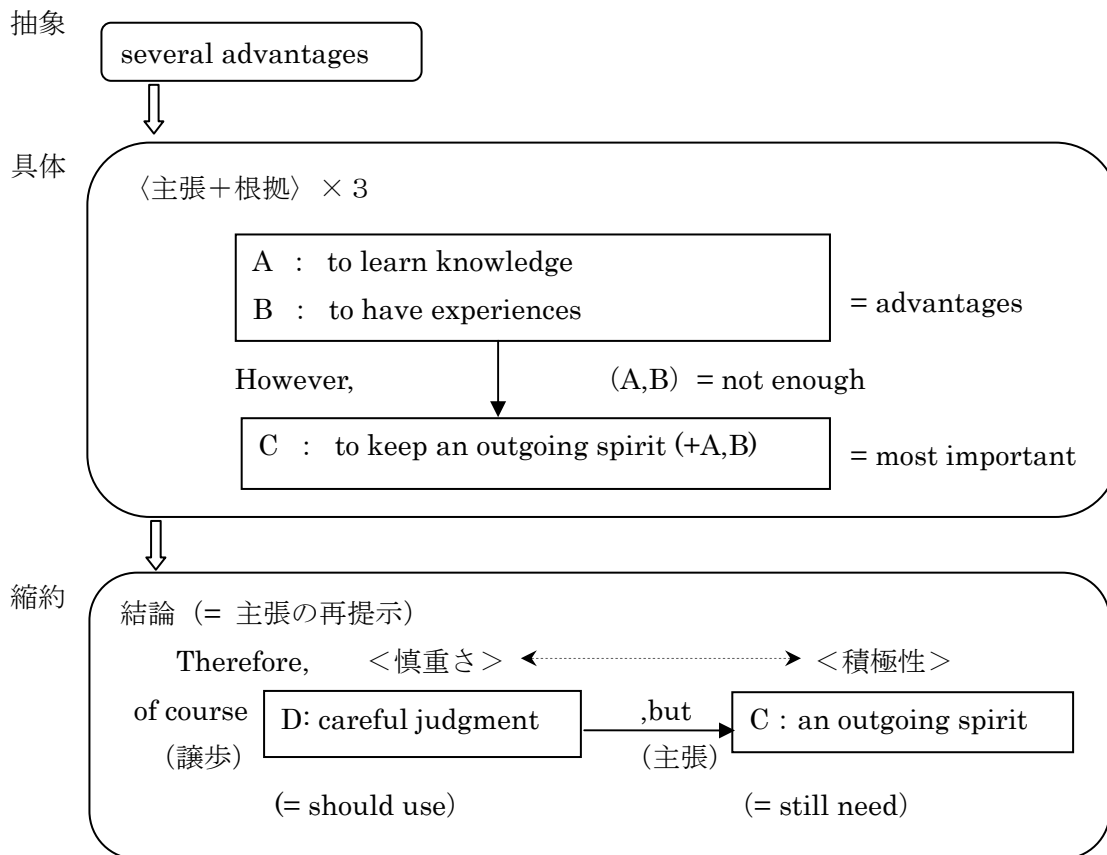
The first one is that we can learn a greater variety of new things than we can within our comfort zones. By learning new things, we will probably be able to see more new perspectives. This enables us to understand different points of view and accept different values.

The second one is to have more new experiences. The more different experiences we have, the more likely we are to be able to cope with different situations or different problems.

However, knowledge and experience are not enough. We need to keep an outgoing spirit. For the real strength of a person is tested in new and difficult situations in which no one gives you the right answer and you have to explore what is right or what should be done until you find it for yourself. In order to do this, you must keep a positive state of mind, with knowledge and experience acquired by stepping out of your comfort zone.

Of course, we should still use careful judgment, but we need to be ready and willing to step forward. An outgoing spirit will expand our own world.

<DIAGRAM>



■ Closing Dialogue

G: Futoshi, this time you used almost the same structure as you used in our first program of this new podcast series. I think this structure can really help our listeners to express their thoughts more effectively.

F: Thank you, Gary. I think it's still challenging for many of our listeners to try to use the method, but I hope that they keep trying to use it until they become familiar with it.

G: You mean, even though they may be uncomfortable with the method, they should try to use it, right?

F: Yes. Not only using the method but also composing passages to express their own opinions may be new to our listeners. So, this time I used the method again so that they could become more familiar with the method. I think this will make it easier for them to be out of the comfort zone and keep themselves in the growth zone.

G: Hmm, I see. Doing something difficult and unfamiliar may not be comfortable at first, but it is a necessary step to move forward from the comfort zone to the growth zone.

F: Yes, that's right.

G: By the way, Futoshi, in the opening dialogue you said that you prefer to stay within the weight training area and you are reluctant to participate in studio exercise, although you fully understand that studio exercise is much more effective than weight training for your purpose of losing weight.

F: Yes, I said so. But, what do you mean by that?

G: I mean, Mr. Coach, that you stay within your comfort zone and keep away from the growth zone. How about getting into the aerobics studio and becoming familiar with it?

F: No, no, no, it's impossible for me. I'd rather get into the swimming pool than enter the studio where a lot of women are dancing.

G: So, you mean, the weight room is your comfort zone, and the swimming pool is your growth zone. Then, what's the aerobic studio?

F: It's the panic zone. Dancing with so many women packed into the small studio is much more uncomfortable than diving into a dangerous river with furious crocodiles all around me!

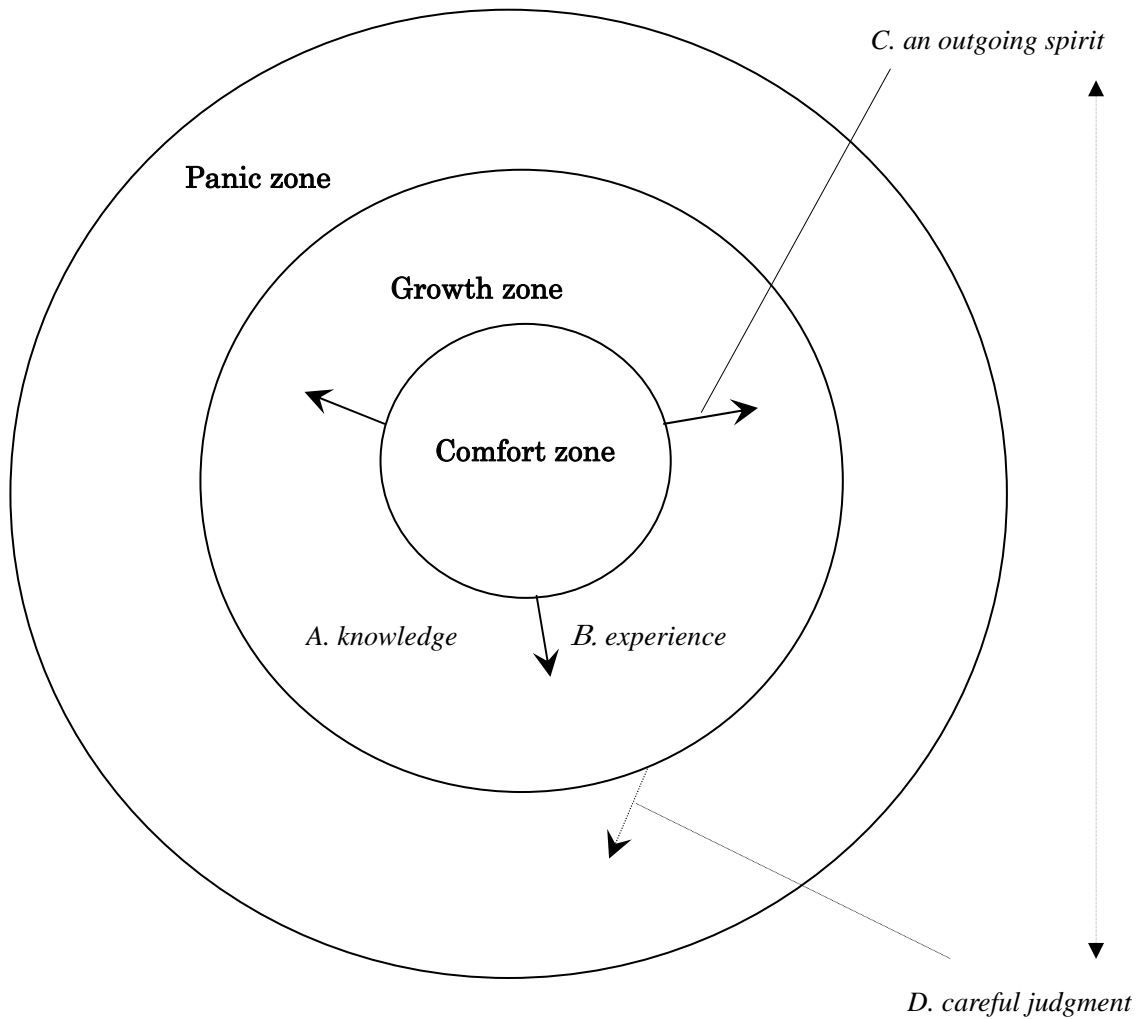
G: Oh, Futoshi, in order to lead a normal life, it might be better for you to try aerobics as soon as you're used to swimming with crocodiles.

さあ、今回のレッスンはどうでしたか。後半は少し難しかったかもしれませんね。ぜひ、英検のウェブサイトからスクリプトをダウンロードして復習してください。それから何度も聞き直して、自分でも話せるように練習してみてくださいね。Repetition や Shadowing だけでなく、話す内容の構成を組み立てること、そして相手に伝えること、こうしたトレーニングを続ければ、あなたも必ず『英語ができる人』になります。

ところで今回、セカンドシリーズ第2回目のタイトルは“**How to step out of your comfort zone**”でした。私たちは誰もがつい慣れ親しんだものに固執して新しいチャレンジを敬遠するといったことがあると思います。ちょっと難しいな、何か面倒だな、と思うようなことに取り組み、それに慣れ親しんでいくことで自分の成長の領域を広げていくことの大切さを、今回はお伝えできたと思います。英語の勉強でもぜひ、一歩外に踏み出して、新しい方法にチャレンジしてみてください。こうした学びを通してぜひ『英語ができる人』を目指してくださいね。

Well, then...

See you next time!



<講師陣プロフィール>

伊藤 太 (Futoshi Ito)

大手予備校・有名進学塾等で英語講師を務め、東大クラス・医学部コース等を担当。作成した教材から東大・筑波大等の入試長文問題を的中。コーチングを取り入れた研修方法を確立し、数多くの講師・教員の授業力・授業アンケート向上に寄与。現在、多数の私立学校にコンサルタント、アドバイザーとして関わるとともに、ネイティブスピーカーを含む学校教員・予備校講師（100名超）のコーチを務める。

ゲイリー・スコット・ファイン (Gary Scott Fine)

オレゴン州ポートランド出身。スタンフォード大学大学院修士課程修了（東アジア研究）、南カリフォルニア大学大学院修士課程修了（映画・テレビ研究）。現在、東海大学外国語教育センター准教授。主な研究テーマはエンターテインメントメディアを通じた第二言語習得。

朝日新聞・土曜版、『ENGLISH JOURNAL』（アルク）、『CNN ENGLISH EXPRESS』（朝日出版社）に映画・ドラマに関わる英語コラムを連載中。NHK 教育テレビ、アルクヒアリングマラソン等多数の番組で出演及びテキスト執筆で活躍。