

I. [A] Questions (1)—(5) below each contain a set of five words. The five words in each set are missing the same pair of letters. Choose the correct pair from the list (1—9) in the box below them to insert into the underlined space, and mark the appropriate number on your answer sheet.

- (1) to__ent ga__ent fo__ula se__on a__or
(2) e__er wor__ly se__om so__ier go__en
(3) ca__ule ecli__e cor__e colla__e ela__e
(4) bri__ten frei__t sli__tly ei__ty ou__t
(5) a__e ya__t s__olar me__anic an__or

1. ch	2. gh	3. gn	4. ld	5. lm	6. mn	7. ps	8. rm	9. rn
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[B] For questions (6)—(10), choose one of the verbs (1—5) from the box below them to place in front of each of the four sets of words to form the most natural-sounding phrase. **All choices must be used.**

- (6) an application a claim a complaint a report
(7) a bath a household a campaign a company
(8) a commitment a condition an obligation an expectation
(9) a duty a trick a role a task
(10) business electricity music oneself

1. conduct	2. file	3. fulfil	4. perform	5. run
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II . Read the text below and answer the questions that follow. (303 words)

My Unusual Classmate

Anza appeared in my life one day in my first-grade composition class and immediately impressed me because she was very bad. In that class we were all a little recalcitrant₍₁₁₎ from time to time, but only when the teacher, Ms. Olivia, couldn't see us. Then we would pass notes or make faces at one another. Anza, on the other hand, was always bad. Not a week after she'd first turned up in our classroom, she started digging out the contents of her glue stick with a mechanical pencil and lobbing₍₁₂₎ the sticky bits at us. I was hit twice in the hair and once on the sleeve of my favorite blouse, while others were struck elsewhere. Everyone was grousing₍₁₃₎ about the situation. In response, Ms. Olivia shouted, as she knew how to do, in a voice like a needle, long and pointed, petrifying₍₁₄₎ us. In her stentorian₍₁₅₎ tone, she told us to settle down now, but Anza didn't stop and didn't even seem frightened; she just kept throwing pieces of glue stick in random directions, without a care in the world. Finally, Ms. Olivia, who had been writing on the blackboard, turned to see what had caused such a ruckus₍₁₆₎ and saw Anza making a mess of her desk. Our teacher was a tall woman, and she seemed very old to us. She began accosting₍₁₇₎ Anza, and then something unexpected happened. Ms. Olivia employed a locution₍₁₈₎ that was totally unfamiliar to the rest of us, but that Anza seemed to understand perfectly. To this day, I don't know what our teacher said to her, but whatever it was, it made Anza put away her pencil and her glue stick and instantly become demure₍₁₉₎. She cleaned off her desk, sat up straight, and after that applied herself with great assiduity₍₂₀₎ to the day's lesson.

If you looked up the basic forms of the underlined words (11) — (20) in a dictionary, you would find the following definitions (0 — 9). In each case, decide which definition matches the underlined word and mark that number on your answer sheet. All choices must be used.

0. a particular form of expression or idiom; a style of speech or expression
1. to approach and speak to; to confront boldly
2. very loud or powerful
3. constant or close attention; consistent application of effort

4. to convert into stone or a stony substance; to scare stiff; to frighten deeply
5. to throw heavily or clumsily; to fire at a high angle
6. a sudden noise or excited movement; a fuss
7. reserved or modest in manner; quiet and well behaved
8. resisting authority or control; hard to deal with or manage
9. to complain angrily; to moan

III. *In the dialogue that follows, words have been removed and replaced by spaces numbered (21) — (30). From the boxed lists [A] and [B] on the next page, choose the most appropriate phrase to fill in each of the underlined bracketed numbers and the boxed bracketed numbers, respectively. All choices must be used; the choices should be made to produce the most natural conversation overall.*

(429 words)

[Situation: Ken Seng has fallen asleep in the recovery area outside the hot spring at a resort, and a member of the staff wakes him and then takes him to his massage appointment.]

Staff: Mr. Seng? Please, this way. Come with me. It's time for your massage treatment.

Ken: I'm sorry, but I'm a bit confused. Where am I?

Staff: No problem. You're just outside the hot spring. You remember the hot spring, right?

You fell asleep in the recovery area. (21). It happens to many of our guests. You must've been really tired.

Ken: Is that what that place is? The hot spring? I thought it was a meditation room, but when I went inside it was so hot and steamy. So, tell me, does all this go back a long time?

Staff: Yes, the people of this area have used hot springs for thousands of years. This facility was established here over two hundred years ago.

Ken: So, are we in Gunma or Nagano?

Staff: You really don't know much about this resort, do you? If you don't mind me saying so.

Ken: This whole thing was my wife's idea. It's been crazy at work lately. I promised her we'd spend the weekend together, and then she made me get in the car and started driving. I fell asleep while we were heading into the mountains, , we were here.

Staff: It sounds like she is, in fact, . It's not easy to get a reservation here. We take them a year in advance, and still there is an extensive waiting list.

Ken: I don't know, seems like a lot of trouble. (22) . Just so we can sweat and have back massages.

[They leave the recovery area and continue their conversation as they enter the massage treatment room.]

Staff: It involves so much more than that. By the way, do you mind if I apply this healing mud before I begin your massage?

Ken: Sure, I won't move a muscle. (23) .

Staff: For instance, tomorrow you'll have a chance to talk to a sleep expert, , if you're interested. You'll also get a report from one of our sleep specialists on your resting habits at the end of your stay.

Ken: You mean staff members are watching us while we sleep?

Staff: Only monitoring your breathing and heartbeat. It was all in the agreement you signed when you registered. Don't forget, (30),

Ken: (24), I guess, but I'm still not totally convinced. After all, this is all new to me.

Staff: (25). You won't be disappointed.

[A] To fill in each of the **underlined** bracketed numbers, that is (21) — (25), choose the most appropriate phrase from the list below:

1. Go for it
2. If you say so
3. Nothing to worry about
4. Plus the expense
5. Trust us

[B] To fill in each of the boxed bracketed numbers, that is (26) — (30), choose the most appropriate phrase from the list below:

1. and I'd very much recommend that
2. and when I woke up
3. coming all this way
4. looking after you quite well
5. this is all for your own good

IV. *The sequence of questions below, numbered (31) — (38), are those asked by an interviewer, Katie Underwood, talking in 2023 to Afghanistan-born female judo athlete Nigara Shaheen, who competed in the Tokyo Olympics held in 2021 as part of the Refugee* Olympic Team, and was in Canada preparing for the Paris Games of 2024. Shaheen's responses that follow have been*

rearranged and numbered (1 — 8). Choose the number of the response that most appropriately follows each question to produce the most natural conversation overall, and mark that number on your answer sheet. All numbers must be used.

(Interviewer: Katie Underwood)

- (31) Your parents fled the civil war in Afghanistan in 1993, when you were a baby. What have you been told about that experience?
- (32) How did you all adjust to that new life in Pakistan?
- (33) What led you to take up judo?
- (34) What is it about judo that appealed to you?
- (35) The Olympics are the world's largest display of national pride. You're competing under the refugee flag. Does that alter the experience for you somehow?
- (36) You're going to be fighting athletes whose home countries are relatively politically stable. They haven't had to deal with the things you have. Do you ever think about how one's past can impact present performance?
- (37) Some refugees here in Toronto are sleeping in the streets. As a refugee yourself, how do you feel when you see how that situation is being handled?
- (38) How so?

(Interviewee: Nigara Shaheen) (604 words)

1. My Olympic dream was to represent Afghanistan, which didn't come true. I remember during the opening ceremonies in Tokyo, the refugee team was in the front and the Afghanistan one was behind us. I couldn't look back. I felt empty. There were my people, wearing our traditional clothes, and I

couldn't be a part of it. At the same time, I am a refugee, since I grew up in Pakistan, and in that way, that banner represents me more. Those carrying it feel a responsibility. They're representing the millions of people who have been forced to flee their countries of birth.

* A person who has been forced to leave their country in order to escape war, oppression, or natural disaster.

2. Well, my coach used to say, "Keep falling and falling and falling and then you will be a judoka." It doesn't matter how many times you get knocked down in life, as long as you get back up — that's always stuck in my mind. Also, people also think it's aggressive, but in judo you learn how to use your opponents' strength against them. That's something I always liked about it.
3. If people go to the same gym, train together and they're in close physical contact, they naturally begin to bond. That's what happened to me. I know many refugees don't have the financial means to pay for their kids to join a sports club; they're struggling just to pay for food. But if I get the chance to start my own dojo, I'll get funding so it's free for refugees to come.
4. I will say: it could be better. At the same time, just speaking for myself, coming here meant getting so many opportunities that I'd never had in my life. When I train now, I know I won't be harassed. There won't be bombs or guns firing. I'm grateful for that peace. What concerns me with respect to the refugees is integration. I think sports can be a tool for that.
5. My family is pretty educated, but we had little savings. First, we lived in a house with 15 of our relatives, but then my mom started teaching, which allowed us to rent our own place. It was very hot there, so I had a lot of skin problems and fevers as a baby. My mom showered my skin in cold water, but I ended up becoming sick from it. A relative who lived with us back then is always surprised when he sees me now. He's like, "How did you get so fit?"
6. After attacks by Islamic rebels, my mom left Kabul with the four of us kids. My dad was trapped and hid at his office, but met up with us a day later. We traveled by car to a Pakistani border town.

From there, we walked through the mountains over two days and two nights. My eldest sister was 13 at that point, and my mom stayed awake all night to make sure no one assaulted us.

7. Sure. When I grew up, my diet wasn't as good. We didn't have good doctors. That might have affected my body, but it's not something that affects me mentally. All of that aside, I got to this stage. That keeps me motivated — knowing I've walked a harsh path and I'm still here.
8. The thing is, harassment was pretty normal in Pakistan. One day, I was coming home from school and an old man yelled at me and pushed me down. My mom said, "You won't always be able to defend yourself using only words; you'll need to stand up for yourself physically as well." After that, I started doing karate and then later judo.

(Adapted from an interview between Katie Underwood and Nigara Shaheen.)

V. *Read the text and answer the questions that follow.* (881 words)

[A] Play is the work of childhood, and all young mammals¹ have the same job: to wire up their brains by playing vigorously and often. Hundreds of studies on young rats, monkeys, and humans show that young mammals want to play, need to play, and come out socially, mentally, and emotionally underdeveloped when they are deprived of play. Indeed, through play, young mammals learn the skills they will need to be successful as adults, and they learn in the way that their brains like best: from repeated activity with feedback from success and failure in a low-risk environment. So, for example, kittens will awkwardly play-attack a piece of string because it looks like a mouse's tail.

[B] Very young children awkwardly run around and climb up, over, or into anything they can, until they become skilled at moving around a (Q. 40) natural environment. With those (Q. 40) skills mastered, they move on to more advanced multiplayer hunter-hunted games, such as cops-and-robbers and hide-and-seek. As they get older still, wordplay — as in gossip, teasing, and joking around — gives them an advanced course in the use of indirect language, and (Q. 40)

relationship repair when something they said fails to produce the (Q. 40) response. Over time, they develop the (Q. 40) skills necessary for life in a democratic society, including self-governing, (Q. 40) decision making, and accepting the outcome when you lose a contest.

[C] _____ (See Q. 41)

[D] A key feature of free play is that mistakes are generally not very costly. Everyone is awkward at first, and everyone makes mistakes every day. Gradually, from trial and error, and with direct feedback from playmates, elementary school students become ready to take on the greater social complexity of junior high school. It's not homework that gets them ready, nor is it classes on handling their emotions. Such adult-led lessons may provide useful information, but information doesn't do much to shape a developing brain. Play does. In short, experience, not information, is the key to emotional development. It is in unmonitored, child-led play where children best learn to (see Q. 42) minor injuries, (see Q. 42) their emotions, (see Q. 42) other children's emotions, (see Q. 42) turns, (see Q. 42) conflicts, and (see Q. 42) fair. Children are motivated to acquire these skills because they want to be included in group play and keep the fun going.

1 Warm-blooded animals that generally give birth to live babies, such as monkeys, cows, dogs, and humans.

(39) *In paragraph [A], the main point being expressed is:*

1. When it comes to play, humans and other animals are not so different.
2. Play is common to all animals, including humans.
3. Mammals alone of all animals like and require play.
4. When cats play with string, they are really practicing hunting.
5. Play is an essential element in mammals' development into adulthood.

(40) *In paragraph [B], six adjectives have been removed. From the list below, choose the option that correctly reflects the original order that these words appeared in and mark the number on your answer sheet.*

- | | |
|--|--|
| 0. basic, instant, desired, complex, social, joint | 5. desired, instant, social, joint, basic, complex |
| 1. social, joint, instant, desired, complex, basic | 6. social, complex, basic, joint, desired, instant |
| 2. joint, instant, complex, desired, basic, social | 7. complex, basic, instant, desired, social, joint |
| 3. complex, desired, basic, instant, joint, social | 8. joint, complex, desired, instant, basic, social |
| 4. basic, social, desired, joint, instant, complex | 9. desired, basic, complex, social, joint, instant |

(41) *The sentences in paragraph [C] have been rearranged alphabetically and numbered ①—⑤ below. From the list that follows, choose the option that best reflects the logical flow of the original and mark the number on your answer sheet.*

- ① Adults, you see, usually can't stop themselves from directing and protecting.
- ② Children can only learn how to not get hurt in situations where it is possible to get hurt, such as wrestling with a friend, or having a pretend sword fight.
- ③ Physical play, outdoors and with other children of mixed ages, is the healthiest, most natural, most beneficial sort of play.
- ④ Play with some degree of physical risk is essential because it teaches children how to look after themselves and each other.
- ⑤ When parents, teachers, and coaches get involved, it becomes less free, less playful, and less beneficial.

- | | |
|--------------|--------------|
| 1. ②,③,④,①,⑤ | 4. ③,⑤,④,②,① |
| 2. ②,①,④,⑤,③ | 5. ④,①,③,②,⑤ |
| 3. ③,④,②,⑤,① | 6. ④,⑤,①,③,② |

(42) *In paragraph [D], in the eighth sentence, six verbs have been removed. From the list below, choose the option that correctly reflects the original order that these words appeared in and mark the number on your answer sheet.*

- | | |
|--|--|
| 1. handle, bear, play, read, resolve, take | 4. resolve, bear, handle, take, read, play |
| 2. play, resolve, handle, read, bear, take | 5. take, read, handle, play, bear, resolve |

3. read, take, bear, resolve, play, handle

6. bear, handle, read, take, resolve, play

[E] I would emphasize the contrast between the "play-based childhood" of the past and the "phone-based childhood" of today. A play-based childhood is one in which kids spend the majority of their free time playing with friends in the real world: physically present, real time, one-to-one or one-to-several, and in groups or communities where there is some cost to join or leave so people invest in relationships. This is how childhood was among hunter-gatherers, which means that human childhood evolved during a long period in which brain development "expected" an enormous amount of free play. Significantly, in 1959 the United Nations Declaration of the Rights of the Child included play as a basic human right.

[F] In contrast, today some teenagers are spending the majority of their waking hours on their phones and other screens, sitting alone watching YouTube videos on automatic play or scrolling through endless feeds and posts on Instagram, TikTok, and other apps. These actions carried out on devices generally have the typical features of the virtual world: not taking place at the same time, one-to-many, and done either alone or in virtual groups that are easy to join and easy to leave. With young people posting and commenting on social media sites, they are now experiencing a "phone-based childhood" instead of a "play-based childhood."

[G] Even if the content on these sites could somehow be filtered effectively to remove obviously harmful material, the irresistibly appealing design of these platforms reduces the time available for face-to-face play in the real world. The reduction is so severe that we might refer to smartphones and tablets in the hands of children as "experience blockers." Of course, a smartphone opens up worlds of new possible experiences, including video games (which are forms of play) and virtual long-distance friendships. But this happens at the cost of reducing the kinds of experiences that humans have evolved for and that they must have in abundance to become socially capable adults.

[H] Even for kids who never post anything, spending time on social media sites can still be harmful because the enormous amount of time taken away from everything else in life. Perhaps not surprisingly, surveys show that unstructured time with friends dropped suddenly in the exact years that

teenagers moved from basic mobile phones to smartphones — the early 2010s. We see a generation moving away from the real world and into the virtual, due to the combination of smartphones, social media, multiplayer video games, and high-speed wireless internet.

(43) *In paragraph [E], which of the following ideas is expressed?*

1. The United Nations thinks that receiving an education is a basic human right.
2. Hunter-gatherers invested more in parent-child relationships than people today do.
3. Children's play today is very different in nature and form compared to in the past.
4. Some communities charge money for people to join or leave them.
5. Children today expect to have more playtime compared to children in previous decades.

(44) *In paragraph [F], which of the following is not given as a common feature of phone-based play among certain teenagers today?*

1. It is undertaken on one's own.
2. It is conducted on social media.
3. It does not take place in person, face-to-face.
4. It is done at the expense of sleep.
5. It consumes a considerable amount of their days.

(45) *The main point being expressed in paragraph [G] is that:*

1. Humans are not sufficiently evolved to use smartphones and tablets responsibly.
2. The root problem with social media is that it deprives people of real-life experiences.
3. Thanks to virtual reality people can play both in the real world and the virtual world.
4. Blocking harmful social media sites can save children from having bad experiences.
5. Smartphones and tablets make long-distance relationships possible.

(46) *In paragraph [H], the author emphasizes the connection between:*

1. those kids who have posted things on social media and those kids who have not.
2. the rise of social media sites and an increase in online surveys.
3. the virtual world of basic mobile phones and the real world of smartphones.

4. teenagers moving back home more and an increase in phone use.
5. the year 2010 and the birth of a new generation.
6. free time spent with friends decreasing and smartphones becoming available.

(47) *Looking at the text as a whole (that is, paragraphs [A]—[H]), which of the following opinions is **not** held by the author?*

1. Opportunities for gaining real-life experience are decreasing as use of smartphones is increasing.
2. It is beneficial for play to involve some element of risk or cost related to making mistakes.
3. Online play certainly has some benefits, but these come at the price of real-world play.
4. The internet has replaced the playground as the principal place where bullying takes place.
5. Playing is not simply a fun activity but is fundamental to how people develop as social animals.
6. Children's experience of play today is very different from that of past generations of children.

(48) *Which of the following titles best reflects the content of the text?*

1. Empty Playgrounds: The Impact of Screen Time on Childhood Development
2. Evolutionary Playgrounds: The Fascinating Science behind Childhood Games
3. Social Media Hide and Seek: Playgrounds in the Digital Age
4. Self-governing Playgrounds: Childhood Development and Democracy
5. Virtual Playgrounds: Parenting Strategies to Cope with Social Media

解答・全文訳

I. [解答] [A] (1) 8, (2) 4, (3) 7, (4) 2, (5) 1, [B] (6) 2, (7) 5, (8) 3, (9) 4, (10) 1

II. [解答] (11) 8, (12) 5, (13) 9, (14) 4, (15) 2, (16) 6, (17) 1, (18) 0, (19) 7, (20) 3

[全文訳] 「私の変なクラスメイト」

アンザは、ある日、一年生の作文の授業で私の人生に現れました。彼女はとても悪い子だったので、すぐに私に強い印象を与えました。そのクラスでは、私達は皆、時々少し反抗的になることがありましたが、それは先生のオリビア先生が私達の姿が見えていない時だけでした。そういう時は、メモを渡したり、お互いに顔をしかめたりしていました。一方、アンザはいつも悪い子でした。彼女が初めて教室に現れてから一週間も経たないうちに、彼女はシャープペンシルでスティックのりの中身を取り出し、そのべとべとのかけらを私達に投げつけ始めました。私は髪の毛に二度、お気に入りのブラウスの袖に一度ぶつけられ、他の人達は他の場所にぶつけられました。皆がその状況について不平を言っていました。それに対して、オリビア先生は、得意の、針のように長く尖った声で叫び、私達を凍りつかせました。先生は大きな声で私達に「もう落ち着くように」と言いましたが、アンザは止まらず、怯えた様子もなく、ただ気にも留めず、スティックのりを手当たり次第に投げ続けました。ついに、板書をしていたオリビア先生が騒ぎの原因を確かめようと振り返ると、アンザが机をめちゃくちゃにしているのが見えました。先生は背の高い女性で、私達にはとても年配に見えました。先生がアンザに話しかけ、そして予期せぬことが起こりました。オリビア先生は私達には全く聞き慣れない話し方をしましたが、アンザには完璧に理解されているようでした。今でも先生がアンザに何を言ったのか覚えていませんが、それが何であれ、アンザは鉛筆とスティックのりを片付けて、すぐに大人しくなっていました。彼女は机を片付けて、背筋を伸ばして座り、その後、その日の授業に非常に熱心に取り組みました。

III. [解答] [A] (21) 3, (22) 4, (23) 1, (24) 2, (25) 5,

[B] (26) 2, (27) 4, (28) 3, (29) 1, (30) 5

[全文訳] スタッフ：センさん？こちらへどうぞ。ご一緒にどうぞ。マッサージの時間です。

ケン：すみません、ちょっと混乱しているんですが、ここはどこですか？

スタッフ：大丈夫です。温泉のすぐ外です。温泉のことは覚えていますよね？リカバリーエリアで寝てしまったんですよね？ご心配なく。よくあることですよ。きっとかなりお疲れだったんでしょうね。

ケン：あれは温泉ですか？瞑想室だと思っていたのですが、中に入るとすごく熱くて蒸し暑かったです。ところで、これは昔からあるんですか？

スタッフ：ええ、この地域の人々は何千年も前から温泉を利用しています。この施設は 200 年以上前にここに設立されました。

ケン：では、ここは群馬ですか、それとも長野ですか？

スタッフ：このリゾートのことはあまりご存じないんですね。そう申し上げますとよろしければ。

ケン：これは全部妻のアイデアなんです。最近仕事が忙しくて。週末一緒に過ごそうと約束したのに、妻に車に乗せられて運転し始めたんです。山へ向かう途中で寝てしまって、**目が覚めたら**ここに来ていたんです。

スタッフ：実際、奥様は**とても良く尽くされている**みたいですね。ここは予約がなかなか取れないんですよ。1年も前から予約しているのに、それでも長い順番待ちリストができていますよ。

ケン：どうでしょう、**わざわざここまで来るのは**大変そうですね。それに費用もかかるし。汗をかいて背中マッサージを受けるためだけに。

[二人はリカバリーエリアを出て、マッサージルームに入っていくながら会話を続ける]

スタッフ：それだけではありません。ところで、マッサージを始める前に、このヒーリングマッドを塗ってもいいですか？

ケン：もちろんです。筋肉は動かしませんから。どうぞ。

スタッフ：例えば、明日は睡眠の専門家とお話する機会があります。ご興味があれば**ぜひお勧めします**。また、ご滞在終了時には、睡眠の専門家から休息習慣に関するレポートもお渡しします。

ケン：つまり、スタッフが睡眠中に私達を見ているということですか？

スタッフ：呼吸と心拍数のみをモニタリングしているということですね。ご登録時にご署名いただいた同意書にすべて記載されています。**これはすべてお客様のためです**ので、お忘れなく。

ケン：そうおっしゃるなら、私もそう思いますが、まだ完全には納得していません。何しろ、私にとって初めての経験ですから。

スタッフ：私達を信頼してください。きっとご満足いただけるはずですよ。

IV. [解答] (31) 6, (32) 5, (33) 8, (34) 2, (35) 1, (36) 7, (37) 4, (38) 3,

[全文訳] 1. オリンピックでアフガニスタン代表になることが夢でしたが、叶いませんでした。東京の開会式で、難民チームが前に出て、アフガニスタンチームは後ろにいたのを覚えています。振り返ることができませんでした。虚しさを感じました。そこには、私達の民族衣装を着た仲間たちがいるのに、私はその一員になれなかったのです。同時に、私はパキスタンで育った難民なので、その意味では、あの旗は私をより象徴していると言えるでしょう。旗を掲げる人達は責任を感じています。彼らは、生まれた国から逃れざるを得なかった何百万人もの人々を代表しているのです。

2. コーチはよくこう言っていました。「何度も何度も転び続ければ、柔道家になれる」。人生で何度倒されても、立ち上がることができればそれでいい。この言葉が、私の心にずっと残っています。また、柔道は攻撃的だと考える人もいますが、柔道では相手の力を逆手に取る方法を学びます。それがずっと好きだった点です。

3. 同じジムに通い、一緒にトレーニングし、身体的な接触が密であれば、自然と絆が生まれます。私もそうでした。多くの難民は子供をスポーツクラブに通わせる経済的余裕がなく、食費さえ捻出するのに苦労していることを知っています。でも、もし私が自分の道場を持つ機会があれば、資金援助を得て難民が無料で通えるようになります。

4. 正直に言うと、もっと良くなる可能性もあると思います。同時に、私自身のことを言えば、ここに来ることで、これまでの人生で一度もなかったような多くの機会を得ることができました。今トレーニングをすれば、嫌がらせを受けることも、爆弾や銃撃戦に巻き込まれることもありません。この平和に感謝しています。難民に関して私が懸念しているのは、統合です。スポーツはそのための手段になり得ると思っています。

5. 私の家族は教育水準は高いのですが、貯金はほとんどありませんでした。最初は親戚 15 人と一緒に家に住んでいましたが、母が教師になり、家を借りることができました。そこはとても暑かったので、赤ちゃんの頃は皮膚疾患や発熱に悩まされました。母は冷水シャワーを浴びせてくれたのですが、結局そのせいで体調を崩してしまいました。当時一緒に住んでいた親戚は、今の私を見るといつも驚きます。「どうしてそんなに元気だったの？」と。

6. イスラム反政府勢力の攻撃の後、母は私達 4 人の子供達を連れてカブールを離れました。父は閉じ込められて事務所に隠れていましたが、翌日私達と合流しました。私達は車でパキスタンの国境の町まで行き、そこから 2 日 2 晩かけて山道を歩きました。当時、姉は 13 歳で、母は誰にも襲われないように徹夜で見張っていました。

7. ええ。私が育った頃は、食生活もそれほど良くありませんでした。良い医者もいませんでした。身体には影響があったかもしれませんが、精神面には影響していません。とはいえ、ここまで来られたのは確かです。厳しい道のりを歩んできたからこそ、今もここにいられるという確信が、私のモチベーションになっています。

8. 実は、パキスタンではハラスメントはごく普通のことでした。ある日、学校から帰る途中、老人に怒鳴られ、押し倒されたんです。母は「言葉だけで身を守ることはできないわ。身体的な力も必要よ」と言いました。その後、空手を始め、後に柔道も始めました。

V. [解答] (39) 5, (40) 7, (41) 3, (42) 6, (43) 3, (44) 4, (45) 2, (46) 6, (47) 4, (48) 1

[全文訳] [A] 遊びは幼少期の仕事であり、すべての若い哺乳類には同じ使命がある：活発に、頻繁に遊ぶことで脳を配線することだ。若いラット、サル、人間を対象とした数百の研究が示すように、若い哺乳類は遊びを求め、遊びを必要とし、遊びを奪われると社会的・精神的・感情的に未発達な状態で成長する。実際、遊びを通じて幼い哺乳類は、大人として成功するために必要な技能を習得する。そしてそれは、彼らの脳が最も好む方法で学ぶのだ：低リスク環境下で、成功と失敗のフィードバックを得ながら反復行動を行うことによって。例えば子猫は、ネズミの尾のように見える糸を不器用にも遊びながら襲いかかる。

[B] ごく幼い子供達は、**複雑な**自然環境を巧みに移動できるようになるまで、ぎこちなく走り回り、登ったり乗り越えたり、あらゆるものに飛び乗ったりする。こうした**基礎**技能を習得すると、彼らはより高度な複数人参加型の狩猟・被狩猟ゲーム、例えば警官ごっこやかくれんぼへと移行する。さらに成長すると、噂話やからかい、冗談といった言葉遊びを通じて、間接的な言語の高度な使い方を学び、発言が**意図した**反応を得られなかった際の**即時的な**関係修復を習得する。時間をかけて、民主的な社会で生きるために必要な**社会的**スキル—自己統制、**共同**意思決定、勝負に負けた結果を受け入れることなど—を発達させて行くのである。

[C] ③身体を使った遊び、屋外での遊び、そして年齢の異なる他の子供達との遊びこそが、最も健全で、最も自然で、最も有益な遊びである。④ある程度の身体的リスクを伴う遊びは不可欠である。なぜなら、それは子供達に自分自身や互いを守る方法を教えるからである。②子どもは、友人とレスリングをしたり、剣闘ごっこをしたりするなど、実際に怪我をする可能性がある状況でしか、怪我をしない方法を学べない。⑤親や教師、コーチが介入すると、遊びは自由さを失い、遊びとしての質が低下し、有益性も

減る。①大人というのは、つい指示したり守ったりしたくなるものであるからだ。

[D] 自由遊びの重要な特徴は、間違いが一般的にそれほど大きな代償を伴わないことである。誰もが最初は不器用で、毎日間違いを犯す。試行錯誤と遊び仲間からの直接的なフィードバックを通じて、小学生は徐々に中学校のより複雑な社会性に対応できる準備を整える。その準備を整えるのは宿題でも、感情の扱い方を教える授業でもない。こうした大人主導の授業は有用な情報を提供することもあるが、発達途上の脳を形作る上で情報はあまり役立たない。遊びこそがそれを担う。要するに、感情の発達において重要なのは情報ではなく経験である。監視されない子ども主導の遊びの中でこそ、子ども達は軽傷に**耐える**こと、感情を**処理する**こと、他者の感情を**読み取る**こと、順番を**守る**こと、対立を**解決する**こと、公正に**プレーする**ことを最も効果的に学ぶ。子ども達がこうしたスキルを獲得しようとする動機は、集団遊びに参加し続け、楽しみを持続させたいという欲求にある。

[E] 私は、過去の「遊び中心の子供時代」と現代の「スマホ中心の子供時代」との対比を強調したい。遊び中心の子供時代とは、子供達が自由時間の大半を現実世界で友達と遊ぶことに費やす時代である。つまり、物理的に同席し、リアルタイムで、一対一あるいは一対複数、そして参加や離脱に一定のコストがかかる集団やコミュニティにおいて、人々が関係性に投資する遊びである。これは狩猟採集民における子供時代の手法であり、つまり人間の子供時代は、脳の発達が膨大な自由な遊びを「前提」としていた長い期間に進化したということだ。重要なことに、1959年の国連児童の権利宣言では、遊びが基本的人権として明記されている。

[F] 対照的に、現代の十代の若者の中には、目覚めている時間の大半をスマートフォンやその他の画面に費やし、一人でYouTube動画を自動再生で見続けたり、InstagramやTikTokなどのアプリで延々とフィードや投稿をスクロールしたりしている者もいる。こうしたデバイス上で行われる行動は、概して仮想世界の典型的な特徴を備えている：同時進行ではない、一対多である、そして単独で、あるいは参加・離脱が容易な仮想グループ内で行われる。ソーシャルメディアサイトに投稿やコメントを行う若者達は、今や「遊び中心の幼少期」ではなく「スマホ中心の幼少期」を経験している。

[G] たとえこれらのサイト上のコンテンツが、明らかに有害な素材を除去するために効果的にフィルタリングできたとしても、これらのプラットフォームの魅力的なデザインは、現実世界での対面での遊びに充てられる時間を減らしてしまう。その減少は深刻なため、子供達の手にあるスマートフォンやタブレットを「体験の妨げ」と呼ぶこともできるだろう。勿論、スマートフォンはビデオゲーム（遊びの一形態）や仮想的な遠距離友情など、新たな体験の可能性の世界を開く。しかしこれは、人間が進化の過程で獲得し、社会的に成熟した大人になるために豊富に必要とする種類の体験を減少させる代償を伴う。

[H] 何も投稿しない子供達でさえ、ソーシャルメディアサイトに時間を費やすことは、人生の他のあら

ゆるものから奪われる膨大な時間のせいでは有害となり得る。驚くべきことではないが、調査によれば、10代が基本型携帯電話からスマートフォンへ移行した時期 — 2010 年代初頭 — に、友人との自由な交流時間が急激に減少した。スマートフォン、ソーシャルメディア、マルチプレイヤー型ビデオゲーム、高速無線インターネットの複合的影響により、現実世界から離れ仮想世界へ移行する世代が生まれている。