原田英語の英検２級・準１級・１級ファイナルチェックリスト

英検準1級 予想問題（問題＋解答）

https://www.haradaeigo.com/final-check/#/yoso/pre1

予想問題：意見論述（5題）

まずは模範解答を見ずに、立場と使うPOINTS 2つ、理由のキーワードだけを30秒で決める。
そのあと模範解答と比べて、**序論で立場とPOINTSを宣言できているか**を確認しよう。

予想1（賛成）：オンライン診療

144語（120〜150）

QUESTION

● Write an essay on the given TOPIC.
● Use TWO of the POINTS below to support your answer.
● Structure: introduction, main body, and conclusion
● Suggested length: 120–150 words
● Write your essay in the space provided on Side B of your answer sheet. Any writing outside the space will not be graded.

TOPIC
Should online medical consultations be used more widely in Japan?

POINTS
● Access to care
● Cost
● Accuracy of diagnosis
● Privacy

I believe that online medical consultations should be used more widely in Japan. I have two reasons for this opinion: access to care and cost.

First, online consultations would make medical care more accessible. Many people living in rural areas have to travel long distances to see a doctor, and this is especially difficult for elderly patients who cannot drive. If they could talk with a doctor through a video call, they would be able to receive advice without leaving home.

Second, online consultations can reduce costs for both patients and hospitals. Patients would not have to pay for transportation or take time off work, while hospitals could see more patients with fewer staff. This would help ease the financial pressure on Japan's medical system.

In conclusion, because they improve access to care and lower costs, online medical consultations should be promoted more actively.

私は、日本でオンライン診療をもっと広く活用すべきだと考える。理由は2つあり、医療へのアクセスと費用である。

第一に、オンライン診療によって医療を受けやすくなる。地方に住む多くの人は医者にかかるために

長い距離を移動しなければならず、これは車を運転できない高齢の患者にとって特に大変だ。ビデオ通話で医者と話せれば、家から出ずに助言を受けられる。

第二に、オンライン診療は患者と病院の両方の費用を減らせる。患者は交通費を払ったり仕事を休んだりしなくて済み、病院は少ない職員でより多くの患者を診られる。これは日本の医療制度にかかる財政的な圧迫を和らげる助けになるだろう。

結論として、医療へのアクセスを改善し費用を下げるのだから、オンライン診療はもっと積極的に推進されるべきだ。

- 序論でPOINTSから選んだ2つ（Access to care／Cost）を先に宣言。読む側が「何の話が来るか」すぐわかる。
- 本論は「主張1文 → 具体的な場面（地方・車を運転できない高齢者）→ 結果」の3段構え。
- Cost は「患者側（交通費・仕事を休む）」と「病院側（少ない職員）」の2方向から書くと中身が厚くなる。
- 結論は本論の2つを because 〜 で言い換えて1文。新しい理由は足さない。

予想2（賛成）：都市の緑化

139語（120〜150）

QUESTION

● Write an essay on the given TOPIC.
● Use TWO of the POINTS below to support your answer.
● Structure: introduction, main body, and conclusion
● Suggested length: 120–150 words
● Write your essay in the space provided on Side B of your answer sheet. Any writing outside the space will not be graded.

TOPIC
Agree or disagree: Cities in Japan should create more green spaces

POINTS
● Public health
● Climate
● Cost
● Land shortage

I agree that cities in Japan should create more green spaces. I have two reasons for this view: public health and the climate.

To begin with, green spaces have a positive effect on people's physical and mental health. Parks and tree-lined streets encourage residents to walk, jog, and exercise outdoors. In addition, spending time surrounded by nature can reduce stress, which is a serious problem for many busy office workers in large cities.

Furthermore, more greenery would help cities cope with extreme summer heat. Concrete and asphalt absorb heat during the day, making urban areas much hotter than the surrounding countryside. Trees and plants, on the other hand, provide shade and cool the air, which could lower the risk of heatstroke.

For these reasons, I strongly believe that Japanese cities should make greater efforts to increase their green spaces.

私は、日本の都市は緑地をもっと増やすべきだという意見に賛成する。この考えの理由は2つあり、公衆衛生と気候である。

まず、緑地は人々の心と体の健康に良い影響を与える。公園や並木道があれば、住民は外を歩いた

り、ジョギングしたり、運動したりするようになる。さらに、自然に囲まれて過ごすことはストレスを減らしうる。ストレスは大都市で働く多忙な会社員の多くにとって深刻な問題だ。

さらに、緑が増えれば都市は夏の猛暑に対処しやすくなる。コンクリートやアスファルトは日中に熱を吸収し、都市部を周りの田園地帯よりずっと暑くしている。一方、木や植物は日陰を作り空気を冷やすので、熱中症の危険を下げられるだろう。

以上の理由から、日本の都市は緑地を増やすためにもっと努力すべきだと強く信じている。

- Agree or disagree 型は、序論を I agree that 〜 / I disagree that 〜 で始めてTOPICをそのまま言い直すのが一番安全。
- POINTSの Climate は「夏の暑さ・熱中症」と身近な話に落とすと具体例が書きやすい。
- can reduce / could lower のように助動詞で控えめに書くと、言い過ぎにならず説得力が上がる。
- To begin with → Furthermore → For these reasons と、つなぎ語で段落の役割をはっきりさせている。

予想3（反対）：ギグワーク

141語（120〜150）

QUESTION

● Write an essay on the given TOPIC.
● Use TWO of the POINTS below to support your answer.
● Structure: introduction, main body, and conclusion
● Suggested length: 120–150 words
● Write your essay in the space provided on Side B of your answer sheet. Any writing outside the space will not be graded.

TOPIC
Do the benefits of gig work outweigh its disadvantages?

POINTS
● Flexibility
● Job security
● Income
● Welfare benefits

I do not think that the benefits of gig work outweigh its disadvantages. This is because of the lack of job security and welfare benefits.

First, gig workers have little job security. Since they are paid for each task, their income can suddenly fall when demand drops or when an app changes its rules. For example, delivery workers may receive far fewer orders in quiet seasons, making it hard to plan their lives.

Second, most gig workers are not protected by the welfare benefits that regular employees receive. They are often not entitled to paid sick leave or unemployment insurance. As a result, if they become ill or injured, they may lose their only source of income.

In conclusion, although gig work offers some flexibility, I believe its disadvantages are greater because it leaves workers without stable jobs or adequate protection.

私は、ギグワークの利点が欠点を上回るとは思わない。それは、雇用の安定と福利厚生が欠けているからだ。

第一に、ギグワーカーには雇用の安定がほとんどない。仕事1件ごとに報酬が支払われるので、需要が落ちたりアプリがルールを変えたりすると、収入が急に減ることがある。例えば、配達員は閑散期には注文がずっと少なくなることがあり、生活の計画を立てるのが難しくなる。

第二に、ほとんどのギグワーカーは、正社員が受けられる福利厚生で守られていない。有給の病気休暇や失業保険を受ける権利がないことが多い。その結果、病気やけがをすると、唯一の収入源を失うおそれがある。

結論として、ギグワークにはある程度の柔軟性があるものの、安定した仕事も十分な保護も与えないため、欠点の方が大きいと私は考える。

- 「利点は欠点を上回るか」型は、序論で Yes / No をはっきり言うこと。I do not think that 〜 outweigh 〜 とTOPICの語を使って答える。
- 反対の立場でも、結論で although gig work offers some flexibility と相手側の利点を一言認めると、バランスのいい文章になる。
- For example のあとは「誰が・いつ・どうなる」まで書く（配達員・閑散期・注文が減る）。
- POINTSの Flexibility は賛成側の材料。反対で書くなら Job security と Welfare benefits の組み合わせが書きやすい。

予想4（賛成）：AIと雇用（再教育の義務化）

145語（120〜150）

QUESTION

● Write an essay on the given TOPIC.
● Use TWO of the POINTS below to support your answer.
● Structure: introduction, main body, and conclusion
● Suggested length: 120–150 words
● Write your essay in the space provided on Side B of your answer sheet. Any writing outside the space will not be graded.

TOPIC
Agree or disagree: Companies should be required to retrain employees whose jobs are replaced by AI

POINTS
● Corporate responsibility
● Cost
● Labor shortages
● Skills

I agree that companies should be required to retrain employees whose jobs are replaced by AI. I have two reasons for this view: corporate responsibility and labor shortages.

First, companies have a responsibility to their workers. Firms that introduce AI can save a lot on wages. It would be unfair if they used these savings only to increase profits while loyal employees lost their jobs. Requiring firms to provide training would ensure that the benefits of AI are shared more fairly.

Second, retraining would help Japan deal with its labor shortage. Due to the aging population, industries such as nursing care and IT are struggling to find enough workers. If employees whose tasks are automated learn new skills, they can move into these fields instead of becoming unemployed.

For these reasons, I believe companies should have a legal obligation to retrain workers affected by AI.

私は、仕事がAIに置き換えられた従業員を再教育することを企業に義務づけるべきだという意見に賛成する。この考えを支える理由は2つあり、企業の責任と人手不足である。

第一に、企業には従業員に対する責任がある。AIを導入した企業は人件費を大きく節約できる。その節約分を利益を増やすことだけに使い、長年尽くしてきた従業員が職を失うのであれば、それは不公平だろう。企業に研修の実施を義務づければ、AIの恩恵がより公平に分かち合われるようになる。

第二に、再教育は日本が人手不足に対処する助けになる。高齢化のため、介護やITなどの業界が十分な働き手を見つけられずに苦労している。仕事を自動化された従業員が新しい技能を身につければ、失業する代わりにこうした分野へ移ることができる。

以上の理由から、企業にはAIの影響を受けた働き手を再教育する法的な義務を負わせるべきだと考える。

- TOPICが長いときは、序論でそのまま言い直してOK。言い換えに時間をかけるより、立場をはっきり書く方が大事。
- Corporate responsibility は「節約した人件費 → 利益だけに使うのは不公平」と、なぜ責任があるのかを一段深く書く。loyal employees（長年尽くしてきた従業員）のような1語で感情に訴えるのも有効。
- Labor shortages は Due to the aging population と日本の背景につなげると説得力が出る。
- 結論の legal obligation は TOPIC の be required to の言い換え。同じ語のくり返しを避けられる。

予想5（反対）：宇宙開発の費用

144語（120〜150）

QUESTION

● Write an essay on the given TOPIC.
● Use TWO of the POINTS below to support your answer.
● Structure: introduction, main body, and conclusion
● Suggested length: 120–150 words
● Write your essay in the space provided on Side B of your answer sheet. Any writing outside the space will not be graded.

TOPIC
Should governments spend more money on space exploration?

POINTS
● Scientific discovery
● Cost
● Problems on Earth
● International competition

I do not think that governments should spend more money on space exploration. I have two reasons for this opinion: cost and problems on Earth.

First, space exploration is extremely expensive. A single mission to the moon or Mars can cost billions of dollars, and many projects end up far over budget. In countries like Japan, where government debt is already huge, it would be irresponsible to spend more on programs with few immediate benefits for taxpayers.

Second, there are many urgent problems on Earth that deserve more attention. For instance, climate change, poverty, and the rising cost of elderly care all require large amounts of public money. Investing in these areas would improve people's lives far more directly than sending rockets into space.

In conclusion, given its high cost and the serious issues on Earth, I believe space budgets should not be increased.

私は、各国政府が宇宙探査にもっとお金を使うべきだとは思わない。この意見の理由は2つあり、費用と地球上の問題である。

第一に、宇宙探査は非常に費用がかかる。月や火星への1回の探査で数十億ドルかかることもあり、多

くの計画は最終的に予算を大きく超えてしまう。日本のようにすでに政府の借金がとても多い国で、納税者にすぐには利益をもたらさない計画への支出を増やすのは無責任だろう。

第二に、地球上にはもっと注目されるべき差し迫った問題がたくさんある。例えば、気候変動、貧困、そして増え続ける高齢者介護の費用は、どれも多額の公的資金を必要とする。こうした分野に投資する方が、ロケットを宇宙に送るよりもずっと直接的に人々の生活を良くするだろう。

結論として、費用の高さと地球上の深刻な問題を考えると、宇宙予算は増やすべきではないと考える。

- 「もっと〜すべきか」に反対するときは should not be increased のように「増やすべきでない」と答える。「やめるべき」まで言うとTOPICからずれやすい。
- Cost は数字を作らず billions of dollars / far over budget のように規模感で書けば十分。
- Problems on Earth は For instance のあとに具体的な問題を3つ並べると、1文で中身が濃くなる。
- given 〜（〜を考えると）は結論で2つの理由をまとめるのに便利な表現。

TOPICにまっすぐ答えて、POINTSを2つ。型どおりに書けば120〜150語は自然に埋まる。

予想問題：要約（3題）

1題18分が目安。読みながら段落ごとに要点を日本語で1行メモ → 1段落＝1文で書き、最後に語数を数える。

予想1 賛否両論型：都心への乗り入れ課金

66語（60〜70）

QUESTION

● Read the article below and summarize it in your own words as far as possible in English.
● Summarize it between 60 and 70 words.
● Write your summary in the space provided on Side A of your answer sheet. Any writing outside the space will not be graded.

In many large cities around the world, traffic congestion has become a serious problem. Long traffic jams not only waste drivers' time but also increase air pollution in city centers. In some cities, drivers spend more than 100 hours a year stuck in traffic. To deal with this situation, several cities, including London and Stockholm, have introduced a system known as congestion pricing, under which drivers must pay a fee to enter the busiest parts of the city during certain hours. Similar plans are now being discussed in a number of other cities.

Supporters of congestion pricing say that it is an effective way to reduce the number of cars on the road. When people have to pay to drive into the city, many of them choose to take buses or trains instead, which leads to shorter travel times for those who still need to drive. In addition, the money collected from the fees can be used to improve public transportation, for example, by adding more bus routes or repairing aging railway lines.

However, critics argue that the system is unfair to people with lower incomes. Wealthy drivers can easily afford the fee, but for workers who depend on their cars to get to their jobs, the extra cost can be a heavy burden. Some business owners also worry that fewer shoppers will visit stores in city centers if they have to pay to drive there, which could damage the local economy.

Some cities have started charging drivers a fee to enter busy central areas in order to ease traffic congestion and air pollution. Supporters say that this encourages people to use public transportation and that the money raised can improve bus and train services. However, critics claim that the fee places a heavy burden on low-income drivers and may harm city-center businesses by discouraging shoppers from visiting.

交通渋滞と大気汚染を和らげるため、混雑した中心部に入る車に料金を課し始めた都市がある。支持する人々は、これによって人々が公共交通機関を使うようになり、集めたお金でバスや電車のサービスを改善できると言う。しかし批判的な人々は、この料金が低所得のドライバーに重い負担をかけ、買い物客を遠ざけることで中心部の店に打撃を与えるおそれがあると主張している。

- 第1段落 → 第1文（何が・なぜ）、第2段落 → Supporters の文、第3段落 → However, critics の文。1段落＝1文の基本形。

- London and Stockholm などの固有名詞、100 hours a year などの数字、for example 以下の「バス路線・古い線路」は捨てて bus and train services にまとめた。
- 言い換え例：pay a fee to enter → charging drivers a fee to enter／unfair to people with lower incomes → a heavy burden on low-income drivers／damage the local economy → harm city-center businesses。
- 自分の意見（I think など）は一切入れない。主語は supporters / critics。

予想2 問題・原因・対策型：地方の過疎化

68語（60〜70）

QUESTION

● Read the article below and summarize it in your own words as far as possible in English.
● Summarize it between 60 and 70 words.
● Write your summary in the space provided on Side A of your answer sheet. Any writing outside the space will not be graded.

Many rural communities in Japan are facing a sharp decline in population. In some villages, more than half of the residents are over 65, and schools, hospitals, and shops have closed one after another. In some cases, entire villages have been abandoned. As the number of residents falls, it becomes increasingly difficult to maintain roads, water systems, and public transportation, which in turn makes these areas even less attractive places to live.

One major reason for this trend is the lack of job opportunities. Young people who grow up in rural areas often move to large cities such as Tokyo and Osaka after finishing school, because most well-paid jobs, particularly in finance and technology, are concentrated there. In addition, traditional industries in the countryside, such as farming and fishing, are struggling, and few young people are willing to take over family businesses. Furthermore, many young people are attracted by the wider range of entertainment, shopping, and educational opportunities that big cities offer.

To reverse this trend, some local governments have introduced creative programs. Several towns offer financial support to families who move there from cities, and some even provide empty houses at very low rents. Others are working with companies to set up satellite offices so that employees can work remotely while enjoying a quieter lifestyle in the countryside. Although these efforts have not solved the problem completely, a few towns have seen their populations stabilize.

Many rural areas in Japan are losing population, which makes it hard to keep essential services and infrastructure running. This is mainly because young people leave for big cities, where most good jobs as well as more entertainment and educational opportunities are found. To deal with this problem, some towns are offering financial aid and cheap housing to newcomers and attracting companies that allow employees to work remotely.

日本の多くの地方では人口が減っており、そのために欠かせないサービスやインフラを維持するのが難しくなっている。これは主に、良い仕事の多くや、より多くの娯楽・教育の機会がある大都市へ若者が出ていくためだ。この問題に対処するため、移住者に資金援助や安い住宅を提供したり、従業員がリモートで働ける企業を誘致したりしている町もある。

- 問題（人口減でサービス維持が困難）→ 原因（仕事・娯楽を求めて若者が都市へ）→ 対策（支援金・安い家・企業誘致）の型。
- schools, hospitals, and shops／roads, water systems, and public transportation のような具体物の列挙は essential services and infrastructure と上位語でまとめる。
- 「対策の成果」（数町で人口が安定）は語数が足りないときだけ足す情報。60〜70語に収まるなら削ってOK。
- Tokyo and Osaka、finance and technology、over 65 などの細かい情報は入れない。

予想3 取り組み・利点・課題型：垂直農法

65語（60〜70）

QUESTION

● Read the article below and summarize it in your own words as far as possible in English.
● Summarize it between 60 and 70 words.
● Write your summary in the space provided on Side A of your answer sheet. Any writing outside the space will not be graded.

As the world's population continues to grow, ensuring a stable food supply has become a major concern. According to the United Nations, the global population could approach 10 billion by 2050. Climate change is making droughts and floods more frequent, and farmland in many regions is being lost to urban development. In response, a growing number of companies have begun investing in vertical farming, a method in which crops such as lettuce and herbs are grown indoors on shelves stacked from floor to ceiling.

Vertical farms offer several advantages over traditional agriculture. Because the crops are grown in a controlled environment, they are not affected by bad weather, and they can be harvested throughout the year. Moreover, these farms use far less water than conventional fields, and since insects cannot easily get inside, there is little need for pesticides. Some vertical farms are even built in city centers, allowing fresh vegetables to reach consumers within hours of being picked.

Despite these benefits, vertical farming faces significant challenges. The LED lights and air-conditioning systems that the farms depend on consume large amounts of electricity, which makes the vegetables far more expensive to produce than those grown in fields. In fact, several vertical farming companies have gone out of business in recent years. Furthermore, the method is currently only suitable for small, fast-growing plants, and staple crops such as rice and wheat cannot yet be grown profitably in this way.

To secure food supplies amid climate change and the loss of farmland, some companies are growing crops indoors on stacked shelves. This method enables year-round harvests unaffected by the weather, requires little water or pesticide, and can supply city residents with very fresh produce. However, high electricity costs make production expensive, and at present, only certain small crops can be grown profitably in this way.

気候変動と農地の減少の中で食料供給を確保するため、積み重ねた棚で屋内で作物を育てている企業がある。この方法なら天候に左右されず一年中収穫でき、水や農薬をほとんど必要とせず、都市の住民にとても新鮮な農産物を届けられる。しかし、電気代が高いため生産費がかさみ、今のところこの方法で採算が取れるのは一部の小さな作物に限られている。

- 第1段落の「背景（食料不安）＋取り組みの定義」を、To secure 〜 で始まる1文にまとめた。vertical farming という名前を出さず「何をしているか」で書くのも言い換えの1つ。
- 利点が4つある第2段落は、enables 〜, requires 〜, and can supply 〜 と動詞3つの並列で1文に圧縮。
- In fact, 〜 gone out of business は「高コスト」の具体例なので捨てる。rice and wheat も only certain small crops に吸収。
- 第3段落の Despite these benefits は However で受ける。逆接の位置を本文とそろえると構成点が安定する。

要約は「捨てる勇気」。例と数字を捨てれば、60〜70語に必ず収まる。

🎯 予想問題：大問1 ミニ模試（20問）

空所の前後にある「言い換え」や「逆接・因果」の合図を探してから選択肢を見る。知らない語は消去法で残った方を選んで次へ。

単語（1〜15）

Q1. The scientist's theory was initially met with skepticism, but new evidence has since ( ) her claims.

① vindicated ② alleviated ③ renounced ④ obstructed

Q2. The politician's answer was so ( ) that nobody in the audience could tell whether he supported the plan or not.

① candid ② tenacious ③ equivocal ④ frugal

Q3. Mika had been ( ) about her chances of passing the exam, so she was greatly relieved when she saw her name on the list.

① exuberant ② apprehensive ③ gullible ④ lenient

Q4. The new manager tried to ( ) the tension between the two departments by organizing a joint project.

① instigate ② embellish ③ forfeit ④ defuse

Q5. Due to a ( ) of rain this summer, farmers in the region have lost much of their rice crop.

① remnant ② pinnacle ③ dearth ④ facade

Q6. The plan to build a waste disposal facility near the elementary school was met with such fierce opposition that the city eventually ( ) it.

① shelved ② ratified ③ endorsed ④ hoarded

Q7. The detective noticed a ( ) in the suspect's story: he said he had been at home all evening, but his car was seen downtown.

① proximity ② prerogative ③ affinity ④ discrepancy

Q8. The athlete's ( ) training schedule left her little time for friends or hobbies.

① lucrative ② grueling ③ dormant ④ benign

Q9. The company has been ( ) with complaints since it raised its prices without any warning.

① inundated ② exempted ③ reconciled ④ cultivated

Q10. A: Did you hear that Tom quit his job to travel around the world?
B: Yes. It was a rather ( ) decision. He didn't even discuss it with his family.

① unanimous ② obsolete ③ impulsive ④ spacious

Q11. Although the medicine can ( ) the symptoms of the disease, it cannot cure the disease itself.

① exacerbate ② speculate ③ nominate ④ alleviate

Q12. Remarkably, the ancient vase was found ( ), without a single crack, even though it had been buried for over 2,000 years.

① obscure ② intact ③ tentative ④ vulnerable

Q13. To encourage companies to hire more young people, the government introduced new ( ), such as tax breaks and training subsidies.

① deficits ② verdicts ③ incentives ④ ailments

Q14. The professor is known for her ( ) research. She checks every source and repeats each experiment several times.

① meticulous ② haphazard ③ ostentatious ④ gregarious

Q15. The witness's account ( ) the defendant's claim that he had been out of the country at the time of the crime.

① fabricated ② contaminated ③ abbreviated ④ corroborated

句動詞（16〜20）

Q1. The outdoor concert was ( ) because of the approaching typhoon, and the organizers promised to refund all tickets.

① taken in ② called off ③ brought about ④ set aside

Q2. Ken had to ( ) his savings to pay for the unexpected car repairs.

① look up to ② make up for ③ get away with ④ dip into

Q3. Further investigation ( ) the theory that the fire had been caused by an electrical fault.

① bore out ② gave in ③ ran over ④ fell apart

Q4. After working overtime every day for months, Satoshi began to ( ) and had to take a few weeks off.

① show off ② burn out ③ chip in ④ drop by

Q5. The government has promised to ( ) on illegal dumping by greatly increasing fines.

① hold back ② fill in ③ crack down ④ cut off

予想問題：言い換えクイズ（10問）

ひっかけは「本文の単語をそのまま使った選択肢」と「意味を言い過ぎた選択肢」。正解は**易しい語で同じ意味**を言っている。

本文 → 選択肢の言い換え

Q1. 本文：The city council decided to put the project on hold.
→ 選択肢ではどう言い換えられる？

① The council canceled the project permanently.　② The council postponed the project.　③ The council approved the project.　④ The council expanded the project.

Q2. 本文：Sales of the product plummeted after the scandal.
→ 選択肢ではどう言い換えられる？

① Sales rose steadily.　② Sales remained stable.　③ Sales recovered gradually.　④ Sales dropped sharply.

Q3. 本文：The new policy has drawn criticism from local residents.
→ 選択肢ではどう言い換えられる？

① Some people living in the area have objected to it.　② Local residents have praised it.　③ It was created by local residents.　④ Local residents have not heard of it.

Q4. 本文：The researchers were unable to replicate the original findings.
→ 選択肢ではどう言い換えられる？

① They proved the original findings correct.　② They refused to publish their results.　③ They could not get the same results again.　④ They copied the original study's data.

Q5. 本文：Admission is free of charge for visitors under the age of 12.
→ 選択肢ではどう言い換えられる？

① Children must be accompanied by an adult.　② Children can enter without paying.　③ Only adults have to book in advance.　④ Children receive a free gift.

Q6. 本文：The company is struggling to retain young employees.
→ 選択肢ではどう言い換えられる？

① Many young workers leave the company.　② The company cannot find young applicants.　③ The company plans to hire more young people.　④ Young employees are being promoted quickly.

Q7. 本文：The falling birth rate has put a strain on the pension system.
→ 選択肢ではどう言い換えられる？

① The pension system has encouraged people to have more children.　② Pensions have been increased because of the birth rate.　③ The birth rate is rising thanks to the pension system.　④ Fewer births are making it harder to fund pensions.

Q8. 本文：The museum was forced to scale back its opening hours.
→ 選択肢ではどう言い換えられる？

① The museum decided to stay open longer.　② The museum moved to a larger building.　③ The museum had to reduce the time it stays open.　④ The museum closed down permanently.

Q9. 本文：The new drug is not without side effects.
→ 選択肢ではどう言い換えられる？

① It can cause some unwanted effects.　② It has no side effects at all.　③ It is more effective than older drugs.　④ It cannot be used without a prescription.

Q10. 本文：The proposal was met with widespread skepticism.
→ 選択肢ではどう言い換えられる？

① Most people strongly supported it.　② Only experts were allowed to discuss it.　③ It was quickly put into practice.　④ Many people doubted that it would work.

予想：リスニングの場面・質問・ひっかけ

★ 放送前に「場面」と「聞かれそうなこと」を決めておく
準1級のリスニングは全部1回だけ。選択肢から場面と質問を先に予想しておけば、聞くべき1文がわかる。Real-Life は Situation の条件に線を引いてから聞く。

パート	よく出る場面	よく出る質問の形
Part 1 会話	職場の同僚（締め切り・異動・会議の変更）、夫婦・家族（引っ越し・子どもの進路・家計）、店・病院・役所の窓口	What will the man probably do next? ／ What does the woman imply? ／ What is the couple's problem?
Part 2 説明文	生物・自然科学、歴史上の人物や発明、テクノロジー、社会問題、健康・医学	What is one thing we learn about ～? ／ What did researchers find? ／ Why did ～?
Part 3 Real-Life	空港・駅のアナウンス、店員の商品説明、留守番電話、ツアーガイド、上司や担当者の指示	What should you do first? ／ Which ～ should you choose? ／ Where should you go?

罠 **最初に出た候補**
Real-Life で最初に条件に合いそうなものが出ても、but / unfortunately で消されることが多い。最後まで聞いて決める。

> The Pixa 200 is our cheapest model, but its ink is expensive.

罠 **昔の説・ふだんのやり方**
used to / originally / for many years, people believed / normally の後ろは「今は違う」の前ふり。答えはそのあと。

罠 **同じ単語がそのまま出る選択肢**
放送の語をそのまま含む選択肢はひっかけのことが多い。正解はたいてい言い換えになっている。

罠 **Situation の条件の見落とし**
予算・時間・同伴者・入社時期など、Situation の条件が1つでも合わない選択肢は消す。

罠 **提案への返事**

会話の That's a good idea, but ～ は断り。Good point. I'll do that は受け入れ。次の行動は返事で決まる。

この合図が来たら、すぐ後ろが答え

However, if you need to arrive tonight, there's another option.
ただし、今夜中に着く必要があるなら別の方法があります。
if you ～ は「あなたの条件」なら答え

Unfortunately, that model is out of stock.
あいにく、そのモデルは在庫切れです。
直前の候補が消える

Actually, the meeting has been moved to Friday.
実は、会議は金曜日に変更になりました。
訂正・予定変更

In that case, you should talk to the staff at Gate 12 first.
その場合は、まず12番ゲートの係員に話してください。
条件に合う人への指示

Recent studies suggest that this is not the whole story.
最近の研究では、それがすべてではないと示されています。
Part 2 の新説の合図

合図を聞き取る練習（5問）

Q1.【Real-Life】Situation：あなたは在宅勤務用のプリンターを買いたい。印刷はほとんどカラーで、インク代などのランニングコストを抑えたい。
Question：Which printer should you buy?
Script："The Pixa 200 is our cheapest model, but its ink cartridges are quite expensive. The Nova Jet prints very quickly, but it's designed for large offices. The Clara X has a refillable ink tank, so it's very economical, although it only prints in black and white. If color matters to you, the Clara XC uses the same refillable system and prints in full color. It costs a bit more upfront, though."

① The Pixa 200.　② The Nova Jet.　③ The Clara XC.　④ The Clara X.

Q2.【Real-Life】Situation：あなたの乗る Northfield 行きの便が欠航した。どうしても今夜中に Northfield に着きたい。
Question：What should you do?
Script："Passengers on Flight 208 to Northfield, we apologize for the cancellation. You may rebook on tomorrow's first flight at the service counter. Unfortunately, all of

tonight's other flights to Northfield are full. However, if you need to arrive tonight, there's a 7 p.m. flight to Easton, a nearby airport, and a free shuttle bus will take you to Northfield. Please speak to a staff member at Gate 12 for this option."

① Go to the service counter.　② Go to Gate 12.　③ Wait for tomorrow's first flight.　④ Call the airline's reservation center.

Q3.【Part 1 会話】
W: Did you finish the sales report for tomorrow's meeting?
M: Almost. I just need the figures from the Osaka branch, but they haven't sent them yet.
W: Actually, the meeting's been moved to Friday, so there's no rush. But you might want to call Osaka anyway. They're often slow to reply.
M: Good point. I'll do that right after lunch.
Question：What will the man probably do?

① Present the report tomorrow.　② Ask to change the meeting date.　③ Finish the report without the figures.　④ Contact the Osaka branch.

Q4.【Part 2 説明文】
Script："For a long time, many scientists believed that the main purpose of sleep in animals was to save energy. However, recent studies on mice suggest that sleep also plays an important role in cleaning the brain. During sleep, fluid flows through the brain more easily, washing away waste products that build up while the animals are awake."
Question：What do recent studies suggest about sleep?

① It helps the brain get rid of waste.　② It mainly helps animals save energy.　③ It is less important for mice than for humans.　④ It causes waste to build up in the brain.

Q5.【Real-Life】Situation：あなたは入社2か月の新入社員。来週1日休みを取りたい。上司が次のように説明する。
Question：What should you do first?
Script："To request a day off, you'll use the HR portal. Normally, you'd just fill in the online form and send it to me. But since you joined less than three months ago, the system won't let you submit it yet. In that case, get a paper form from Ms. Tanaka in HR first. Once I sign it, she'll enter it into the system for you."

① Fill in the online form.　② Send an email to your manager.　③ Get a paper form from Ms. Tanaka.　④ Ask HR to give you system access.

予想問題：二次面接 問題カード2枚

本番と同じ形の問題カード2枚。考える1分は時間を計って、声に出して2分で通そう。カードの絵は文字で描写してあるので、頭の中で4コマを思い浮かべてから話す。

問題カード1：A Bakery Goes Online

You have one minute to prepare. This is a story about a woman and her husband who ran a bakery. You have two minutes to narrate the story. Your story should begin with the following sentence.

A Bakery Goes Online

最初の文

One day, a woman and her husband were talking about their bakery.

1コマ目

夫婦で経営する小さなパン屋。客のいない店内で、女性がレジ横で右肩下がりの売上グラフを見ながら、夫に話しかけている。夫は腕を組んで考えている。

Why don't we start selling our bread online?

A few weeks later

店の奥の作業台。女性がスマホでパンの写真を撮り、夫はノートパソコンで「Sakura Bakery Online Shop」というページを作っている。

The next month

作業台に注文票の束と段ボール箱が山積み。夫婦が忙しそうにパンを箱に詰め、配送業者の男性が台車で箱を運び出している。女性は満足そうな笑顔。

A few days later

女性がタブレットでショップのレビューを見て困った顔。画面には星1つのレビュー「The bread arrived crushed.」「It was stale when it got here.」。夫も横で頭を抱えている。

カード1 ナレーション模範解答

One day, a woman and her husband were talking about their bakery. There were no customers in the shop, and the woman was looking at a chart which showed that their sales were falling. She said to her husband, "Why don't we start selling our bread online?" A few weeks later, they were preparing to open an online shop. The woman was taking photos of their bread with her smartphone, and her husband was creating a website on his laptop. The next month, their online shop had become very popular. The couple were busy packing bread into boxes, and a delivery worker was carrying the boxes out of the shop. The woman looked very pleased with the results. A few days later, however, the woman was reading reviews of their shop on her tablet. Some customers had complained that the bread had arrived crushed and that it was stale. The couple were shocked to see the negative comments.

ある日、女性と夫が自分たちのパン屋について話していました。店には客がおらず、女性は売上が落ちていることを示すグラフを見ていました。彼女は夫に「パンをネットで売り始めない？」と言いました。数週間後、2人はオンラインショップを開く準備をしていました。女性はスマホでパンの写真を撮り、夫はノートパソコンでウェブサイトを作っていました。翌月、オンラインショップはとても人気になっていました。夫婦はパンを箱に詰めるのに忙しく、配送業者が箱を店から運び出していました。女性は結果にとても満足しているようでした。ところが数日後、女性はタブレットで店のレビューを読んでいました。パンがつぶれて届いた、古くなっていたと苦情を書いた客がいたのです。夫婦は否定的なコメントを見てショックを受けました。

- 最初の文はカードのとおりに読む。そのあと各コマを2文前後で、すべて過去形（進行形 was ～ing を混ぜると場面が見える）。
- コマの間の語句（A few weeks later など）は省略せず、各コマの1文目の頭で必ず言う。
- 吹き出しのセリフは He/She said to ～, "…" で直接話法のまま入れる。
- 2コマ目のように動作が2つあるときは A was ～ing, and B was ～ing でつなぐと自然。

カード1 No.1

QUESTION

Please look at the fourth picture. If you were the woman, what would you be thinking?

I'd be thinking, "We focused too much on increasing our sales and didn't pay enough attention to packaging. We should use stronger boxes and only ship bread that stays fresh for a few days."

「売上を伸ばすことばかりに気を取られて、梱包に十分注意を払っていなかった。もっと丈夫な箱を使って、数日間新鮮さが保てるパンだけを発送すべきだ」と考えていると思います。

- I'd be thinking, "…" で始め、中は現在形で心の声を言う。反省（should have / didn't）＋次の一手（We should ～）の2文が型。

カード1 No.2

QUESTION

Do you think small shops can compete with large online companies?

Yes, I think so. Small shops can offer unique products and personal service that large companies cannot provide. For example, a local bakery can remember its regular customers' favorite items. Also, social media allows small businesses to advertise their products cheaply.

はい、そう思います。小さな店は、大企業には提供できない独自の商品や個別のサービスを提供できます。例えば、地元のパン屋は常連客の好きな商品を覚えておけます。また、SNSのおかげで小さな店も安く商品を宣伝できます。

- Yes / No → 理由 → 具体例 の3文以上。時間に余裕があれば Also, で理由をもう1つ足すと情報量が増える。

カード1 No.3

QUESTION

Are online reviews a reliable way to choose products?

No, I don't think so. Some companies pay people to write positive reviews, and some customers write negative ones just because they were in a bad mood. It's better to compare information from several sources, such as friends' opinions and professional reviews.

いいえ、そうは思いません。お金を払って良いレビューを書かせる会社もありますし、ただ機嫌が悪かったという理由で悪いレビューを書く客もいます。友人の意見や専門家のレビューなど、いくつかの情報源を比べる方がよいです。

- No のときは「代わりにどうするべきか」を最後に1文足すと、答えが前向きにまとまる。

カード1 No.4

QUESTION

Should companies do more to reduce packaging waste from online shopping?

Yes, I think they should. Online shopping has created a huge amount of cardboard and plastic waste. Companies could use recyclable materials and avoid putting small items in large boxes. If the government gave tax benefits to eco-friendly companies, more businesses would take action.

はい、そうすべきだと思います。ネット通販は大量の段ボールやプラスチックのごみを生んでいます。企業はリサイクルできる素材を使ったり、小さな商品を大きな箱に入れないようにしたりできます。政府が環境に優しい企業に税の優遇を与えれば、もっと多くの企業が行動するでしょう。

- No.4 は社会全体の話。企業・政府・個人の「誰が何をするか」まで言えると説得力が上がる。

問題カード2：Learning to Use a Smartphone

You have one minute to prepare. This is a story about a university student and his grandmother. You have two minutes to narrate the story. Your story should begin with the following sentence.

Learning to Use a Smartphone

最初の文

One day, a university student was visiting his grandmother.

1コマ目

祖母の家の居間。祖母が新しいスマホを手に困った顔をしている。テーブルの上にはスマホの箱と分厚い説明書。大学生の孫が隣に座って話しかけている。

I'll show you how to use it, Grandma.

The next weekend

孫が祖母にスマホの使い方を教えている。画面にはビデオ通話のアプリ。祖母はノートにメモを取りながら真剣に聞いている。

A few weeks later

祖母がスマホで遠くに住む小さな孫娘とビデオ通話をして、楽しそうに手を振っている。テーブルの上には、ネットスーパーで届いた食料品の袋。

A month later

孫が再び訪ねると、祖母がうれしそうにスマホの画面を見せてくる。画面には「Congratulations! You have won 1,000,000 yen! Click here to enter your bank details.」。孫は驚いて心配そうな顔。

カード2 ナレーション模範解答

One day, a university student was visiting his grandmother. She had just bought a new smartphone, but she looked confused because she did not know how to use it. The student said to her, "I'll show you how to use it, Grandma." The next weekend, he was teaching her how to make video calls. She was listening carefully and taking notes in a notebook. A few weeks later, the grandmother was enjoying a video call with her granddaughter, who lived far away. She had also started buying groceries online. A month later, the student visited his grandmother again. She happily showed him a message on her smartphone. It said that she had won one million yen, and it asked her to enter her bank details. The student was worried because he realized that the message was a scam.

ある日、大学生が祖母を訪ねていました。祖母は新しいスマホを買ったばかりでしたが、使い方がわからず困っている様子でした。大学生は「使い方を教えてあげるよ、おばあちゃん」と言いました。翌週末、彼は祖母にビデオ通話のかけ方を教えていました。祖母は注意深く聞きながらノートにメモを取っていました。数週間後、祖母は遠くに住む孫娘とのビデオ通話を楽しんでいました。ネットで食料品を買うことも始めていました。1か月後、大学生は再び祖母を訪ねました。祖母はうれしそうにスマホのメッセージを見せました。そこには100万円が当たったと書かれていて、銀行口座の情報を入力するよう求めていました。大学生はそれが詐欺だと気づいて心配になりました。

- 最初の文はカードのとおりに読む。そのあと各コマを2文前後で、すべて過去形（進行形 was 〜ing を混ぜると場面が見える）。
- コマの間の語句（A few weeks later など）は省略せず、各コマの1文目の頭で必ず言う。
- 3コマ目は「ビデオ通話」と「食料品の袋」の2つを拾う。had also started 〜 で「すでに始めていた」と過去完了を使うと自然。
- 4コマ目は「何が起きたか」＋「人物の気持ち（shocked / worried など）」で締める。

カード2 No.1

QUESTION

Please look at the fourth picture. If you were the student, what would you be thinking?

I'd be thinking, "I taught her how to use the phone, but I forgot to warn her about online scams. I need to tell her right away that she should never click on links like this or give anyone her bank details."

「スマホの使い方は教えたけれど、ネット詐欺について注意するのを忘れていた。こういうリンクは絶対にクリックしないこと、誰にも口座情報を教えないことを、すぐに伝えないと」と考えていると思います。

- 4コマ目の「心配そうな顔」の理由を言葉にする。I forgot to ～（反省）＋I need to ～（今すぐやること）。

カード2 No.2

QUESTION

Should elderly people be encouraged to use smartphones?

Yes, I think so. Smartphones allow elderly people to stay in touch with their families and use services like online shopping. This is especially helpful for people who live alone or have difficulty going out. Local communities should offer free classes for seniors.

はい、そう思います。スマホがあれば、高齢者は家族と連絡を取り合ったり、ネットショッピングなどのサービスを使ったりできます。これは一人暮らしの人や外出が難しい人には特に役立ちます。地域は高齢者向けの無料講座を開くべきです。

- especially helpful for ～（～には特に役立つ）は「誰にとって」を具体的にできる便利な形。

カード2 No.3

QUESTION

Do you think online fraud will become a bigger problem in the future?

Yes, I'm afraid so. Criminals are now using AI to create fake messages and even fake voices that seem very real. As more people manage their money online, there will be more chances for fraud. Everyone needs to learn how to protect themselves.

はい、残念ながらそう思います。犯罪者は今やAIを使って、本物そっくりの偽のメッセージや偽の音声まで作っています。ネットでお金を管理する人が増えるほど、詐欺の機会も増えるでしょう。誰もが身を守る方法を学ぶ必要があります。

- 悪いことに Yes と言うときは Yes, I'm afraid so. が自然。

カード2 No.4

QUESTION

Should the government make all of its services available online?

Yes, I think so. Online services would save people time because they would not have to visit city offices during working hours. They would also reduce paperwork and costs for the government. However, it's important to keep some offices open for people who aren't comfortable with technology.

はい、そう思います。オンラインのサービスなら、勤務時間中に役所へ行かなくて済むので時間の節約になります。また、政府の書類仕事や費用も減らせます。ただし、技術に慣れていない人のために、一部の窓口は開けておくことが大切です。

- Yes と言いつつ However で弱者への配慮を一言足すと、バランスのいい「社会派」の答えになる。

💻 予想問題：S-CBT スピーキング1セット

★ 問題の形は従来型と同じ。違うのは「録音」だけ
準1級のS-CBTスピーキングも、4コマのナレーション（準備1分・話す2分）＋ No.1〜4。相手は画面とヘッドセット。時間が来ると自動で次へ進むので、沈黙は録音にそのまま残る。

1 最初の1語を決めてから録音を待つ
質問が流れたら、Yes / No を先に決める。マイクのアイコンが録音中になったらすぐ結論から話し始める。

> Yes, I think so. / No, I don't think so.

2 声は普段より少し大きめ
周りの受験者の声も聞こえる環境。つられて小声にならないよう、口を大きく開けてはっきり。

3 質問ごとの制限時間を意識
1問40秒前後という受験者報告が多い（画面の指示が最優先）。結論 → 理由 → 例の3文を30秒で言い切るつもりで。

4 ナレーションは時間の語句で区切る
2分の中で4コマを言い切るのが最優先。1コマ25秒の目安で、時間の語句を言ったら次のコマへ進む。

5 言い直しは1回だけ
言い間違えたら Sorry, I mean 〜 で1回だけ直して先へ進む。何度もやり直すと時間切れになる。

S-CBT予想 問題カード：Commuting by Bicycle

You have one minute to prepare. This is a story about a man who commuted to work. You have two minutes to narrate the story. Your story should begin with the following sentence.

Commuting by Bicycle

最初の文

One day, a man was driving to work.

1コマ目

朝の大渋滞。車の中の男性が腕時計を見てイライラしている。すぐ横の自転車レーンを、自転車に乗った人たちがすいすい追い越していく。男性の頭の上の雲形の吹き出しには、自転車で通勤する自分の姿。

That weekend

自転車店。男性が店員と話しながら、通勤用の自転車とヘルメットを選んでいる。値札には「Sale 20% off」。

The next week

男性が自転車で会社に到着し、さわやかな笑顔。駐輪場で同僚たちが感心した様子で彼の自転車を見ている。

A few days later

自転車レーンが途中で終わり、男性は狭い車道を走っている。すぐ横を大型トラックがかすめるように通り過ぎ、男性はこわばった顔でハンドルを握りしめている。

ナレーション模範解答

One day, a man was driving to work. He was stuck in a traffic jam, and he was worried that he would be late. Some people on bicycles were passing his car, and he imagined himself riding a bicycle to work. That weekend, he went to a bicycle shop. He was talking with a salesclerk and choosing a bicycle and a helmet, which were on sale. He seemed excited about starting to cycle to work. The next week, the man arrived at his office by bicycle. He looked refreshed, and some of his colleagues seemed impressed by his new bicycle. He felt that he had made the right decision. A few days later, however, the man was riding on a narrow road because the bicycle lane had ended. A large truck was passing very close to him, and he was frightened.

ある日、男性が車で通勤していました。渋滞にはまってしまい、遅刻するのではないかと心配していました。自転車に乗った人たちが彼の車を追い越していき、彼は自転車で通勤する自分の姿を思い浮かべました。その週末、彼は自転車店に行きました。店員と話しながら、セール中の自転車とヘルメットを選んでいました。自転車通勤を始めるのを楽しみにしているようでした。翌週、男性は自転車で会社に到着しました。すっきりした様子で、同僚の何人かは彼の新しい自転車に感心しているようでした。彼は正しい決断をしたと感じました。ところが数日後、自転車レーンが途中で終わってしまったため、男性は狭い道路を走っていました。大型トラックがすぐ近くを通り過ぎ、彼は怖い思いをしました。

- 1コマ目の雲形の吹き出しは「頭の中で想像した」→ he imagined himself ～ing で言える。
- 2コマ目の値札（セール）は which were on sale と関係代名詞で一言添えるだけでOK。
- 4コマ目の「レーンが終わっていた」は had ended（過去完了）。言えなければ There was no bicycle lane. でも十分伝わる。
- 2・3コマ目の最後の文（He seemed excited ～／He felt that ～）のように、絵にない気持ちを1文足すと情報量が増える。

No.1

QUESTION

Please look at the fourth picture. If you were the man, what would you be thinking?

I'd be thinking, "This road is too dangerous for cyclists. I should look for a safer route, even if it takes a little longer. Maybe I should also ask the city to extend the bicycle lane."

「この道は自転車には危なすぎる。少し時間がかかっても、もっと安全な道を探すべきだ。市に自転車レーンを延ばしてほしいと頼むのもいいかもしれない」と考えていると思います。

- 録音式でも型は同じ。I'd be thinking, に続けて心の声を2〜3文。

No.2

QUESTION

Do you think more people will commute by bicycle in the future?

Yes, I think so. Many people are becoming more health-conscious, and cycling is a good way to get exercise while commuting. Also, electric bicycles make it much easier to ride up hills or travel long distances.

はい、そう思います。健康を意識する人が増えていて、自転車は通勤しながら運動できる良い方法です。また、電動自転車なら坂道や長距離の移動もずっと楽になります。

- Also で理由を2つ目につなぐと、制限時間内でも情報量が確保できる。

No.3

QUESTION

Should cities spend more money on bicycle lanes?

Yes, they should. In many Japanese cities, cyclists have to share narrow roads with cars or ride on sidewalks, which is dangerous for both cyclists and pedestrians. Separate bicycle lanes would reduce accidents and encourage more people to cycle.

はい、そうすべきです。日本の多くの都市では、自転車は狭い道を車と共有するか歩道を走るしかなく、自転車にも歩行者にも危険です。専用の自転車レーンがあれば事故が減り、自転車に乗る人も増えるでしょう。

- Should ～? には Yes, they should. / No, they shouldn't. と主語を合わせて答えると引き締まる。

No.4

QUESTION

Should the government raise taxes on gasoline to reduce car use?

No, I don't think so. In rural areas, public transportation is limited, so many people have no choice but to drive. Higher gasoline taxes would be a heavy burden on them. Instead, the government should support electric vehicles and improve public transportation.

いいえ、そうは思いません。地方では公共交通機関が限られているので、多くの人は車を使うしかありません。ガソリン税を上げれば、そうした人たちに重い負担がかかります。代わりに、政府は電気自動車を支援し、公共交通機関を充実させるべきです。

- No で答えたら Instead, ～ should で代わりの案を出す。反対だけで終わらないのがコツ。

S-CBT 本番前の確認 0/4

- [ ] 公式の体験版でスピーキング画面の操作を一度触った
- [ ] ナレーションを時間を計って2分で通した
- [ ] No.1 の型 I'd be thinking, "…" がすぐ出る
- [ ] No.2～4 を Yes/No → 理由 → 例の3文で30秒以内に言える

クイズの解答・解説

単語（1〜15）

- Q1：① **vindicated**　vindicate＝（正しさを）立証する。alleviate＝和らげる、renounce＝放棄する、obstruct＝妨げる。but で「疑われた → 正しいと証明された」の流れ。
- Q2：③ **equivocal**　equivocal＝あいまいな、どっちつかずの。candid＝率直な、tenacious＝粘り強い、frugal＝倹約的な。so 〜 that「賛成か反対かわからない」がヒント。
- Q3：② **apprehensive**　apprehensive＝不安な、心配な。exuberant＝元気いっぱいの、gullible＝だまされやすい、lenient＝寛大な。relieved（ほっとした）と対になる語を選ぶ。
- Q4：④ **defuse**　defuse＝（緊張・危機を）和らげる。instigate＝扇動する、embellish＝飾り立てる、forfeit＝（権利を）失う。the tension との組み合わせが決め手。
- Q5：③ **dearth**　dearth＝不足、欠乏（a dearth of 〜）。remnant＝残り、pinnacle＝頂点、facade＝（建物の）正面、見せかけ。
- Q6：① **shelved**　shelve＝（計画を）棚上げにする。ratify＝批准する、endorse＝支持する、hoard＝ため込む。such 〜 that「激しい反対 → 棚上げ」。
- Q7：④ **discrepancy**　discrepancy＝食い違い、矛盾。proximity＝近いこと、prerogative＝特権、affinity＝親近感。コロンの後ろが「話の食い違い」の中身。
- Q8：② **grueling**　grueling＝へとへとにさせる、過酷な。lucrative＝もうかる、dormant＝休止中の、benign＝良性の、優しい。
- Q9：① **inundated**　be inundated with 〜＝〜が殺到する。exempt＝免除する、reconcile＝和解させる、cultivate＝耕す、育てる。
- Q10：③ **impulsive**　impulsive＝衝動的な。unanimous＝満場一致の、obsolete＝時代遅れの、spacious＝広々とした。「家族にも相談せず」がヒント。
- Q11：④ **alleviate**　alleviate＝（苦痛・症状を）和らげる。exacerbate＝悪化させる、speculate＝推測する、nominate＝指名する。Although「症状は和らげるが治せない」。
- Q12：② **intact**　intact＝無傷の、完全なままの。obscure＝はっきりしない、tentative＝仮の、vulnerable＝弱い、傷つきやすい。without a single crack が言い換え。
- Q13：③ **incentives**　incentive＝奨励策、動機づけ。deficit＝赤字、verdict＝評決、ailment＝病気。such as 以下（減税・補助金）が具体例。
- Q14：① **meticulous**　meticulous＝細心の、きわめて注意深い。haphazard＝無計画な、ostentatious＝見せびらかす、gregarious＝社交的な。後ろの文が言い換え。

- Q15：④ **corroborated**　corroborate＝（証言・主張を）裏づける。fabricate＝でっちあげる、contaminate＝汚染する、abbreviate＝省略する。

句動詞（16〜20）

- Q1：② **called off**　call off＝中止する。take in＝だます・理解する、bring about＝引き起こす、set aside＝取っておく。refund（払い戻し）がヒント。
- Q2：④ **dip into**　dip into＝（蓄えに）手をつける。look up to＝尊敬する、make up for＝埋め合わせる、get away with＝（罰を受けずに）やり過ごす。
- Q3：① **bore out**　bear out＝（説・主張を）裏づける（bore は bear の過去形）。give in＝屈する、run over＝ひく・超過する、fall apart＝崩壊する。
- Q4：② **burn out**　burn out＝燃え尽きる、疲れ果てる。show off＝見せびらかす、chip in＝お金を出し合う、drop by＝立ち寄る。
- Q5：③ **crack down**　crack down on 〜＝〜を厳しく取り締まる。hold back＝控える、fill in＝記入する・代理を務める、cut off＝切断する。後ろの on と fines（罰金）がヒント。

本文 → 選択肢の言い換え

- Q1：② **The council postponed the project.**　put 〜 on hold＝保留にする＝postpone。「永久に中止」まで言うと言い過ぎ。
- Q2：④ **Sales dropped sharply.**　plummet＝急落する＝drop sharply。準1級は難しい動詞を易しい「動詞＋副詞」で言い換えるパターンが多い。
- Q3：① **Some people living in the area have objected to it.**　draw criticism＝批判を招く＝object to。local residents → people living in the area と主語も言い換えられる。
- Q4：③ **They could not get the same results again.**　replicate＝再現する。copy に引っぱられないこと。「同じ結果をもう一度得られなかった」が正解。
- Q5：② **Children can enter without paying.**　admission＝入場、free of charge＝無料 → enter without paying。under the age of 12 は children に。
- Q6：① **Many young workers leave the company.**　retain＝（人を）引き留める。「採用できない（recruit）」とのすり替えがひっかけ。辞めてしまう＝leave が正解。
- Q7：④ **Fewer births are making it harder to fund pensions.**　put a strain on 〜＝〜に負担をかける → make it harder to 〜。因果の向き（少子化 → 年金が苦しい）を逆にした選択肢に注意。
- Q8：③ **The museum had to reduce the time it stays open.**　scale back＝縮小する＝reduce。be forced to → had to。close down permanently は言い過ぎ。

- Q9：① **It can cause some unwanted effects.**　not without ～＝～がないわけではない（＝ある）。二重否定を「ない」と読むのが典型的なひっかけ。
- Q10：④ **Many people doubted that it would work.**　be met with skepticism＝懐疑的に受け止められる＝doubt。widespread → many people。

合図を聞き取る練習（5問）

- Q1：③ **The Clara XC.**　合図は If color matters to you（あなたが～なら）。Situation の条件（カラー・低ランニングコスト）を両方満たすのは Clara XC。最初に出た「安い」Pixa はひっかけ。
- Q2：② **Go to Gate 12.**　Unfortunately で今夜の直行便は全滅 → However, if you need to arrive tonight が自分向けの合図。最初に出た service counter は「明日の便」の話。
- Q3：④ **Contact the Osaka branch.**　Actually は「予定変更・訂正」の合図（会議は金曜に）。you might want to ～（～した方がいいかも）という提案に Good point. I'll do that で答えている → 大阪に連絡する。
- Q4：① **It helps the brain get rid of waste.**　For a long time, many scientists believed ～（昔の説）→ However, recent studies（新しい説）が答え。「昔の説」をそのまま選ばせるのが定番のひっかけ。
- Q5：③ **Get a paper form from Ms. Tanaka.**　Normally（ふつうは）のあとは自分に当てはまらないことが多い。since you joined less than three months ago が Situation の「入社2か月」と一致 → In that case, ～ first が答え。