

**第5回
TOKIWA 高校生英語**

The 5th ♥ High School English Speech Contest 

スピーチコンテスト

Let's speak heart to heart !



日時 2010年10月23日(土)

会場 常磐大学 情報メディアセンター・センターホール

テーマ 「私のチャレンジ」

主催：常磐大学・常磐短期大学

後援：茨城県教育委員会／(財)日本英語検定協会／(財)茨城県国際交流協会／(財)水戸市国際交流協会
(株)茨城新聞社／日本放送協会水戸放送局／(株)茨城放送／(株)旺文社

第 5 回 TOKIWA 高校生英語スピーチコンテスト概要

● 開催趣旨

様々な分野でグローバル化が進み、国際交流が盛んになっております現在、英語で自らを発表することはますます重要となっております。本学が主催するこの「英語スピーチコンテスト」は、高校生の国際的な視野の育成、英語力の向上、さらに自らの新たな飛躍や夢の実現の契機となる機会を提供し、英語教育の一助となることを目的として企画したものです。

● 日時 2010 年 10 月 23 日（土） 午後 12 時～17 時

● 会場 常磐大学 情報メディアセンター・センターホール 『入場自由・無料』

● 演題 「私のチャレンジ」（制限時間：4 分以上 5 分以内）

● 応募資格

茨城県及び隣接する県の高校に在籍し、英語を母語としない高校生。但し、英語環境のみによる教育を 1 年以上受けていないこと。

● 応募期限及び応募方法

2010 年 9 月 24 日（土）までに、①所定の応募用紙に②英文スピーチ原稿（未発表のもの）と③録音したカセットテープを添えて、郵送または宅急便で（当日消印有効）にて「国際交流語学学習センター」までお申し込みください。尚、申し込み多数の場合には、原稿審査により予選を行うことがあります。

● 審査基準

「スピーチ内容 = Content, 発音・アクセント = English, 発表力・態度 = Delivery」以上 3 つの観点から総合力を判定します。

● 表彰

1 位 常磐大学賞, 2 位 日本英語検定協会賞, 3 位 国際交流語学学習センター賞, 審査員特別賞, 旺文社特別賞入賞者（1 位～3 位）に賞状と賞品が授与されると同時に、入試に際しての優遇措置が認められます。

● 参加賞

参加者全員に、記念品を贈呈します。又、閉会後、常磐大学に交換留学制度のもとで来日しているアメリカ人学生を交えた親睦交流パーティへご招待します。

演 題：「私のチャレンジ」

<スピーチコンテスト>

12:00～16:00

1. 開会
2. 学長挨拶
3. 審査員紹介
4. コンテスト
5. 講評及び審査結果発表
6. 授賞式
7. 閉会

<親睦国際交流パーティー>

16:00～17:00

審 査 員

常磐大学国際交流語学学習 センター長・国際学部教授	依 田 泉 先生
常 磐 大 学 国 際 学 部 教 授 英 米 語 学 科 長	津 田 葵 先生
茨 城 県 国 際 課 国 際 交 流 員	Jeffrey Burke 先生
財団法人日本英語検定協会	Kaori Church 先生
常 磐 大 学 人 間 科 学 部 教 授	Kieran Mundy 先生
常 磐 大 学 国 際 学 部 准 教 授	Clay Bussinger 先生

運営スタッフ（常磐大学学部生）

桑名恵（司会）、長谷川祐治、市毛麻結、橋本美可子、中川美咲、田村菜々子、富永礼子、菊池典子、小柳亘、山形友里恵。

主催者からのご挨拶

常磐大学・常磐短期大学
副学長 堀口 秀嗣



今年、第5回の英語スピーチコンテストは楽しみがいっぱいです。22名という過去最多のご発表があります。どんなことが英語で語られるのか、ワクワクしています。

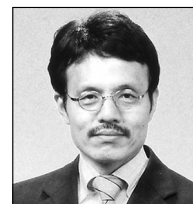
発表される皆さんは、今は正確に発音しようとか、つっかえずに言えるかなと、頭がいっぱいでしょう。確かに英語のスピーチとしては大事なことです。でも、それにとらわれすぎると、聞き手に気持ちが伝わりません。一番大事なのは、自分の想いを聞き手に伝えようとする強い気持ちを持つことです。その気持ちがあれば、身振り手振り、顔の表情、声の調子などで聞き手に間違いなく伝わります。それがプレゼンテーションです。

一方、聞き手にも話し手と同じくらい大きな役割があります。それは、リアクションです。ただ静かに聞き入るのではなく、話し手の内容や良さに応じて聞き手の気持ちを話し手に伝えるのです。それはうなずくこともいいし、笑い声や拍手でもいいです。わかりにくかったら、渋い顔をして首を傾げるのもいいでしょう。それらが話し手に伝われば、話し手は勇気をもらえるし、修正もできます。話し手に気持ちよく力を発揮してもらえるような場づくりは、聞き手の最大の役割です。プレゼンテーションは話し手と聞き手が創り出すコラボレーションの場です。歌手のコンサートを思い浮かべてみてください。歌手がどんなに感動的に歌ったり踊ったりしても、そしてそれに感動していても、みんなが下を向いて聞き入っているのでは、コンサートは成り立ちません。この会場のみなさんが参加して盛り上げ、思い出に残る場を作っていこうではありませんか。

以上が始まる前のスピーチでしたが、以下はスピーチを聞いての感想です。今年はプレゼンテーションとして、一段とレベルが上がりました。手元の原稿を全く見ずに、始めから終わりまで聞き手に視線を向けてスピーチを続けた人が何人もいました。英文を暗記していたというよりは、頭の中に伝えたいことを整理して記憶し、それを英語で語っていたのだと思います。だからこそ、伝えたいという想いが強く伝わってきました。こういうスピーチがこれからも多くなることを期待しています。

審査講評

常磐大学 国際交流語学学習センター長
国際学部教授 依田 泉



「第5回 TOKIWA 高校生英語スピーチコンテスト」は、本年度も各方面よりご支援をいただき無事終了いたしました。茨城県各地の高校からこれまでの最多となる22名の生徒さんたちが一堂に会し、日頃の英語学習の成果とともに、「私のチャレンジ」という主題でそれぞれ体験や主張を披露してくださいました。今回はいつもましてスピーチの水準が高かった、というのが全体に対する審査員の一致した見解です。内容も濃く表現も巧みな発表が相次ぎました。例年通り、審査員一人あたり、1) 発音・アクセント等の英語能力15点、2) 発表力・態度等の表現能力15点、3) スピーチ内容20点で評価され、参加者は合計点を競いました。

激戦を勝ち抜いて第一位（常磐大学賞）の栄冠に輝いたのは、茨城キリスト教学園高校の柳生智菜美さんです。英語の発音を含めたプレゼンテーションの完成度は他を圧倒していました。一方で、課題としてテーマに沿った内容をより強く打ち出してほしかった、という指摘もありました。第二位（日本英語検定協会賞）は、日立第一高校の鈴木友梨香さんに贈られました。英国での滞在を通して一度はご自身の英語についての自信を試されたものの、改めて英語学習の意欲を高めた、という経験を紹介しながら、安定した表現力を示されました。第三位（国際交流語学学習センター賞）に選ばれたのは、水戸高等養護学校の堀添りかさんでした。海外からの移住、新たなソフトボールへの取り組みなど様々なチャレンジに触れるスピーチは聴衆の感動を呼び、内容面では上位のお二人を凌ぎました。

内容でさらに上を行って最高点を記録し審査員特別賞を得たのは、太田第二高校の海老根彩さんでした。家庭での困難を契機に、生活を転換、資格試験の勉強に打ち込むだけでなく、目を世界に向けて大学での国際問題の学びを目指している、というお話は聴く者みな心に沁み入った、と思います。英語力をさらに磨けば次の機会により大きな期待がもてます。そして、旺文社特別賞の栄誉は、土浦日本大学中等教育学校の鮎川ももさんが受けられました。三つの基準のいずれでもまんべんなくポイントを積み上げていましたので、例えば、より体験に密着した主張を展開すれば同じく飛躍が予想されます。接戦でしたので、そのほかのみなさんも十分に上位進出の可能性があったように見えます。

入賞者の出た学校のうちいくつかは、以前にも好成績を残された生徒さんを送ってくださいました。ほかに過去幾度かにわたって受賞者のあった高校を数えることができます。優秀な生徒さんたちを育てていらっしゃることに敬服するとともに、継続してコンテストに参加させてくださることに深く感謝いたします。また、いつもながら、ご出場の高校生の皆様、ご指導の諸先生、後援団体の関係者の方々の暖かいご協力にも心よりお礼申し上げます。今後とも本学の国際理解・交流活動にご理解とお力添えを賜りますよう改めてお願いいたします。

審査委員から



常磐大学教授 英米語学科長 **Aoi Tsuda**

Japanese society has seen rapid change since the 1990 revision of immigration laws that granted favorable visiting terms to foreigners of Japanese decent; today more than two million foreigners live in a Japan that desperately needs their labor. In order to be active members of Japanese society, these residents need Japanese instruction that can give them the proper communication tools.

On the other hand, owing to this change of internal structure of Japanese society, English plays an important role as a language used between the people of an area where several languages are spoken. When I visited an elementary school in Mito City last spring, for example, I heard from the homeroom teacher that a pupil from China can sometimes communicate smoothly, not by way of Japanese, but by way of English with a pupil from Brazil since the elementary school started English instruction last year.

I hope the fifth Tokiwa High School English Speech Contest provides us with awareness for global citizenship described above and ultimately to foster a spirit to cultivate mutual understanding among people. By so doing, English is not only a subject in school to master but also an important tool to participate in international dimensions in the future.



茨城県国際課国際交流員 **Jeffrey Burke**

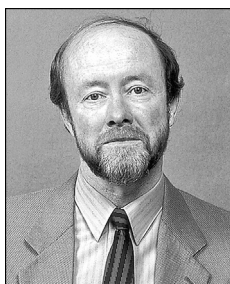
It was a pleasure to be part of the judging panel at the 2010 Tokiwa English Speech Contest. This year was my third year as a judge and it pleases me to say that this year's speeches were the best yet! I was very impressed with everyone's level of English as well as the content and delivery of each speech. This contest judged your ability to communicate in the English language. However, you were also judged on your public speaking ability. These two skills take a long time to develop, but you are all off to a great start! I hope that each of you continues to study the English language and develop your public speaking skills as well. Good luck and take care!



財団法人日本英語検定協会 **Kaori Church**

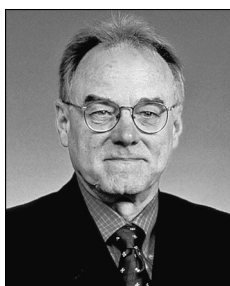
2010 marks the fifth consecutive year that The Society for Testing English Proficiency (STEP) has been involved in the Tokiwa Speech Contest. As an educational organization, STEP strongly believes in encouraging learners of English, and this contest is a testament to the dedication and passion of not only the organizers at Tokiwa University, but also to the strong feelings of the contestants and their individual schools.

It was a pleasure listening to the speeches and I hope that the experience was an enjoyable one for the contestants as well. The range of topics covered was impressive and I have high hopes for the future of the contestants. Good luck!



常磐大学人間科学部教授 **Kieran Mundy**

There was a significant improvement in the standard of the speeches delivered by the increased number of contestants at this year's English Speech Contest in comparison with previous years. The students who were motivated enough to stand before a relatively large audience and speak in a foreign language were able to do so with a surprising degree of clarity of thought and expression. What was most impressive was that many students had taken 'on board' comments made in 2009 that speeches should not be memorized. Although most speakers had clearly rehearsed their speeches, this year there was some hint of spontaneity in the presentations. This aspect of creativity in thought and language expression is something we would like to strongly encourage in contestants brave enough to enter the 2011 Tokiwa English Speech Contest



常磐大学国際学部准教授 **Clay Bussinger**

As usual, I enjoyed serving as a judge for the Tokiwa High School English Speech Contest. The speeches were very impressive in all aspects, the writing, the delivery, and the impact of the speech. I was especially impressed by the students who gave speeches. I could see that each student had spent a long time in practicing for this event. The winning speeches were excellent, but all of the speeches were good, and it was difficult to have to choose one speech over another. The topics were all relevant and interesting. I would like to thank the teachers for the time and effort they spent in helping their students, and for coming to the speech contest. It is exciting to see such dynamic and dedicated teachers. I am looking forward to next year's contest, where I hope to see all of you again.



第 5 回 TOKIWA 高校生英語スピーチコンテスト結果・表彰賞品

【第 1 位 常磐大学賞】 表彰状, 図書カード (1 万円), 電子辞書 (セイコー製 SR-S9001)

茨城キリスト教学園高等学校 2 年 柳生 智菜実

【第 2 位 日本英語検定協会賞】 表彰状, 図書カード (5 千円), オーディオ・デジタルプレーヤー

日立第一高等学校 2 年 鈴木 友梨香

【第 3 位 国際交流語学学習センター賞】 表彰状, 図書カード (5 千円), 実用英語技能検定受検資格 (2 回分)

水戸高等養護学校 2 年 堀添 リカ

【審査員特別賞】 図書カード (2 千円) 及びセイコー製電波デジタルミニ懐中電灯付き目覚まし時計

太田第二高等学校 2 年 海老根 彩

【旺文社特別賞】 図書カード (5 千円)

土浦日本大学中等教育学校 2 年 鮭川 もも

【参加賞】 図書カード (1000 円), エコ工房フェイスタオル, フリクション・ボールペン (赤黒 2 本セット)

参加者全員

参加者名簿

No.	学 校 名	氏 名	学 年	スピーチタイトル
1.	常磐大学高等学校	張 曦 馨 Kiyo CHO	2 年	Get the Dream by Real Effort
2.	太田第二高等学校	海老根 彩 Aya EBINE	2 年	My Life, My Challenge
3.	水戸葵陵高等学校	後 藤 理 子 Riko GOTO	1 年	Challenge Myself
4.	鹿 島 高 等 学 校	長谷川 翔 平 Shohei HASEGAWA	3 年	Try to be Myself
5.	日立第一高等学校	平 塚 玲 那 Rena HIRATSUKA	2 年	My Ballet Life
6.	水戸高等養護学校	堀 添 リ 力 Rika HORIZOE	2 年	Proud of My High School Life
7.	常磐大学高等学校	今 橋 明香里 Akari IMAHASHI	2 年	My Challenge
8.	勝 田 高 等 学 校	磯 前 桃 子 Momoko ISOMAE	1 年	What Can I Do?
9.	常磐大学高等学校	石 田 実奈子 Minako ISHIDA	1 年	What Should I Do to Challenge My Dream?
10.	高 萩 高 等 学 校	徐 劉 丞 Ryujo JO	1 年	Challenge for Creativity
11.	取手松陽高等学校	川 嶋 和 良 Kazuyoshi KAWASHIMA	1 年	My Dream and Goal
12.	水戸葵陵高等学校	久 家 優 紀 Yuki KUGE	2 年	To Make My Dream Come True
13.	水戸高等養護学校	村 上 大 和 Yamato MURAKAMI	2 年	I Believe I Can Achieve it After All, if I Try to Do It.
14.	岩 井 高 等 学 校	小 川 友 子 Tomoko OGAWA	3 年	My Challenge
15.	水戸葵陵高等学校	佐々木 拓 真 Takuma SASAKI	2 年	To Change My Behavior
16.	土浦日本大学中等教育学校	鮎 川 も も Momo SUKEGAWA	2 年 (5年)	Friendship and Discrimination
17.	日立第一高等学校	鈴 木 友梨香 Yurika SUZUKI	2 年	My English Life
18.	那 珂 湊 高 等 学 校	竹 田 ボ イ Boie TAKEDA	2 年	Jump Higher, and We Can Go Further
19.	水戸第一高等学校	宇佐美 希 Nozomi USAMI	1 年	Device to Study
20.	常磐大学高等学校	和 田 沙也加 Sayaka WADA	2 年	My Challenge
21.	茨城キリスト教学園高等学校	柳 生 智菜実 Chinami YAGYU	2 年	To Shine
22.	日立第二高等学校	山 崎 真 理 Mari YAMAZAKI	1 年	Rice

1. Get the Dream by Real Effort

Kiyo Cho

Tokiwa University High School



Everyone has different dreams and goals. My ideal is to become a person who has a sound body, an open mind, can take on important tasks, abilities to discern right things from wrong ones and has compassion to help others. I think that is the benefit of the goal and success.

I am in grade 11 and all I have to do now is to study for my courses. I always try my best to study English harder and harder so that I can be a person who speaks English as if it were my first language and communicates with English-speaking foreigners easily. I lived in Canada for three months through my high school's exchange program. The day I arrived, I was shocked; I couldn't express myself to others. I cried, and I wanted to go home and see my parents, but I couldn't. From that day, I decided to study English harder to be able to speak to others around me.

When I went to school in Canada, I took the ESL class. Actually there were several levels and I was in the lower level of that. I felt the class was a little bit easy and asked the teacher to change the class. But the teacher said, "If you want to change the class, you have to take the advanced test." It took a long time to do and it was difficult. I was going to give up on the test. But when the day came, I decided to study English hard; I made up my mind to accept the challenge. I believe the higher classes will help me improve my English ability. The result was good, I nearly scored well enough to enter the second highest class but I fell several points short. So I entered the third level class. At any rate, I took a step which was good for me. I have never had a comfortable feeling like that and I won't forget it.

During the days I spent in Canada, I learned many words by communicating with my friends and host family. But I was afraid to use the new words I heard from them. I was worried that if I used the wrong ones it would give others terrible impressions about me. But the first time I used new words and gained the great confidence in using them, I never felt afraid to make mistakes after that. I believe others will help to correct my mistakes, which will make me grow up.

After returning to Japan, I continued to read English books and watch foreign movies without Japanese subtitles. Sometimes I feel it is too frustrating to keep doing that, so I want to give up studying English. But I believe English ability comes from the process of hard work. For example, if we changed the rules of football, if we enlarged the goal and substituted David Seaman or any other goalkeeper, another David, namely David Beckham, could score easily. But scoring would not give him the thrill or the joy of its accomplishment. If we further changed the rules by not allowing Arsenal's defenders to defend and Beckham only needed to lift a finger, actually a toe, to score, then there would be no competition and no challenge. Then the meaning of winning the game would be lost. In accepting the challenge, in surmounting the difficulties and enduring the hardship, success acquires its value.

If a person doesn't work hard, but gains success by chance, then he just obtains it ostensibly. He won't experience the feeling of happiness and the joy from the heart.

I don't know if there is an ultimate goal of my dream or not, but I know if I don't try I can't succeed. What I try to do and challenge to do is give myself an opportunity for my dream to come true. I will keep working hard to achieve my goal and keep challenging myself.

《要約》

人はそれぞれ違う夢と目標を持っている。私の理想は、健康な体を持ち、物事を正確に判断する力を持ち、人を助けようとする心を持つことだ。私は、3ヶ月間カナダに留学した。その時自分の気持ちをうまく表現することができず、悔しい経験をした。その日から、私は周りの人たちともっと仲良くなりたいと英語の勉強をさらに一生懸命しようと決めた。留学先のESLのクラスでは、努力した結果上のクラスに進級することができた。全ての成功のためには痛みや障害物に我慢する必要があると信じている。挑戦すること、困難や永続的な困難を乗り越えることでその価値を得ることに成功するのだ。達成感は克服すべき困難の程度に比例して変化する。私は行動がなければ何も起こらないと知っている。私が今挑戦しようとしていることは自分の夢がかなうための機会を作っていると言える。私は努力を続け、自分に挑戦し続ける。

2. My Life, My Challenge

Aya Ebine

Ohta Second Senior High School



It was my fifteenth birthday when my mother told me my parents were getting divorced. I had been a very lazy girl. My grades were terrible. I didn't study at all and was always hanging around with my friends. I was absorbed in games. I was such a bad girl that I didn't understand my parents. I also thought no one understood me. All I thought was I was the unhappiest child on the earth. However, I graduated junior high school, and compulsory education was over. I felt I needed to change myself.

My mother and I left home and she started to work from early morning till night. I entered senior high school. Starting my new life, I decided to change my bad lazy way of life. How could I be lazy, when my mother works so hard for me? I made up my mind to say good bye to my terrible junior high school days. I was determined to study hard. I didn't want to be a troublesome child for my mother. When I started senior high school, my main aim was to challenge and obtain as many certificates as possible during the three years.

My first challenge was the English proficiency test. I stopped playing video games and hanging around with friends at night. I made a timetable to reach my goal. I studied for at least two hours after supper. Last year I passed the pre-second grade English proficiency test. After that I challenged many tests one after another, such as the Chinese Characters proficiency test, Japanese proficiency test, Etiquette Test, Math proficiency test and Word- processor Operating Test. I am getting good results. Still some tests of higher grades are so hard that I can't pass them.

As I was getting rid of my lazy life, I came to have a dream to study further at university. I am interested in international relations and children's situations around the world. The more I studied about child labor problems, the more I felt I was not the unhappiest child at all. I can go to school, but more than 100 million children cannot go to school in Asia and Africa. They have to work for their family and themselves. They remain illiterate and they are very poor when they grow up. Why are there so many financial differences among people on the earth? I want to study not only international relations but also about basic reasons of poverty. I hope to make this world more peaceful. I want all the children all over the world to go to school as a right.

I hope to make this planet a better place. I will study hard for that challenge. This may be a big and ridiculous dream, but then my challenges may never come to an end. Some people say life is a game, but I say life is a challenge.

《要約》

15歳の誕生日に、両親の離婚の話を聞かされました。そんな家庭環境を理由に両親のことを理解しようともせず、全く勉強もしないで、遊びまわってばかりの怠けた中学時代を過ごしていた自分。高校入学をきっかけに、変わることを決意し、3年間で取れる資格をできるだけとろうと決意しました。最初のチャレンジは英検準2級でした。それまでの生活習慣をきっぱりと改め、勉強をはじめました。昨年どうにか準2級に合格し、その後、日本語検定、漢字検定、マナー検定、数学検定と次々に検定試験にチャレンジしてきました。勉強をするようになって、成績も次第に向上し、大学で学びたいという意欲がわいてきました。国際関係や世界の子供の環境、とりわけ児童労働の実態などに興味があります。世界をもっともっと住みやすい場所にしたい。子供が当たり前に行けるような環境にできないのか。こんな夢に向かってもっともっと学びたいと思っています。人生こそがチャレンジそのものだと思うからです。

3. Challenge Myself

Riko Goto
Mito Kiryo High School



How do you challenge yourself? For me, it's making a dream come true through hard work. I work so hard in high school so I can one day have a successful career. A career in what, you may ask. Well, let me tell you about my dream.

I hope to one day become a psychiatrist. As many of you know, a psychiatrist is a doctor who cures people who are suffering from mental illness. Have any of you heard of the psychiatrist named Tetsuhiro Bise? It was his book that first motivated me to pursue a career in psychiatry.

In this book, he mentions some very innovative methods he uses to cure his patients. For example, in the case of a patient suffering from drug dependence, in addition to the counseling he provides, he allowed the patient to freely chat with other patients who had also been suffering from the same addiction. This allows the patient to gradually understand that they are not alone in their drug dependency. In most cases using this method, patients overcome their addiction to drugs.

Here is another example. A psychiatrist should be willing to accept anyone as a patient, even if he or she is not Japanese. Do you think that only Japanese can be mentally ill? Of course not, in one case, a Chinese woman had a serious mental illness, brought on by stress from her job. After she graduated from university in Japan, she entered an IT company. She worked very hard every day, finding herself with less and less time to sleep. Finally, she was in a situation where she was checking documents day and night. Her pride as a perfectionist, didn't allow her to turn in any work that was anything short of perfect, according to her standards. In the end, she was a workaholic. Finally, the day came when she had a break-down, and she had to be admitted to Bise's hospital. Her symptoms were already very serious. She couldn't talk, her face was completely expressionless and she was drooling. The staff at the hospital treated her very well, though, and Doctor Bise listened to her very carefully, telling her she was not alone. Finally, after a month of treatment, she was able to leave.

Being kind and willing to listen to others without prejudice is a very important part to being a psychiatrist. How can one possibly help others, if you've already prejudged them?

Hopefully, when I finally become a psychiatrist, I too, can be tolerant and understanding of others. In the meantime I will continue to study and work hard to make my dream possible. I always try to be kind and listen to my classmates. I think it's important to make an effort to be the doctor that I want to be.

Let's challenge ourselves!

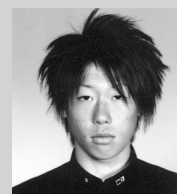
Thank you for listening.

《要約》

私にとっての挑戦は、一生懸命努力して将来の夢を叶えることです。私は将来、精神科医になりたいと思っています。精神科医とは、心の病気を患っている人々に治療を施す医者のことです。私が精神科医を目指すきっかけとなったのは、精神科医の備瀬哲弘さんが書いた本を読んだことです。彼が本の中で施していた治療法は、私にとってとても革新的なものでした。例えば、薬物依存症に苦しむ患者には、通常のカウンセリングに加えて、同じ薬物依存で苦しむ患者さん達と自由に話をする機会を設けています。患者は「苦しんでいるのは1人ではない」と気が付き、克服に向かいます。また、備瀬さんは、日本で仕事のストレスから来る精神病の中国人女性の例をあげています。偏見を持たずに、寛大に他者を受け入れること、これは精神科医になるためには重要な部分だと思うのです。私も将来、願いが叶って精神科医になったならば、広い心で他者を受け入れたいです。夢を叶えるために、私はこれからも一生懸命勉強し続けていきたいと思っています。

4. Try to be Myself

Shohei Hasegawa
Kashima Senior High School



Two roads diverged in yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Have you ever heard these sentences? I guess some of you guys have. These phrases are from the poem, “The Road Not Taken,” written by Robert Frost, a famous American poet. In this poem, the poet said he took the road that wasn’t chosen by as many people. And it made a big difference. Please imagine there are two roads in front of you. Which road are you going to take, the wider one or the tangled one? The road many people tend to take or the road they tend to avoid? Do you want to follow people without thinking or choose for yourself? What do you think you would do?

Oops, sorry. I wanted to talk about my challenge with you today. When it comes to challenges, mine is English! Right now I am struggling with English in order to become a flight attendant. A flight attendant! What a big dream! Some might say, “But you cannot do that.” “Can you make a living with that job?” “That’s impossible!” “Few people can make their dreams come true.” “Public service is a stable job in Japan. Why don’t you do that?” and so on. Ok, ok. I know what you mean. Thanks for your opinion. But that’s enough! It’s true, I sometimes doubt if I can do it. The more I want to improve my English ability, the further away it seems. But just let me try. Let me try to be my best self.

I am not good at English at all. I know my English listening ability is poor and whenever I get the results of a test, I am disappointed. I wonder if I can manage to hear, understand, and speak English some day. To tell you the truth, I am a pessimist and tend to imagine my future is miserable. I know the hardest thing I have ever tried to do is to keep believing in myself. So today I swear to you here that I will do my best as often as possible from now on. I will try to realize my dreams: to be fluent in English and to become a flight attendant. And then I can contribute to the world in my own little way.

As Frost said, when I come to two roads, I will take the one less traveled by and make my own way. Whatever people say and whatever I do, I will believe in myself and continue to be myself. It’s ok for me to make mistakes and feel depressed sometimes. Whenever I lose my self confidence, I will remember Frost’s words.

Two roads diverged in a wood, and I ---
I took the one less traveled by,
And that has made all the difference.

So everyone, don’t be afraid to make mistakes and let’s each make a difference! Let’s challenge ourselves and fulfill our dreams.

《要約》

「森の中で道が二つに分かれていた。そして私は人跡の少ない道を選んだ…そして、それが全てを違ったものにした」これはアメリカ人の詩人 Robert Frost の詩、the road not taken という詩から引用したものです。私たちは何かをするとき、二つの選択を迫られます。ただ何となくみんなについて行くのか、それとも自分自身の道を選ぶのか？ 私のチャレンジは、いつか英語を話せるようになり、キャビンアテンダントになることです。悲観的に考えがちな弱さを克服し、自分自身を信じ続けること、そうあり続けることを今日、皆さんに誓います。そして、どんなことが起ころうとも自分自身であり続けること、これが私の挑戦です。あなたの成し遂げたいものはなんですか？あなたのチャレンジが続くことを願っています。

5. My Ballet Life

Rena Hiratsuka
Hitachi First Senior High School



Just like all of you, I have dreams. I have a lot of dreams, but the dream I most want to realize is to become a ballet teacher. I have been dancing ballet since I was three years old. My mother found in the local newspaper an advertisement for a new ballet studio called “Sophia Ballet Class” and she took me to learn ballet there. Of course, when I was little, I had absolutely no idea that I would like to be a ballet teacher. I just enjoyed dancing ballet purely because I liked wearing the pretty costumes.

When I was in my first year of elementary school, another girl started dancing ballet. She and I practiced ballet hard together. Soon, we became friends. But at the same time, I often said to myself “I want to be a better dancer than her.” She probably thought the same thing. So she and I were not only best friends, but also rivals. The stronger my feelings were, the better I could dance. I remember the days when we learned ballet together. I treasure that time.

After two years, my teacher cast me as “Clara,” who is the heroine of “The Nutcracker”. I was so happy to hear that. Because of that, however, my teacher coached me more strictly than ever before. Sometimes, my teacher said to me angrily, “You’re the heroine, aren’t you? You must think of other students’ feelings and practice harder.” I burst into tears. But I didn’t want to be a loser, so I never gave up. I knew that if I didn’t work hard at ballet, I would regret it. So, I made up my mind to make as much effort as I could. I practiced hard until ten o’clock every Monday. It made me tired. But my best friend encouraged me. “Rena, you can do it.” I was determined to do everything I could do. Because of my effort, the ballet recital was a great success.

I think that experience was my first challenge. I made more effort than any other of my determined classmates. This experience gave me my confidence, and I think it is one of the best of my life.

Now, I teach ballet as an assistant dancer with my teacher every Saturday. For me, dancing ballet is not only joyful, but also difficult. But, to teach ballet to others is more difficult for me than I thought. Sometimes, I want to give up teaching ballet, but I still continue to challenge myself. I love ballet, it is precious to me. So, I want to continue ballet with confidence and pride. It is important to learn how to teach. And also, it is important to know how to make the stage and a performance. So I’ll study about it from my teacher. And I will be a nice ballet teacher like a teacher of mine. I want to advance with my own power.

“Dancing and expressing myself freely with the music.” What a wonderful thing this is! My challenge will not end as long as I continue making efforts in ballet. Such continuous effort will make me strong, and it will make me realize my dream. I think people who have goals are always shining brightly. I believe such people are cool and I wish to follow in these people’s footsteps in the future. “I will show everyone I can do it”.

《要約》

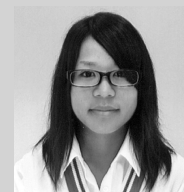
私が叶えたい大きな夢は、バレエ教師になることだ。私は3歳の頃からバレエを習っている。初めは純粋にバレエを楽しんで踊っていたのだが、年齢が大きくなるにつれ、バレエへの意識が変化していった。

バレエを踊っていく上で辛い事、苦しい事もあった。まず一つはライバルの出現であった。同じ年である彼女と私は親友であったが、一方では役を争うライバルだった。そして二つ目は、主役という重圧だった。小学三年生の時、「くるみ割り人形」という舞台の主役に選ばれた私は、とても嬉しかったのだが、先生の厳しい指導により、より一層バレエに熱中した。とても辛いレッスンであったが、それが私の心を強くさせ、バレエに対して真剣に考えるようになった。きっとこれが私にとって初めての挑戦だったのだろう。

今、私は毎週土曜日、助手としてバレエを教えている。時には難しい事もあるが、諦めないで続けている。私はバレエが何より大好きであり、宝物である。だから、絶対に諦めず、自信を持ってバレエを続け、将来に向かって走り続けていきたい。

6. Proud of My High School Life

Rika Horizoe
Mito Special Education High School



I am a student of Mito Special Education High School. Do you know somebody who graduates from my high school? People who graduated my high school work in town. For example, they work in supermarkets, drug stores, and factories. I was diagnosed with mild mentally retardation, and most of my friends have the same diagnosis. I have many friends. Now I have a dream that I want to challenge. Since I entered my high school, my life was changed.

Getting used to Japan was a tough challenge for me. I grow up in Philippines, and I had lived with my grandmother. In order to see my father, I came to Japan three years ago. I entered a public junior high school, and I became the second grader. On the first day of the school, a student guided me to a classroom. She was nice, but her friends made fun of her since she walked with me. They were not familiar with foreigners, but their behavior made me sad. I had no friends at school, so I was often absent. As a result, I attended to the junior school only a few days.

At the high school, my life was changed. I passed the exam, and I became a student of the Mito Special Education High School. It is a school for mild mentally retarded students. We studied subjects just like other high school students. We also learned practical skills in order to get jobs. We are not good at memorizing. We are also clumsy. So we need to a lot of practice in order to master a job.

At the school, I decided to challenge a new thing. I had no experience of sports, and I was not interested in softball at all. However, I wanted to be a friend with a girl. She already decides to enroll the softball club, so I went to seeing the softball club with her. Some senior students were playing catch. They greeted me with loud voices, and they enjoyed playing softball. I was nervous whether I could play softball or not, but I decided to enroll in the softball club. After school, I practiced softball. The days were going, playing softball get more and more difficult. I could not memorize rules and positions, I was very tired. I almost lost myself. At the time, my teammates told me, "You will be okay. Do not worry." They were kind and genuine. They did not care of my background. They never treated me as a foreigner, and they cared of me as a teammate. I made many friends in the club. I also learned a way for covering my weakness. When I listened to teacher's advice, I took memo. Taking memo helped me memorizing. Teachers were always near to me and supported me. I trusted them. I did not want to forget the things that they taught. The days pass, I am in the second year of high school. I still play softball. This is miracle.

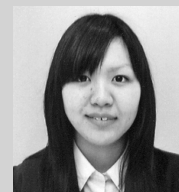
I have a dream that I want to challenge. My dream is getting a job and making money for my grandmother. I hope that I go back to Philippines once a year in order to see my grandmother and friends. I will work hard for my dream. I also want to prove that I am able to work just like other people. Some people discriminate us because we are students of special education. I know that my friends are kind and genuine, and they make effort more than other people. Since I met them, I overcome sad experiences. I have many friends and good teachers. I try and try until I get a job for my dream just like I did in the softball club. I am proud of my high school life. I want to be proud of myself.

《要約》

私は水戸高等養護学校に通っており、軽度の知的障害があると診断されています。私はフィリピン育ちなので、日本に馴染むことは私にとって大変な挑戦でした。中学校には友達がおらず、私はほとんど学校に行きませんでした。私の高校は、軽度の知的障害のある生徒のための学校です。教科の勉強の他に、就職に向けての技術の勉強もしています。私たちは物を覚えるのが苦手で、不器用なので、人一倍努力する必要があります。私は全く経験のないソフトボール部に入部するという挑戦をしました。途中、自分を見失いそうになることもありましたが、チームの仲間や先生方に支えられ、今でもソフトボール部を続けています。養護学校の生徒だからと差別する人もいますが、私の友達は親切で優しいです。そして誰よりも努力しています。私がソフトボール部を通して学んできたように、就職できるまで何度でも挑戦し続けます。私は自分の高校生活を誇りに思っています。

7. My Challenge

Akari Imahashi
Tokiwa University High School



When I was 14, I went to United State for about 10 days. It was so exciting. I became more and more interested in English and foreign cultures. Since my elder sister went to TOKIWA, I knew this school had a study abroad program.

Last year, our family hosted a student from Harry Ainlay High School for three days. Her stay was very short, but really exciting. Our host student was Janice. She was good at Japanese and we could speak in both English and Japanese. So we enjoyed going shopping, playing games, watching movies, and so on. Those experiences encouraged me to study abroad more than before.

After I entered TOKIWA, I made up my mind to study abroad. It was so exciting for me to imagine my life in Canada. While I was preparing for the program, I had two different feelings. One was expectation, and the other was uneasiness. But I really wanted to go to Canada as soon as possible. I spent most of my time thinking about Canada.

After I arrived in Canada, my home stay life started. My host family was always kind to me, so I could be relaxed. I felt that the days went by so fast, because I had a good time in Canada.

I tried to speak English more than I had been in Japan. Social studies class was my favorite.

We spoke English a lot there. It was so exciting for me to learn about Canada. And I was able to get much information.

Before I went to Canada, I didn't like to ride a bus by myself. But taking a bus was the only way for me to go to school. So I had to take a bus every day. In the first morning of my school days, I rode a bus with my host brother who went to junior high school. But that day, after school, I had to get a bus alone and I was not sure which bus took me home. So, I was really worried. As days went by, I got used to taking the bus because of the kindness the bus driver showed me. He was a very nice man. I was glad that he said to me, "Good morning," every day and it encouraged me a lot.

My host family was Christian. I was not so interested in Christianity before I went to Canada. But they hold family meetings about Christianity every Monday. And I became interested in it. I went to Church, and had Mass. It was a little difficult for me to understand what Christianity is like in English. But I felt myself one of their family through Christianity.

I really like school, home, and Canada. Those who I met in Canada were always kind to me. So I could spend wonderful time there and I learned many important things.

I had so many experiences in Canada. Most of them were very good memories. My stay in Canada changed my view. Before I went there, I had a prejudice. As you know, Canada has a lot of ethnic groups, but they are living together. So I found it was very important for us to live in harmony with people breaking the barrier of their languages and their skin color.

《要約》

私が14歳のとき、アメリカでホームステイを経験し、去年、家族がカナダ人高校生を受け入れました。それらの経験を通して、もっと外国について知りたくなりました。

高校入学後、私は留学することを決めましたが、準備をしている間は期待と不安がありました。

カナダに着き、日本に居るときよりもっとたくさん英語を話すことを心がけました。学校でカナダ史について学び、もっとたくさんを知りたいと思いました。学校へは、バスで通わなければならない、初めはとても心配でしたが、親切な運転手のおかげで、バスに乗ることに慣れました。ホストファミリーがキリスト教徒だったので、教会でミサに参加しましたが、理解するのは難しかったです。

私は、カナダが大好きです。みんながとても優しくしてくれたので、素晴らしい時間を過ごし、たくさんの大切なことを学ぶことができました。カナダでの経験により、私の考え方は変わりました。言葉や人種の壁を越えてお互いに協調し合って生きて行くことがとても大切だと気付きました。

8. What Can I Do?

Momoko Isomae
Katsuta High School



Do you have any hobbies or dreams for the future? Skiing and snowboarding are my hobbies and my dream is to become a winter sports instructor. Last winter many people enjoyed watching the Vancouver Winter Olympics. What many people do not realize is that the lack of snow in Vancouver at that time was a big problem. They had a hard time making the ski courses. When I heard it on the news, I began to worry that there might come a day when the Winter Olympics would cease to exist. Due to global warming, the lack of snow in Japan is also becoming a problem and it makes me nervous to think that in the future my favorite winter sports might disappear. Winter sports can be enjoyed as long as there is snow which makes them wonderful, but they mean more than that to me, for me winter sports are indispensable.

When I was a little girl, I was very shy and withdrawn. Other students often made fun of me. I began to hate going to school. My father worried about me and to build my confidence he suggested I take up his hobby, skiing. At first I could do nothing but cry the entire time. It was so terrifying. My ski instructor saw that I was scared. So she put her arms around me and we skied down the mountain together. It helped me to relax. The refreshing crisp air felt good against my cheeks, I stopped crying and realized how fun skiing was. I have skied for eight years because I discovered that I actually like skiing.

When I was twelve, I went with my school on a ski trip in Fukushima. Because I could ski well, my friends praised me. This made me very happy and it gave me self-confidence. When I was thirteen, after much practice, I passed a skiing test. When I heard the happy news I became full of appreciation for my instructors. I began to think that in the future I would like to be like my instructors and show children how much fun skiing is. At this point winter sports became indispensable to me.

I worry for the future of winter sports because global warming seems unstoppable and people are not interested in taking care of the environment. People leave trash on the mountain and it harms the wildlife that lives there. I don't understand why people don't cherish the mountain. I want the world to realize the possible extinction of winter sports. Maybe then, they will stop disrespecting the earth and help preserve our environment.

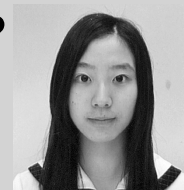
I want to give back to the winter sports community as a winter sports instructor. I want to teach children winter sports and the importance of preserving our environment so we can all enjoy winter sports. I hope those children will teach their parents and when those children become parents, they will teach their children, and their children will teach their children and so on. In this way I hope to make the world more beautiful and ensure the future of winter sports.

《要約》

私の夢はウィンタースポーツのインストラクターになることです。小さい頃内気で体を動かすことが苦手だった私は、学校生活もうまくいかず悩んでいました。そんな時、父の勧めでスキーを始め、やさしい先生方と出会い、8年間続けるうちに多くのことを学びました。今のように明るく積極的になれたのも、私にスキーを教えてくれた先生方のおかげです。でも地球温暖化のせいで、私の大好きなウィンタースポーツは存亡の危機にあります。残念ながら、そのことはまだ広く知られていません。私はウィンタースポーツのインストラクターになって恩返しがしたいです。子どもたちに、競技としての楽しさだけでなく、環境保全の大切さについても教えていきたいのです。そして、それがその親や未来の子どもたちにどんどん広がっていったらうれしいです。

9. What Should I do to Challenge My Dream?

Minako Ishida
Tokiwa University High School



There have been many great people in the world and they have left their mark on history. We can learn valuable lessons from their words and accomplishments. I will introduce a few of them with which I was very impressed. After that I will consider how I can connect them to myself and what I should do to realize my dream. In the beginning Helen Keller, who made great efforts for handicapped people in spite of her own disability, once said,

“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”

Whatever we do, we must believe in ourselves in order to achieve our goals. It is possible for us to have success if we stay positive and make a continuous effort toward the realization of them. Contrary, we can never be successful without hope.

I have a dream. I hope to become a flight attendant for international airlines. Getting a job as a flight attendant is very difficult. We have to study hard and pass the tests. If I luckily do, the work as a flight attendant is very hard and demanding. There are too many things for me to do! Is it impossible for me to realize my dream? Ralph Waldo Emerson, who is an American writer, said,

“Every artist was first an amateur.”

Yes! Nobody knows if I can be a flight attendant or not. I know that hard work is very important and that I can't be one so easily. Everyone who wants to be one continues to study and practice the skills needed to be successful. I will pile up small efforts to prepare for my future from now on.

“You have to pile up small efforts. That is the only way to get an amazing result.”

said Ichiro Suzuki, who is one of the greatest major league players. I hang on, doing what I should do now. I keep on, studying English in order to communicate with people from around the world. Now I'm studying the basics in my school. Piling up basics will increase my possibilities. Piling up what I can do now should lead me to an amazing stage. Studying English will help me communicate more effectively with the passengers so I will study hard and be an amazing flight attendant.

《要約》

私の夢はフライトアテンダントになることです。私がキャビンアテンダントになるなんて不可能でしょうか。ヘレン・ケラーは、「希望は人を成功に導く信仰である。希望がなければ何事も成就するものではない。」と言いました。何をするにしても、初めに希望を持たなければ、やりようがありません。それを失わずに努力を続ければ、成功する可能性はあるのです。逆を言えば、希望を持たなければ成功する可能性はゼロです。アメリカの作家、ラルフワルド・エマーソンは「どんな芸術家でも最初は素人だった。」と言いました。私がキャビンアテンダントに向いているか向いていないかは、まだわかりません。私も今から努力を重ねて、将来に備えようと思います。メジャーリーグ選手の鈴木一郎氏は「ちいさいことを重ねることが、とてつもないことをなしとげるただひとつの道。」と言っています。私はキャビンアテンダントになるために、今できるちいさいことをやり続けようと思います。

10. Challenge for Creativity

Ryujo Jo
Takahagi High School



Good afternoon. Thank you for giving me this opportunity to share this time with you. I hope my speech will bring you some excitement. Now I will show the importance of overcoming the challenge to be creative.

Creativity is a good thing, but not popular with most people. When I was in primary school, my teacher told us to write a passage about a memorable thing, most of the students were not creative because they wrote about finding money on the street and giving it to the police man. Others wrote about how they helped old people to cross the road. But, one passage was creative. A boy wrote about his first girlfriend. In the end, the passage was marked with a zero. What do you think about that? He just wrote what he wanted to write. But not everybody really knew that.

Perhaps the famous President Obama couldn't write such passage at age ten. So what about doing something new? It's really what teenagers should do.

The world is like a stair. If you don't have creative ability, you will always be on the ground floor. If you continue walking on the old way, you will never get ahead.

For example, when you get into any trouble, do you depend on the computer? Yes of course! Do you want to create your own idea? Certainly not! It is like an ill boy who copies the answer of homework all the time. If Edison relied on the computer, he would never have invented the light; we would still be doing our homework in dark. If Bell depended on the computer we would still need to ride horses for many miles to send a short message. How horrible the world would be. So please try something new! Make your life more colorful.

Good idea brings good profit. I once read a story about Amazon---one of the largest internet book shops in the world. Before it almost all books were sold in a book shop, and as a result, there was no space to store books. But they decided to store these in a giant warehouse and sell them on the internet. Due to the decision, they could now offer a greater section of books and at a lower price. This small idea gave them great advantage, made them a success in a really competitive market. So please try something new, it can make you a large achievement.

I always try my best to generate new ideas and think of new ways do something. My dream is to be a business man. What is the key to be a successful businessman? Creativity is the key. Sometimes there are a lot of objects of innovation around us. Now there are no recycling shops in China. I think this is chance for me. I would like to make the first recycling shop. Not only the consumer but also the government will support me. The shop can save people a lot of money and resources. I want to be a designer to remake some of the goods. I can tell the customer the story of the goods. I hope I will be a successful businessman. So please do something new, maybe it will make your dreams come true.

The challenge for creativity will be an important factor in determining the success you achieve. I know the way to success is not easy, however, I believe that where there is a will there is a way.

《要約》

創造することはとても重要だが、それほど一般的ではありません。人生は階段のようで、創造力がないとステップアップできません。もし、何かトラブルがあった時はコンピューターに頼ったりするでしょう。そんなコンピューターに頼ってばかりの世界は恐ろしくないでしょうか？良いアイデアが効果的な利益をもたらす。インターネット書店アマゾン はとても良い例です。私はいつも新しいことを考え、何かをするときに新しい方法でしようとしています。私の夢はビジネスマンとして成功することですが、そこにも創造力がカギになっていると思います。創造力を生み出そうとすることは成功を収めるためにはとても重要な要素です。成功への道は容易ではありませんが、「意志のある所に、道がある」ということわざを信じていきたいと思っています。

11. My Dream and Goal

Kazuyoshi Kawashima
Toride Shoyo High School



For a long time I thought that I didn't need a challenge. But now those thoughts have disappeared.

One day my Dad borrowed a book from the library. It was called Barefoot Gen. It talks about the life of Gen in World War II. The book was on the table so I started reading a few pages of it. But the book was so interesting I ended up not only finishing that book but I finished reading all the episodes to it.

After reading the book I started thinking about the war time. According to that book during the War, the people were forced to go to the battle front whether they liked it or not. They didn't even have enough food to eat. But the saddest thing was that they didn't even have human rights. It must have been the hardest times in the whole of Japanese history.

After knowing more about the sad past through this book I started thinking about my life that I live now. I have enough food to eat, a place to stay with my family, and have human rights.

After comparing my life with the life of the war, I started to become more thankful. The life that we live is that of peace. Thankfully Japan has become one of the most peaceful countries in the world right now.

But we all must not forget the sad memories of the past. Not only remember but must tell our next generation this sad past so that Japan will never have to go through another sad war.

My challenge is to first brush up my English speaking and to study more about the law and human rights and the history of war so that one day I could go and work at the United Nation .

It might be too big of dream but it will be worth the challenge to be able to work for this world

And this, ladies and gentlemen, is my challenge: I will try to make this world a better place. For the fathers, mothers, children and every living thing I will stretch a helping hand and in return I hope you too can help others and together we will make this world a better place.

《要約》

長い間私には、チャレンジなど必要ないと考えていました。しかし、今やその考えは消えました。

第二次世界大戦中のゲンという子の生きざまについて書かれた「はだしのゲン」という本を読み、日本の悲しい過去について知りました。この本を読み終わった後、戦争中の人々の生き方と私が現在生きている人生について考え始めました。私には人権もあり、家族と共に生活できる家があり、十分に食べることでできる食物もあります。戦争中の人生と今の私の人生を比べてみて、安らかに生活できることに対して感謝するようになりました。しかし、皆が悲しい過去を忘れずに、次世代に伝えていくことによって、同じ過ちである戦争を繰り返さないようにしなければなりません。

私のチャレンジは、まず自分の英会話に磨きをかけ、法律や人権を学び、過去の戦争の歴史に関して勉強し、いつか国連で働くことです。あまりにも大きな夢かもしれませんが、この世界のために働くことはとても価値があると思います。共にこの世界をより良いものとしましょう！

12. To Make My Dream Come True

Yuki Kuge
Mito Kiryo High School



What do you do when you encounter difficulties? Earlier, whenever possible, I would evade such situations. But I now try my best to confront them head on. Frankly, I still find it very challenging, but I do it knowing that I'll feel much better about myself if I succeed.

My dream is to be a veterinarian. My parents are both veterinarians, so it seems like the most logical thing for me to do. Ever since I was a child, I've seen them at work in various situations. I've watched my father treat a dog that had been run over by a car and witnessed them both treat people's pets as late as midnight. My parents even care for abandoned or homeless animals and try to find homes for them. In fact, a friend and I once succeeded in finding a home for a puppy in the park, all by ourselves. I remember feeling very pleased with myself despite having saved only one life. My parents, however, have rescued several animals and treated so many people's pets. Unfortunately, they have not been able to save all their patients. We all find it tough to deal with the death of an animal. Despite all the challenges, my parents continue their profession. They both realize the importance of their work. They are also fully respectful of life. I, too, love animals, but I don't think that's reason enough to become a veterinarian. As my mom once told me, "the work is very difficult, but very rewarding."

Clearly, it requires hard work and determination to follow in my parents' footsteps, and as I said at the start, I should not shy away from stressful situations. This is something I think I can manage. But there's something else I need to get over. In the past, I've had difficulties in dealing with others. I sometimes find myself distorting reality to suit my personal needs, and it's not easy for me to take responsibility for my actions, even when I know that I'm to blame. Yet, there are situations in which I bite my tongue instead of expressing my opinion, for example, when I'm asked questions like "what do you want to do?" or "what do you dislike doing?" I usually regret stopping myself from giving a straight answer. In order to be a productive member of society, I must get past this problem. I need to be able to apologize when I'm wrong, and I want to be a strong person who can effectively convey my thoughts to others.

Once I learn to face challenges and take responsibility for my actions, I know I'll succeed, just like my parents have. Perhaps my standing here before you is testimony to my will to change. All I know is that one day I, too, hope to find my work challenging and rewarding.

《要約》

私の挑戦は、「つらいことから逃げない」ということです。なぜなら獣医になるのが私の夢だからです。小さい頃から獣医の両親をみてきました。真夜中でも、運ばれてきた犬の手術をしたり、捨てられたペットの里親を捜したり、次々と動物を救う両親に憧れました。ペットの中には治療の甲斐なく死んでしまう動物もいます。辛いはずなのに、両親は今日も治療を続けています。母が昔、「獣医は大変な仕事だけど、嬉しいこともたくさんあるよ。」と私に話してくれたことがあります。命を扱う職業だからこそ、責任も大きいのだと感じました。両親のような獣医になるためには、私も困難に立ち向かう覚悟が必要です。今までは、友人とケンカしたとき、他人のせいにしてしまいました。また、自分がしたいことを伝えられなかったこともあります。だから、自分の責任から逃れず、素直に「ごめんなさい」と自分の気持ちを伝えられるようになりたいです。そして、「辛くても、たくさんの嬉しいことが感じられる」獣医になります。

13. I Believe I Can Achieve it After All, if I Try to do It.

Yamato Murakami
Mito Special Education High School



My hobby is listening to music. My favorite musicians are ELDEGARDEN and the HIATUS. Do you know them? Now ELDEGARDEN has broken up, but its singer Mr. Hosomi formed a new group called the HIATUS. When I listen to their music, I feel very good. I always sing songs just like the musicians. I want to go to their concerts some day. I sang a song at the Karaoke competition at my school last year. Now I can sing songs, but I used to be very shy and hesitated to sing songs in public. To tell the truth, whenever I went to karaoke, I wanted to sing songs loudly with the microphone. But I didn't have the confidence and couldn't sing any songs. I was always just sitting and listening to others. I was so shy and believed I was a poor singer. I was jealous of my brother because he is very good at singing songs. He formed a band with his baseball mates after finishing his baseball club activities. He's the vocalist. I saw his performance at his school festival. It was so cool!

One day I went to karaoke with my brother, his baseball mates, and their families. There, I sang my favorite Green song, "KISEKI", which I had so often listened to and sung at home. At first, I was so nervous but, little by little, I stopped thinking about others and concentrated on the song. I was so satisfied with myself. After I sang it, everybody said, "How well you sang!" and "Good!" I was so surprised to hear that. I didn't expect it at all. After that, I began to sing songs with confidence in public. I feel so great while I am singing songs out loud without hesitation. I realized that I don't know whether I can do something or not, if I don't try.

Some of the songs by my favorite musicians have many English words. For example, "Make a wish. You be fine. Nothing's gonna let you down. Someone's there next to you holding you now." This is "Make a Wish" by ELDEGARDEN and what it says is true. My friends and family will be there to support me and my wish. Though I don't know whether the English expressions are right or not, it is certain that it helps me to study English. I wish I could have an easy English conversation. I want to go abroad some day. It is one of my dreams. Now I am here. This is one of my challenges to improve my English. I think it is important to try.

I once thought, "I can't achieve anything by myself." Maybe I didn't have confidence. Now, "You never know until you try." is my motto. For example, I passed Suuken pre 2nd grade this spring. I didn't know if I could, but I like mathematics and I wanted to get it, so I studied hard.

My new goal is to get a driver's license. I am poor at Japanese and have a little trouble with understanding it. By that I mean I need others to speak slowly using easy expressions. Then it's OK. So I try to watch my parents carefully when they drive and learn through my own eyes and body. I try to read the textbook again and again. I hope I can continue to challenge myself, believing not "I can't achieve that," but rather "I can surely achieve it."

My school has a slogan that I like very much: "We challenge infinite possibility". So I will challenge myself everyday and continue working to improve my skills and life.

《要約》

私の趣味は音楽を聞くことです。今はみんなの前で歌を歌いますが、以前は恥ずかしくて歌うのが嫌でした。カラオケに行くと、本当は歌いたいのですが、ただ座って他の人の歌を聞いているだけでした。私は歌がへただと思っていたのです。ある日、私は兄や兄の野球仲間達とカラオケに行きました。思い切って歌ったところ、思いもよらずほめられました。それから自信をもって人前で歌うことができるようになりました。私はやってみなければわからないということを実感しました。歌にも英語がたくさん使われていますが、これも英語の勉強になります。英会話ができるようになりたいです。私は依然と自分に自信がなく、「自分は何もできない」と思っていました。今では「やってみなければわからない」が私のモットーです。「できない」ではなく、「必ずできるようになる」と信じていろんなことに挑戦していきたいです。「無限の可能性にチャレンジ!」私の学校のスローガンであるこの言葉が大好きです。

14. My Challenge

Tomoko Ogawa
Iwai High School



Hi, my name is Tomoko Ogawa. I am from Iwai High School. Now, I will talk about “my challenge for English and Future.”

I want to become an English teacher. For that I will study practical English first. In addition, I would like to study other languages, such as Chinese, which is becoming much more useful to learn. Through my studies I hope to develop knowledge that will prepare me to become a good teacher. However, I would also like to use the knowledge I learn to gain experience to better prepare me for the future.

Recently I took part in “Youth Ending Hunger in Ibaraki Group”, which was held by a Non-Government Organization for young people who want to create a world with no hunger and no poverty. We played a game called the “Ending Hunger Game.” Through the game, I learned the present condition of developing countries and I began to realize how we should take action for creating a peaceful world. After that, all the members of the group discussed what we can do to help developing countries. At this time, I not only shared my point of view, but I also started to think what I want to experience for myself.

I also took part in a workshop held by Japan International Cooperation Agency in Tsukuba City. There, I discussed Japan Overseas Cooperation Volunteers with other high school students. In the future I want to take part in the field of education and cultural exchange as a member of Japan Overseas Cooperation Volunteers. Not only do I want to send supplies and donations to developing countries, but I want to help children who don't have the opportunity for a full education and have difficulties in their everyday lives. I hope to make the most of my studies at university by helping people in developing countries.

In addition to teaching English, I also want to educate young people about the conditions and culture in developing countries. My hope is through my experience, young people will become interested in the affairs of the world. Also, I hope the condition in developing countries will continue to improve in the future. I want to show Japanese people how blessed our lives are. Finally, I want people to know that even by doing something small, we do have the power to change the world.

Thank you very much for listening.

《要約》

私は、将来英語の教員になりたいと考えております。英語の教員を目指すにあたっては、大学において、実用的な英語を学ぶことはもちろん、他国語を含めた様々な知識や経験を手に入れたいと思っています。これまで私は、NGO主催「ユース・エンディング・ハンガー・茨城グループ」という飢餓や貧困をなくそうと考える若者たちの研究会に参加し、またJICA主催の研究会において青年海外協力隊について、同年代の高校生と様々な話し合いをしたりもしました。そんな中で、恵まれない子供たちのために自分自身が何をすべきなのかを考え、実際に青年海外協力隊に参加することも視野に入れていきます。英語の教員になるという最終目標を持ちながら、今後様々な経験をし、実際に教員になった時に自分の経験を若い人たちに伝えていきたいと思っています。世界というのはほんの些細なことから変えることができるのです。

15. To Change My Behavior

Takuma Sasaki
Mito Kiryo High School



Have you heard the old saying, “A leopard can’t change its spots”? Put simply, it means that it is not easy to change one’s behavior. However, there are certain things about myself that I’d very much like to change.

First, I often behave in a self-centered manner. I tend to view things in a practical manner, only taking into consideration my own interests. Of course, the people around me get hurt in the process.

Second, I find that I’m unable to see myself from the point of view of others. My goal is to attend university, and in order to do so, I need to study very hard. Unfortunately, my personality impedes my progress. For example, I’ll make every effort to solve easy problems, but I shy away from real work or preparation that’s necessary. Until recently, I had not noticed this about myself and therefore, could not see myself from the perspective of others.

To tell you the truth, this is not the first time that I’ve tried to change. What inspired my first attempt to change was the sudden death of an acquaintance. While I was in Junior High, he was very well liked, as he did much for others. In particular, he put his life on the line to care for his son. I was so moved by his selfless behavior I tried to change. However, I did not succeed. After I entered high school, I have had few chances to interact with his family. Of late, I had stopped even thinking of changing or reflecting on myself, using the excuse that I was too busy with high school. Then, my homeroom teacher told us about this speech contest.

I don’t want to see myself make the same mistakes again. Some things need to change. Believe it or not, this contest is my first step toward improving myself. Honestly, I don’t like English very much, and I’m not very good at expressing myself in English, either. But here I am, standing before you, giving it my best shot.

I sincerely hope that the work that I’ve put into this competition will help me make some changes for the better. I know it’s impossible for a leopard to change its spots, but I do believe my efforts will be rewarded. I want to grow as a person and be a better human being. Perhaps my being here is proof that people can change.

《要約》

「三つ子の魂百まで」ということわざにあるように、人の性格はなかなか変わらないものです。しかし、僕は自分の性格を良い方向に変えたいのです。僕は自己中心的で、自分に利益がないと面倒なことはしません。だから、友だちや周りの人を傷つけてしまうことがありました。勉強でも同じです。自分を客観的に判断できずに、簡単な問題ばかり解いてしまいます。だから、嫌な自分を変えようと思いました。

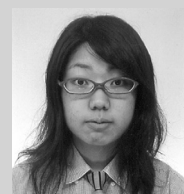
自分を変えたいと思ったのは、近くに憧れの人がいたからです。その人は人のために何でもやる人でした。自分の子供には無茶なことでもしていました。だから、自分を変えようとしたのですが、中学生の時は失敗しました。高校に入ると、毎日が忙しいのを言い訳にして、自分を見つめることも少なくなっていました。でもこのスピーチで、もう一度自分について考えることが出来たのです。

自分は簡単に変えることは出来ません。しかし、努力はきっと報われると信じています。僕は人として、もっと成長したいです。

16. Friendship and Discrimination

Momo Sukegawa

Tuchiura Nihon University Secondary School



Maria is a Russian, Vanni is an Italian, Sabina is a Taiwanese, Ju is a Korean, Caitlin is an American, Rina is a Japanese, and Nichole is a French American. These are people I met and got to know in the United States this summer.

One of my biggest challenges this summer was to go to the United States all by myself and to stay there for one month to study English. I wanted to learn to speak English better, I wanted to know the United States more, and I wanted to make as many foreign friends as possible. During that time, I enjoyed a homestay with a French-American lady, and went to a language school every day. As a result, I'm not so confident to say my English improved dramatically, but I can announce that I was able to make a lot of friends and learn a lot of precious things there.

The classes I attended there not only taught me the English language, but also various cultural and social issues in the United States. In one of the classes I read a book, which was written about Martin Luther King Jr. He was a black person and was born in the period when people suffered from harsh discrimination based on skin color. But he didn't give up. When black people couldn't take a seat on the bus equally to white people, Martin Luther King Jr. and other black people began to boycott buses. They walked to their workplace instead. A lot of other people in and out also supported their campaign and the bus company was in trouble, so black people finally could sit in any seat they wanted. When I learned the story, I was truly impressed.

Now racial discrimination has decreased, and I didn't see any examples of such discrimination during my stay in the United States. On the buses I rode, black people and Asian people like me could sit anywhere. Everybody could talk to each other equally. Thanks to that free atmosphere, I could make a lot of friends living in the United States and from other countries.

Nevertheless, it is not to say that discrimination has disappeared from the world. Even in the United States, even in Japan, and all over the world, some kind of discrimination does exist. It might be discrimination against the poor. It might be discrimination against the weak. It might be racial discrimination. It might be religious discrimination. Bullying at school might also be a kind of discrimination.

Discrimination always comes from the inside of people's hearts. And it never creates anything, while it just leaves hatred and sadness. After learning about Martin Luther King Jr. and making a lot of precious friends in the United States, I found out the importance of understanding other people whatever nationality or whatever race they are. I believe understanding people and establishing friendship will terminate the feeling of discrimination from people's hearts.

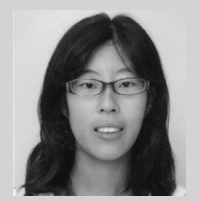
My real challenge has just started.

《要約》

今年の夏、ホームステイ先のアメリカで様々な国籍の人たちと出会い友達になりました。今年の夏の私の1番大きなチャレンジは、英語を勉強するためにアメリカへ1人で行ったことです。私は現地で語学学校に通いました。英語力が劇的についたとは言えませんが、たくさんの人々と知り合い、たくさん大切なことを学びました。授業では英語だけでなく、様々な文化的、社会的問題も学びました。その中でキング牧師についての本も読みました。彼は人種差別撤廃のために闘い続けました。私はその物語を読み、本当に感動しました。今、人種差別は減りつつあり、私はアメリカで人種差別に触れることはありませんでした。しかし世界には、いろいろな種類の差別がまだ存在します。差別は何も生み出しません。私は人々を理解することと友情を築くことによって差別がなくなると信じています。私の本当のチャレンジは、まだ始まったばかりです。

17. My English Life

Yurika Suzuki
Hitachi First Senior High School



“Yes, I’ll try it!” Since I like English, I have challenged myself many times. English makes me very positive.

I have a dream. I want to be an English teacher of elementary school. I want to show students how interesting studying English is. Japan continues to internationalize, so it becomes more important to be able to speak English. If we speak English fluently, we can talk to people all over the world and get to know the differences in culture between Japan and other countries. I want to show the importance of communicating well in order to accurately portray our lives in Japan. And I want to teach how interesting other cultures are. If I become an English teacher of elementary school, I want to exchange cultures with elementary school students from other countries. Now, most elementary schools students don’t have a chance to contact foreign people of the same age. Making friends with people from other cultures in their youth is good for students and it will be cherished by them. I think that if we learn about foreign cultures and foreign languages from a young age, we can better understand each other.

Last year, I went to Great Britain for twelve days. I had been looking forward to it very much because, ever since I was a junior high school student, I had always wanted to visit. I really wanted to live where English is spoken in order to experience British English and test my English skill. But it was more difficult for me than I had expected. English used there was really fast, and it was not easy for me to catch what people said. It was really different from what I learned in English class. I could barely understand what people said. I had to ask people to repeat themselves two or three times. Sometimes I could easily understand what they said, but I could not respond immediately. Until I went to Great Britain, I had thought I was good at English, so I was shocked to learn I didn’t have as good a command of English as I had thought. But through these experiences, I could find the weak points in my English. And I made up my mind to study English more and more.

I like English very much, so I study English a lot. But English is only one of the tools to communicate with foreign people. It is not enough only to speak English. I have to experience many things, hear different ideas, and have my own ideas to communicate to foreign people. I was poor at telling people my idea. However, ever since I started studying English, I became confident of myself, and I’ve found it interesting to express my ideas in English. But first, I think the thing I have to do now is get more used to English. I need to read, write, listen and speak English more, and I have to be able to think in English. I have many things to do to realize my dream. I may come across many difficulties, but I will do my best to achieve my dream.

I think the challenge of English will never end as long as I like English. Even if my dream comes true, I will never be satisfied with my abilities. “I want to be better.” “I want to do more.” Many challenges stand in my way, and I have to overcome these challenges.

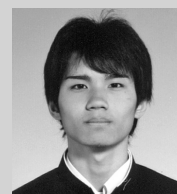
I have not definitely decided what I want to do with English, but I’m sure I’ll find what it is. It will be a long journey, but I will never give up. In the future, I will continue to challenge myself, and to put all my efforts to overcome any challenges I have with English.

《要約》

私は将来小学校の英語の先生になりたいと思っている。生徒たちに英語を通してさまざまな文化を知ることの楽しさを教えてあげたいと思っている。昨年、私はイギリスへ行った。英語だけの世界で生のブリテッシュイングリッシュに触れてみたかった。しかし、現地の英語はとても早く聞き取りにくかった。また、相手の言っていることが即座に理解できたとしても即座に返答出来ないことが度々あった。最初自分のあまりの出来なさに自信を無くしてしまいそうになることもあった。しかしこの経験を通してもっと英語に力をいれて頑張りたいと思った。私は英語が大好きだが、英語はあくまで外国の人と話すための手段だ。英語が話せるだけでは意味がない。自分自身の意見をしっかりと持った上で、他国の人と英語で意見を交換し合えるようにになりたい。夢を叶えるまでの道は長い、ひとつひとつの課題に対して全力に取り組み、あきらめず頑張っていきたいと思う。

18. Jump Higher, and We Can Go Further

Boie Takeda
Nakaminato High School



Hello everyone. I am Boie Takeda, Olympic gold medalist winner of high jump in the 2020 Tokyo Olympic Games. I have been training hard since I entered the track and field club of Nakaminato High School 15 years ago. Finally, my dream has come true.

I did the high jump for the first time when I was in elementary school. It was so attractive and exciting to jump. Whenever I fly up, the rich blue sky and floating clouds greet me. To me, they are the most beautiful things on earth. I remembered that wonderful feeling for a long time. However, in junior high school, there was no track and field club so I could not chase my dream. It wasn't until a school sports festival that I trained again. I reconfirmed the pleasure of jumping high and made up my mind to be a good high jumper in the future. I learnt to always cherish my own dreams.

That was one of the best decisions I have made in my life. Entering my high school which has a track and field club, I have changed myself in several ways. Back in my high school days, my record improved little by little. However, I had to jump about 60 centimeters higher to break the world record of 2.45 meters set by Javier Sotomayor of Cuba since 1993. That motivated me to be the best, and Naoyuki Daigo became my idol. When he was in college, he broke his knee and had to stop jumping although he had been famous as an excellent high jumper. After college, he had to look for a job but he never gave up his dream. He trained very hard and made a fresh start again. A few years later, he set a Japanese best record of 2.33 meters. I learnt that in life, it is important to have good role models to inspire us.

When I am on the field, I jump alone, but when I am off the field, I have countless people to thank. My coach, for one, is awfully strict but he loves track and field better than anyone else. My teammates are great as we encourage each other to become better. In high jump, it is necessary to not only be physically but also mentally tough. During these years, I've taken part in many competitions and my fellow competitors from other schools have challenged me to become better. Helping out in various local competitions has also taught me how important service is, and now that I have succeeded, I know I will give in kind to the future generations of high jump athletes. After all, I started off as one. I learnt that it is always important to return what I have been given.

Hello everyone, I am Boie Takeda from Nakaminato High School. I am a running high jumper. While breaking the world record and winning the Olympic Games is difficult, I will do my best. Thank you.

《要約》

私は走り高跳びの選手です。小学生の時初めて高跳びに出会い、青く美しい空に舞い上がる感動を忘れられずにいました。私の通った中学には陸上部がありませんでしたが夢を持ち続け、高跳びの選手になるため高校入学後迷わず陸上部に入部しました。はっきりとした目標を持つことにより私の毎日は変わりました。世界記録である2m45cmにはまだまだ届きませんが、尊敬する醍醐直幸選手のように決して夢を諦めず、根気強く厳しい練習に励んでいます。

高く跳ぶためには技術や体力だけでなく、強い精神力が必要です。跳ぶ時は一人ですが、数知れない人が私を支えてくれています。誰よりも陸上を愛するコーチ、お互いを励まし合えるチームメイト、そして大会で出会う様々な選手たち。他県での大会にも出場しましたが、ライバル選手との交流から助け合いの心も学びました。たくさんの人たちから受け継いだ陸上の技術やスポーツマンとしての精神を、後輩たちに引き継いでゆくことが僕の役目だと思っています。

より高く跳び、世界記録を打ち破りオリンピックに出場する日まで、僕は走り続けます。

19. Device to Study

Nozomi Usami
Mito First High School



The thing that I find most challenging now is studying. I was admitted to a school I had been eager to go to for a long time. At first, I had great exam results and I ranked fifth place in the trial examination in summer. I never thought I was able to get such fantastic grades. I was surprised at how well I did. My home room teacher said to me, “Why don’t you apply to Tokyo University?” I said “You’re kidding me!” But I visited Tokyo University during last summer vacation, and started to think that if I can pass the entrance exam, then I want to go to Japan’s best university.

However, I haven’t been doing well at science and mathematics recently. I am naturally poor at logical thinking. I have tried to overcome math by simply memorizing the answers to problems already studied in class. But I can’t cope with high school math simply by using rote memorization. My math’s score has since fallen below the average mark. I usually understand problems which I can’t solve as transcribed answers. If I still don’t understand, I ask a teacher about the question and work it out over and over again.

The other day, there was an article about how students from Tokyo University studied for the entrance exam. I was very surprised because their way was the same as mine. I have been busy of late, so I have only been trying problems once. But I’d like to find time to attempt problems that I can’t answer again and again.

My house is far from school. It takes more than two hours each way. Then, I have band practice, and I also have to help with the family business. It’s hard to find time for study. When I come home after 9 p.m., sometimes I can’t finish preparing for lessons the next day. And I frequently fall asleep with my face on the desk until next morning. So I have decided to take a later train to school to study by myself, because when I get to school early, instead of studying, I just talk with my friends. I read aloud my textbooks in a low voice and write English words in a notebook on the train.

My home room teacher is really nice. He often encourages me. When he says to me, “You can do it!”, I feel like I want to do my best. My mother has often said to me, “I want you to meet a good teacher, because coming across such a teacher will be a life changing experience.” I think he is a wonderful teacher just like the kind my mother described.

I’ll go to the “open campus” at the Tokyo University of Foreign Studies in November. I’ve been interested in studying there because I like language and want to study it more. Although I haven’t decided which school I will go to yet, I’m going to study hard regardless of which one I end up going to. And I’d love to be a valuable member of society in the future.

《要約》

私が今、チャレンジしていることは勉強です。高校に入学してから、好成績を収め続け、学年5位をとった私に先生は「東大を目指したらどうだ？」と勧めてくださいました。しかし、最近では理数系の科目が苦手になってしまいました。分からなかった問題は先生に質問し、解答を書き写しながら解き方を理解し、何度も解きなおすようにしています。先日、東大合格生と私の勉強法が同じことを知り、驚きました。私は通学時間が長く、バンド活動や家業の手伝いもあるので、勉強時間を確保するのが大変です。そこで、電車の時間を変えるなど、時間を作るための工夫をしています。私は11月に東京外国語大学のオープンキャンパスに行きます。言葉を勉強するのが好きだからです。まだ自分の志望校を確定してはいませんが、どの学校に入っても一生懸命勉強して、将来社会に役立つ人間になりたいです。

20. My Challenge

Sayaka Wada
Tokiwa University High School



I went to Canada as an exchange student from Tokiwa for three months last year.

I had many challenges then. I'd like to share some of them with you.

My host family was very busy every day, so I could hardly go anywhere or talk with them. Therefore, I used to go to many places by bus or on foot alone. Sometimes, it would take over an hour to reach one of the places. I have hardly ever taken a bus in Japan, much less I have taken a bus for over one hour. And then, I had taken the wrong bus. I was at a loss of what to do because I didn't know what bus reached the station near my host family's house. However, the bus driver taught me at which bus stop I should get off. I was so lucky. I certainly went somewhere twice a week. I enjoyed choosing where I should go next. My special place is a Chinese restaurant, because we had a farewell party there. I enjoyed taking a lot of pictures, eating Chinese food, and talking with my friends.

In Japan, my mother looked after me a lot. But in Canada, I had to take care of myself. In the morning, I myself had to wake up on time in order not to be late for school. I had to wash my own clothes. When I made a mistake washing them, I wondered how I should deal with them.

I am not very good at speaking with people. But I wanted to speak to everyone.

It was one of the reasons for my stay. In the beginning, I didn't know how to accomplish it.

So, in a class, I was frustrated not to be able to tell a girl how I felt. Gradually, I was able to express my feelings to her little by little. I think she is a good friend even now.

While I stayed in Canada, I learned one important thing; if I don't try to do anything, by being afraid to make mistakes, I will not be able to grow up. Before I went to Canada, I didn't think I could wake myself up and go anywhere myself. But now I feel more confident and independent.

I am thankful that my family allowed me to go to Canada and my teachers and friends helped me a lot.

The challenges I faced have helped me grow and I will never forget these experiences.

Thank you.

《要約》

私は去年、3ヶ月間交換留学生としてカナダに行った。私はそこで沢山のことに挑戦した。1つ目は1人で歩きやバスで様々な場所へ行ったことだ。私のホストファミリーは忙しく、家でも1人だったからだった。間違ったバスに乗ってしまったこともあったが、運転手さんが正しいバスを教えてくれ、すごくうれしかった。2つ目は、家の中の身の回りのことを自分でやったことだ。日本では母がしてくれたことも、カナダではたいていのことを自分でやらなければいけない。朝、1人で起きること、洗濯などだ。3つ目は、友だちとの会話だ。私は人と話すのが得意ではない。実際、カナダでも最初はとても苦労し、イライラしたことも沢山あった。だが、だんだん慣れ、最初は対立した子とも、最後は友達になった。

カナダへ行ったことで、大事なことが1つ分かった気がする。それは「やってみなければ分からない」ということ。私はこの機会を与えてくれた全ての人に心から感謝し、このチャレンジを決して忘れずにいたい。

21. To Shine

Chinami Yagyū
Ibaraki Christian High School



Young people are often told that it is important to have heroes that they respect and want to be like. I really think this is true. There are two men that I have come to admire very much and whose examples have encouraged me. I'd like to tell you about them.

The Olympics are a sports festival held every four years. Thousands of athletes from around the world make great efforts to stand on the winner's podium and receive a medal. Of all the participants, the winners shine the brightest. For me, the brightest star of the most recent Winter Olympics was a Japanese ice skater, Daisuke Takahashi. In November of 2008, he seriously injured his right knee and underwent surgery. However, he went on to win a bronze medal in the Vancouver Olympics only a little over a year later. His performance enchanted spectators all over the world, as he skated with full confidence, expressing himself beautifully on the ice. Watching him, I thought of how much pain he had endured in order to reach that level. It was beyond my imagination. Therefore, the tears he showed on the victory stand touched me deeply.

I learned of my other hero from a book that I happened to see on a table. One afternoon, the wind turned the page of this book and a picture of a flower jumped out at me. The flower was drawn with heart-warming colors and it almost seemed to move in the wind. The picture shows not only gentleness, but also strength. It looked alive. I could not take my eyes off the picture and I forgot the passing of time.

The picture was one drawn by Tomihiro Hoshino. Mr. Hoshino was once a junior high school P.E. teacher. One day, while showing his students how to do a flip, he was badly injured and permanently damaged the nerves in his neck. Since then, he has not been able to move his body. The flower picture that I liked so much was drawn with a brush held in his mouth. A poem which he wrote was just below the picture. It said, "All material things come to an end; but their spirit continues on, giving us strength. Next to a withered flower is a bud about to bloom. From a single withered flower, many seeds are born." After reading this, my eyes were filled with tears.

At that time, I was worried about my future course and had started to give up on the dream I had held since childhood. I was unhappy, and my confidence was all but lost. Then I thought of the injured figure skater and the paralyzed painter/poet and all they had overcome to succeed. My weak spirit was strengthened and my doubts disappeared.

I thought, "I can do it! I will do whatever it takes to make my dream come true!" My heart was totally changed by the examples of Mr. Takahashi and Mr. Hoshino. When people overcome great difficulties to be successful, they shine like beacons to others who are having problems. Wouldn't you like to become that kind of person? I would.

《要約》

人は皆、輝いている人を見て尊敬し、またそのようになりたいと願うものです。輝きの大きさや形は人それぞれ異なりますが、ここでは私が感じた輝きを紹介したいと思います。まず、フィギュアスケートの高橋大輔選手です。彼は、大怪我を克服して、バンクーバー冬季五輪で銅メダルを獲得しました。世界中のアスリートが努力を重ねて望むオリンピックという夢の舞台で、高橋選手は怪我を感じさせない素晴らしい演技を見せ、私たちに感動を与えてくれました。次に、心温まる色彩で描かれた花の絵が印象的な星野富弘さんです。星野さんは、体育の先生でしたが、指導中に首の神経を損傷し、不自由な生活を強いられることになりました。「形あるものは必ずなくなるが、その心はいつまでも残り、私の力になっていく。」この詩のように彼が深い悲しみの中にいても決して希望を失わずに自分らしい形で輝く姿に、私も勇気付けられました。みなさんも、高橋選手や星野さんのように、苦難にあっても希望を持ち続ける、輝いている自分を見つけてみませんか。

22. Rice

Mari Yamazaki
Hitachi Second Senior High School



Do you know how to make rice? This year, I experienced making rice at my grandparents' rice field. The rice I eat at my house is made by my grandparents and my parents. Actually, I had not helped them making rice until this year. However, I was not busy this year, so I decided to help them.

Life of rice starts in may. I went to my grandparent's house with my parents. This time, each of us took some roles. My father and grandfather planted rice with machines. My mother and grandmother planted rice to the space that the machines could not cover. My first job was to prepare seedlings. My mother and grandmother were very tired because there was much water in the field. I thought I wanted to go into the field, but everyone was so attentive, so I couldn't go in to the field. It was boring.

Next time I visited grandparents' house was in September. At that time, I experienced "Odagake". The season of odagake is different depending on the climate of the year. Odagake is a process to dry rice. "Oda" is the old name of bamboo. First, we make a stand with bamboo, which is called Oda. Next, we put rice on Oda to dry them with sunshine for about one week. Today, most farmers dry rice with machines. However, my grandmother said the rice dried with sunshine is better. So, my grandmother actually dries them with sunshine. On that day, we shared our roles again. My father and grandfather cultivated rice. My mother and grandmother did Odagake. When we did Odagake, shells of rice were stacked on my body, so it was itchy. However, I decided to continue helping them until the final process, the harvest.

After one week, we went across mountains and visited my grandparents' house again. Our last work for harvesting rice is to remove rice from Oda and break the Oda. We are given the rice which was unshelled by machine, and went home. Fresh rice was so shiny and sweet. It was so delicious to eat, I thought.

Through this experience, I thought that producers and the consumers of crops are closely related. I also found crops without chemicals are very delicious. For example, vegetables I eat at my house are grown at my grandparents' field. They are grown without chemicals. When I ate salad at my friend's house, I was surprised at the different taste. I never forget that it was different from the taste at my house! It was bitter! Now I found that the vegetables at my friend's house were grown with chemicals. Vegetables without chemicals are very good. Even if they are expensive, it is worth paying the price.

My father and my grandfather plow the field and get ready to plant rice next year. I think I will keep helping my grand parents so that I can eat delicious rice next year.

《要約》

私は今年、祖父母の家で、両親とともにお米作りにチャレンジしました。そこで学んだお米月利と気付いたことについてお話します。お米作りは5月の田植え、9月のおだかけ、収穫と、大きく3つに分けられます。田植えは、機械と手作業で苗を植えます。おだかけは、稲を刈り取った後、「おだ」と言われる、竹に稲をかけ、太陽の光に当てて稲を乾燥させます。そして、収穫では、「おだ」にかけてある稲をとり、おだを壊します。今年、この作業を通してやってみて、感じたことがあります。一つ目は、生産者と消費者の関係は、とても身近にある、ということです。そして、二つ目は、無農薬作物のおいしさ、育て方の難しさです。農薬を使っているか、使っていないかということは、味に大きく関わることで実感することができました。私の家のお米は、無農薬で作っています。これからも、無農薬のお米作りを手伝っていきたいと思います。

第 5 回 TOKIWA 高校生英語スピーチコンテスト審査用紙

2010 年 10 月 23 日

Reference Number: _____

Participant's Name in Full:(Mr./Ms.): _____

< Language [英語] > (15/50)

- ・ Pronunciation [発音]
- ・ Intonation/Clarity [抑揚 / 明瞭さ]
- ・ Fluency (Speed/Rhythm) [流暢さ (速さの変化, リズム)]

< Delivery [発表力・態度] > (15/50)

- ・ Eye contact/physical expression [視線 / 顔の表情]
- ・ Posture/Gestures [良い姿勢 / 効果的なジェスチャー]
- ・ Enthusiasm [熱心さ]

< Contents [内容] > (20/50)

- ・ Introduction (Effective and Clear overview)
[序論 (聞き手の注意をひいたか, スピーチの目的を明示したか)]
- ・ Body Organization of ideas
[本論 (考え方を上手に表現しているか)]
- ・ Conclusion (Clear summary, Effective ending)
[結論 (要点がまとめられているか, 記憶に残るような終わり方か)]
- ・ Overall impression (Confidence, Demeanor, Creativity, Persuasiveness)
[全体的な印象 (熱意, 自信, 独創性, 説得性)]

●注意事項

- (1) 上記スコアの獲得ポイントの2倍が、総合得点となります。
- (2) 発表は4分以上5分以内とし、制限時間より短いまたは長い場合は減点の対象となります。
- (3) 発表の際、原稿を持ち込んでも構いません。また、今年度より発表中に原稿を見ても、「発表態度 (Delivery)」に重大な影響がない限り、原則として減点の対象とはしません。
むしろ、暗誦にとらわれるあまり、間があいたり、原稿を飛ばしたりしないように心がけてください。
「聞き手にとって聞きやすい、自然に受け取れる」ことが、「発表態度」の観点から重視されます。
- (4) 事前に提出した英文原稿と当日発表する文章が異なる場合でも、基本的な内容に変更がなければ、減点の対象とはなりません。

Let's speak heart to heart !



第5回
TOKIWA

高校生英語

The 5th ♥ High School English Speech Contest

スピーチコンテスト

日時 2010年10月23日(土) 午後12時30分～17時00分

会場 常磐大学 情報メディアセンター・センターホール【入場自由・無料】

テーマ 「私のチャレンジ」 このテーマのもとに、各自具体的な副題を自由に設定してください。
制限時間は、4分以上5分以内とし、5分を超過した場合は減点とします。

【応募資格】

- ①茨城県及び隣接する県の高校に在籍すること。
- ②英語を母語としないこと。
- ③1年以上の英語環境のみによる教育を受けていないこと。

【応募期限 及び 応募方法】

2010年9月25日(土)までに、以下のものを郵送または宅配便(当日消印有効)にてお申し込みください。

- ①所定の応募用紙
- ②英文スピーチ原稿(未発表のもの)
- ③録音したカセットテープ

※スピーチ原稿は、ワード等で作成の上、400字前後の日本語要約をつけて
原本を郵送すると同時に電子メール添付にてご送信下さい。

(送付先: intlco@tokiwa.ac.jp)

※申込み多数の場合には、原稿審査により予選を行うことがあります。

【審査基準】

「スピーチ内容=Contents、発音・アクセント= English、発表力・態度=Delivery」
以上3つの観点から総合力を判定します。



【表彰】

- 1位 常磐大学賞
賞状、図書カード及び副賞(電子辞書)
- 2位 日本英語検定協会賞
賞状、図書カード及び副賞(オーディオ・デジタル・プレーヤー)
- 3位 国際交流語学学習センター賞
賞状、図書カード及び英検試験2回分受験資格
また、入賞者には、本学の入試に際しての優遇措置が認められます。
上記入賞者以外に、審査員特別賞、旺文社特別賞が授与されます。

【参加賞】

参加者全員に、記念品を贈呈します。また、閉会後、常磐大学に交換留学制度のもとで来日しているアメリカ人学生を交えた国際交流親睦パーティーへご招待します。

お問い合わせ
応募先

常磐大学 国際交流語学学習センター
「第5回TOKIWA高校生英語スピーチコンテスト」係

〒310-8589 茨城県水戸市見和1-430-1
電話: 029-232-2828 FAX: 029-232-3075
E-mail: intlco@tokiwa.ac.jp http://www.tokiwa.ac.jp/~intlco/index.html

主催: 常磐大学・常磐短期大学

後援: 茨城県教育委員会 / (財)日本英語検定協会 / (財)茨城県国際交流協会 / (財)水戸市国際交流協会 / (株)茨城新聞社 / 日本放送協会水戸放送局 / (株)茨城放送 / (株)旺文社

コンテストの1日

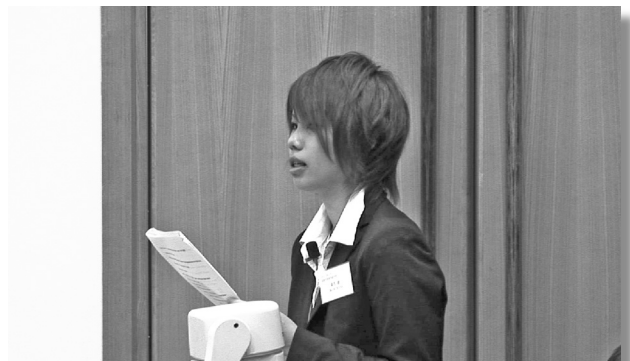
①コンテスト会場入り口



②受付



③英米語学科の学生による英語での司会



④発表風景（女子生徒）



⑤発表風景（男子生徒）



身振り・手振りで一生懸命のスピーチ

⑥第一位常磐大学賞を受賞した柳生さん



⑦第一位の表彰



⑧第二位の表彰



⑨第三位表彰



⑩会場の様子



⑪最後はみんなで国際交流パーティ



過去の記録

年 度	回 数	演 題	参加校数	参加人数	1位 常磐大学賞	2位 日本英語検定 協会賞	3位 国際交流語学 学習センター賞	審査員特別賞	旺文社特別賞
2006年	第1回	「行ってみたい海外の国」	7	21	ド・アマラウ・ ラリサ・リマ (波崎柳川高校1年)	加藤 隆生 (東海高校3年)	萩原 湖珠恵 (常磐大学高校3年)	立石 飛翔 (江戸崎総合高校2年)	打越 早央里 (水戸第三高校1年)
2007年	第2回	「海外の人に 伝えたい 日本の魅力」	9	16	栗野 花奈子 (水戸第三高校1年)	村田 阿里紗 (波崎柳川高校2年)	和賀 千秋 (日立第一高校2年)	高安 美穂 (常磐大学高校2年)	鈴木 祐介 (江戸崎総合高校3年)
2008年	第3回	「私と世界の 未来を 考える」	7	11	林 美有 (日立第一高校2年)	安永 優里香 (守谷高等学校3年)	川原場 愛美 (水戸高等養護学校3年)	西宮 亜也加 (水戸桜ノ牧高校2年)	山田 仁 (水戸第三高校1年)
2009年	第4回	「私の将来の 夢」	6	14	溝口 愛 (太田第二高校2年)	武石 紋世 (常磐大学高校2年)	黒澤 知紘 (常磐大学高校1年)	今泉 沙香 (土浦湖北高校2年)	折井 智美 (土浦湖北高校2年)

過去5年間の参加校名(順不同)

茨城県：水戸第三高校、江戸崎総合高校、波崎柳川高校、東海高校、水戸農業高校、常磐大学高校、日立第一高校、守谷高校、水戸商業高校、水戸葵陵高校、ウィザス高校、水戸桜ノ牧高校、水戸高等養護学校、太田第二高校、藤代高校、土浦湖北高校、高萩高校、茨城キリスト教学園高校、勝田高校、那珂湊高校、水戸第一高校、土浦日本大学中等教育学校、鹿島高校、岩井高校、取手松陽高校、日立第二高校。

栃木県：足利女子高校

埼玉県：草加南高校

**2011年度は10月29日(土)に開催
予定です。演題は**

**An attraction of Japan I want to let
the world know**

～海外の人に伝えたい日本の魅力～

に決定しました！



第5回 TOKIWA高校生英語スピーチコンテスト
2011年5月 印刷発行

【編集・発行】

常磐大学 国際交流語学学習センター

〒310-8585 茨城県水戸市見和1-430-1

電話:029-232-2828 FAX:029-232-3075

E-mail: intlco@tokiwa.ac.jp <http://www.tokiwa.ac.jp/>