

1 次の英文を読み、設問に答えよ。

You are reading through the news and see yet another story about climate change. Australia is on fire. Indonesia is drowning. At the same time, Donald Trump is trying to make it easier to build new fossil-fuel projects. As you read, your chest tightens and tension washes over you. You feel anxious, afraid, and extremely guilty. Just this morning, you drove a gasoline-powered car to work. You ate beef for lunch. You booked a flight, turned on the heat, forgot your reusable grocery bags at home. “This is my fault,” you think. As an environmental writer, I’m often asked for guidance on coping with climate change. Here I introduce a five-point plan to manage the psychological damage of living with climate change and to become part of the solution.

The first step is the key to all the rest: Getting rid of shame. Yes, our daily lives are undoubtedly contributing to climate change. But that’s because the rich and powerful have constructed systems that make it nearly impossible to live lightly on the earth. Our economic systems require most adults to work, and many of us must commute to work in cities that were designed to favor the automobile. Unsustainable food, clothes, and other goods remain cheaper than sustainable alternatives.

And yet we blame ourselves for not being green enough. As the climate writer Mary Annaïse Heglar writes, “The belief that this enormous problem could have been fixed if all of us had just slightly changed our consumption habits is not only ridiculous; it’s dangerous.” Why? It turns eco-saints against eco-sinners, who are really just fellow victims. It misleads us into thinking that we can only affect climate change through our consumption habits—that buying correctly is the only way we can fight climate change.

As long as we are competing for the title of “Saint Green,” or are paralyzed by shame, we aren’t fighting the powerful companies and governments that are the real problem. And that’s exactly the way they like it. Therefore, the second step is to focus on systems, not yourself. Even if we could manage to zero-out our own contributions to climate change, it would be practically a full-time job, leaving us little time or energy for pushing for the systemic changes we need. Moreover, the avoided emissions would be tiny compared with the scale of the problem. Each person in the United States produced an average of 16 metric tons of energy-related carbon dioxide (CO<sub>2</sub>) in 2018, according to the Energy Information Agency. The entire country emitted 5.28 billion metric tons of energy-related carbon dioxide that year. Changing your lifestyle is not enough; you need to change the system.

I have chosen to fight against a proposed gas pipeline and natural gas export terminal that the Canadian company Pembina wants to build in Oregon, where I live. If built, the project would result in emissions of over 36.8 million metric tons of carbon dioxide equivalent per year. Some 42,000 people submitted comments to a state agency asking it to deny permits for the project. If we manage to stop construction, each of those people could claim credit for preventing one forty-two-thousandth of those emissions—about 876 metric tons per person! It would take 54 years of individual zero-carbon living to make the same change. My point is that the climate crisis is not going to be solved by personal sacrifice. It will be solved by electing the right people, passing the right laws, and drafting the right regulations. It will be solved by signing the right treaties and by respecting those treaties already signed, particularly with indigenous nations. It will be solved by holding responsible the companies and people who have made billions of dollars from the natural environment which belongs to all of us.

These broad, systemic changes are complicated and will be difficult to carry out. No single person alone can make them happen. So, the third step is to join an effective group. Luckily, there are already dozens, if not hundreds, of groups dedicated to climate activism. Some are local and are focused on stopping particular fossil-fuel projects, like Rogue Climate, the group with which I am working in southern Oregon. Others are national and are focused on changing federal policy, like Zero Hour and the Sunrise Movement. Still others, like Greta Thunberg's Fridays for Future, are international and are focused on putting moral pressure on governments around the world. Other international groups such as Project Drawdown research the practical details of decarbonizing the world. Climate change is linked to income inequality and injustice, so if your passion is fighting for racial justice, the rights of the poor, or indigenous rights, that works, too. Or you might volunteer for a local or national political candidate with a strong climate focus.

Step four is to define your role. The power of these groups is not simply strength in numbers. They work well because they divide up the work that needs to be done and give each task to those best suited to it. This also makes the fight less overwhelming. You don't need to try to become an expert in international regulatory law, global supply chains, atmospheric science, and the art of protest. Instead, you can offer the skills and resources you already have, and trust that other people with different skills are doing what they can do, too. If you are a writer, you can write letters to the editor, newsletters, and blogs. If you are strong, you can lift boxes. If you are rich, you can donate money. Only you know what and how much you can reasonably do. Take care not to do too much at first and risk burning out. Set a reasonable

level of involvement for yourself and keep it up. As a bonus, working with a group will increase the number and diversity of your personal relationships, and it could reduce your climate anxiety and depression.

The last step is to know what you are fighting for, not just what you are fighting against. Even though keeping global warming under 1.5 degrees Celsius would absolutely be better than 2 degrees Celsius of warming, there is no threshold that means that it is “too late” or that we are “doomed.” The lower, the better. It is always worth fighting. As we fight, it is important for our mental health and motivation to have an image in mind of our goal: A realistically good future.

Imagine dense but livable cities with good public transit, plenty of leafy parks, and infrastructure to remove carbon dioxide from the atmosphere. Imagine the rivers silver with fish, and the skies musical with flocking birds. It is a time of healing. Many ecosystems have changed, but thoughtful human assistance is preventing most species from going extinct. This is a future in which children don’t need to march in the streets in protest and alarm because their parents and grandparents took action. This future is still possible, but it will only become a reality if we get rid of our shame, stop focusing on ourselves, join together, and demand it.

問1 *Choose the best answer based on the reading.*

1. People often come to the author because they . . .
  - A. want to read another story about climate change.
  - B. feel personally responsible for climate change.
  - C. plan to build a new fossil fuel project.
  - D. want to write about environmental damage.
  
2. In order to get rid of shame, we must understand that . . .
  - A. the rich have constructed sustainable systems.
  - B. the rich can live lightly on the earth.
  - C. our lifestyles make it difficult to be environmentally friendly.
  - D. some people have too many personal possessions.

3. What does Mary Annaïse Heglar suggest about our consumption habits?
  - A. Changing our consumption habits alone will not solve climate change.
  - B. Becoming “greener” in our consumption habits is the solution.
  - C. Eco-saints must convince eco-sinners to reduce consumption.
  - D. Better shopping habits will create a cleaner environment and stronger economy.
  
4. Why does the author suggest focusing on systems?
  - A. They help countries to achieve a “Saint Green” status in the world.
  - B. They allow us to zero-out our own contributions to climate change.
  - C. It is more important to change them than to change individual lifestyles.
  - D. Powerful companies and governments want us to.
  
5. How is the author fighting the gas pipeline project in Oregon?
  - A. By asking the state government to reject permits for the project.
  - B. By asking the state government to reduce emissions by 42,000 in 54 years.
  - C. By organizing protests against the Canadian company Pembina.
  - D. By gathering 876 people to pledge to stop using gas completely.
  
6. What role should governments have in fighting climate change?
  - A. Requiring citizens to make measurable personal sacrifices.
  - B. Enacting laws to make companies more responsible.
  - C. Giving indigenous groups higher compensation for use of their land.
  - D. Spending billions of dollars to clean up the environment.
  
7. What does the author suggest about individual roles in action groups?
  - A. Having more group members will lessen the burden.
  - B. Individual tasks should be divided equally.
  - C. People should utilize their skills and strengths.
  - D. Group members should take on multiple roles.
  
8. What does the author say we should be fighting for?
  - A. 1.5 degrees Celsius increase in global warming.
  - B. A realistically good future.
  - C. Our mental health and motivation.
  - D. A threshold of global warming.

9. How does the author imagine the future environment?
- A. The ecosystems will have not changed.
  - B. Human assistance will be used to remove carbon dioxide.
  - C. Children will march in the streets.
  - D. Most species will be extinct.
10. What would be a good title for this passage?
- A. Strategies For Coping With Climate Change
  - B. Scientific Steps To Decrease Climate Change
  - C. The Role Of Governments In Fighting Climate Change
  - D. How To Join A Climate Change Group

問2 Complete the following chart.

Examples of...	environmentally friendly	environmentally unfriendly
<b>Individual actions</b>	( 11 )	( 12 )
<b>Systemic actions</b>	( 13 )	( 14 )

11. A. using reusable grocery bags  
 B. buying unsustainable clothes  
 C. driving a gasoline-powered car  
 D. building leafy parks
12. A. wearing sustainable clothes  
 B. joining a climate activist group  
 C. reading news about climate change  
 D. eating beef for lunch
13. A. building leafy parks  
 B. building gas pipelines  
 C. selling cheap unsustainable clothes  
 D. permitting projects with CO<sub>2</sub> emissions

14. A. joining a climate activist group
- B. living lightly on the earth
- C. building gas pipelines
- D. eating beef for lunch

問3 *Mark A for TRUE and B for FALSE for each of the following statements.*

15. Sustainable food is usually cheaper than unsustainable food.
16. It takes 54 years to reduce carbon dioxide by 5.28 billion metric tons.
17. Fighting for racial justice can contribute to the fight against climate change.
18. Donating money is one way to fight environmental problems.

次の 19 ～ 26 の空所に入れる語句として最も適切なものを A ～ D の中から選べ。

19. X: Are you quite sure we can rely on the police?  
Y: Absolutely. They will conduct a (        ) investigation into the case.  
A. thorough        B. careless        C. through        D. superficial
20. X: You had a big quarrel with your parents, right?  
Y: They always (        ) with my private matters. I want them to leave me alone!  
A. provoke        B. cooperate        C. interfere        D. interact
21. X: How did you decide to be an artist?  
Y: My sister's paintings (        ) my interest when I was very small.  
A. explained        B. infected        C. mitigated        D. stimulated
22. X: What's our job for the school concert this year?  
Y: There are many things we have to do, but the first one is to book a (        ).  
A. chamber        B. certification        C. vendor        D. venue
23. X: I didn't know there are so many types of chimpanzees.  
Y: (        ) speaking, there are four types.  
A. Abruptly        B. Broadly        C. Loudly        D. Unlimitedly
24. X: Are you satisfied with your current position?  
Y: Very much, although my income is (        ) compared with that of other executives.  
A. proud        B. modest        C. proper        D. simple
25. X: Her book has been quite well received for a first novel.  
Y: Yes, it has. She is a very promising and (        ) talented novelist.  
A. commonly        B. generally        C. partially        D. exceptionally
26. X: What's that equipment on the ceiling?  
Y: Oh, the store is installing (        ) cameras to prevent crime.  
A. control        B. inspection        C. stomach        D. surveillance

3

次の 27 ~ 36 の空所に入れる語句として最も適切なものを A ~ D の中から選べ。

27. X: What's the matter? You don't look happy.  
Y: I did so ( ) on the chemistry exam.  
A. bad                      B. badly                      C. worse                      D. worst
28. X: How do you like the coffee here?  
Y: Excellent! This is ( ) café latte I've ever had.  
A. good                      B. better                      C. the better                      D. the best
29. X: What time shall we meet?  
Y: Do you know what time ( )? Let's say fifteen minutes before that.  
A. the movie starts                      B. does the movie start  
C. will the movie start                      D. the movie started
30. X: What a messy room!  
Y: This room definitely needs ( ).  
A. to clean                      B. clean                      C. cleaning                      D. to cleaning
31. X: How can I get to the station? Would taking a bus be a good idea?  
Y: Buses are okay, but they're not that cheap here. You ( ) take a taxi.  
A. might as well                      B. must                      C. shall                      D. will
32. X: Shall I clean up your desk?  
Y: No. I want everything ( ) it is now.  
A. what                      B. as                      C. just                      D. by
33. X: Why were you silent? You should've complained.  
Y: I was too shocked to say ( ).  
A. everything                      B. anything                      C. nothing                      D. thing
34. X: You were supposed to call me last night. What happened?  
Y: Sorry. I meant to call you, but I ( ).  
A. forget                      B. forgot  
C. have forgotten                      D. had forgotten
35. ( ) the support of our supervisor, we were able to finish the project just in time.  
A. Besides                      B. Despite                      C. Thanks to                      D. According to
36. Our holiday plans are still up in the ( ). We have to check everyone's schedule first.  
A. air                      B. sky                      C. space                      D. cloud



それぞれの会話の空所に入れる最も適切な選択肢を A ～ D の中から選べ。ただし、同じ選択肢が2箇所に入ることはない。

*Woman:* Are you ready to take your entrance exams tomorrow?

*Man:* ( 37 ) I don't think I've studied enough to be able to pass the math exam.

*Woman:* Oh, come on! You've been studying for hours every day after school.

*Man:* I feel like I don't remember anything. I've been doing my best, but the practice test problems have been very difficult.

*Woman:* ( 38 ) And you've got excellent scores. Don't be so modest!

*Man:* But math is not my strong subject. I got 80 on the last test. I'm so unprepared.

*Woman:* 80! See? ( 39 ) You're bound to pass it. Cheer up!

- A. You've taken tons of practice tests for so long.
- B. No, not really.
- C. That's a great score.
- D. That's not what I heard.

*Woman:* Excuse me. I'm looking for a face mask to use in a sports club.

*Man:* We now have several kinds of face masks available in different sizes. These two brands are very popular right now. ( 40 ) They're lightweight and extra soft, too.

*Woman:* I need something I can breathe easily in.

*Man:* These other masks are very breathable. ( 41 ) Is that OK?

*Woman:* That's fine. I don't mind foreign masks. Do you have them in pink?

*Man:* I'm afraid these are all we have at the moment. ( 42 )

*Woman:* Thank you. I'll drop by next week.

- A. I'm tired of wearing disposable ones.
- B. But they are not made in Japan.
- C. But we'll have pink masks in next week.
- D. Both are made in Japan.

- 5 次の文章の空所に入れる文として最も適切なものを A ～ D の中から選べ。ただし、同じ文が2箇所に入ることはない。

Food loss refers to any food that is thrown away because it is unsold, past its expiration date, or left uneaten. In 2015, the amount of food thrown away in Japan totaled 6.46 million tons. ( 43 ) One cause of food loss in the country is the “one-third rule.” According to this practice, food producers must distribute products to stores within the first third of the period between the production date and the sell-by date. ( 44 ) However, companies are not the only ones to blame: around half of all food loss comes from households. In 2017, around 20% of all raw garbage generated from households consisted of uneaten household food products. About a quarter of that food garbage was made up of products thrown out prior to their expiration date. Food loss does not only affect the economy and the environment: it directly affects poor people. ( 45 ) In response, food banks have been established to collect discarded food and distribute it free of charge to social welfare institutions and people living in poverty.

- A. Wasting food is disrespectful to the 16% of Japan’s population that lives in poverty.
- B. If they can’t meet that deadline, stores can refuse the deliveries, resulting in huge food losses.
- C. In May 2019, the Japanese government passed a law ensuring food loss reduction.
- D. This is roughly the equivalent of one rice bowl of food waste per person every day.



6

Read the following information and answer the questions.

(1部受験者のみ)

This is the London Paddington Station homepage.

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### London Paddington Station

Save 61% on average when you buy advance tickets.

During the coronavirus crisis, go contactless with digital tickets on your phone.

If you must travel, travel safely.

Paddington Station provides services from London to the suburban areas of West London and the Thames Valley. The station is located in the middle of many tourist attractions, including Hyde Park, Regent's Canal, and The Serpentine Art Gallery.

#### Platforms

Paddington has fourteen platforms. Platforms 6 and 7 are for the Heathrow Express Line, and Platforms 13 and 14 are for local commuter trains. A spacious concourse is at the head of Platforms 1 to 12. A footbridge, which crosses the northwestern end of the station, offers access to all platforms. Free public toilets can be found on Platform 12.

#### Paddington Railway Station Facilities

<b>Station rail ticket office</b> Open 24-hrs for tickets for same day travel. Advance tickets are only available online.	<b>Toilets and showers</b> Public toilets with baby changing facilities are available. You will also find showers available for a small charge.	<b>Cash machines and foreign money</b> Many ATMs can be found dotted around the station. There is also a foreign exchange kiosk (not 24-hrs).
<b>Visitor centre</b> Paddington has a visitor centre to help visitors with their travel plans.	<b>Telecommunications</b> Most passengers use their smartphones nowadays but there are some phone booths available. You can access free WiFi.	<b>Taxi, buses, and tube</b> The taxi rank is by Platform 1 and there is always a line of London's famous black cabs waiting. Behind the cab rank are local bus stops with routes all over London. Escalators go down to the Underground from within the station.

46. If passengers want to avoid virus infection, what measure can they take?
- A. Using digital tickets.
  - B. Using local commuter trains.
  - C. Traveling in a reserved car.
  - D. Asking the Visitor Centre for help.
47. Which attraction is near Paddington Station?
- A. London Tower.
  - B. National Gallery.
  - C. Regent's Canal.
  - D. Hyde Garden.
48. Which platform is the closest to the local bus stops?
- A. Platform 1.
  - B. Platform 3.
  - C. Platform 12.
  - D. Platform 13.
49. Where can you find toilets?
- A. Platform 1.
  - B. Platform 3.
  - C. Platform 12.
  - D. Platform 13.
50. Which platform will you use if you live in a local suburb and work in central London?
- A. Platform 1.
  - B. Platform 3.
  - C. Platform 12.
  - D. Platform 13.
51. Passengers can buy advance tickets . . .
- A. online.
  - B. at the ticket office.
  - C. at the Visitor Centre.
  - D. on Platform 1.



52. You have to pay money for the use of . . .
- A. WiFi.
  - B. public showers.
  - C. the Visitor Centre.
  - D. 24-hour cash machines.