

2026(令和8)年度 入学試験問題

一般選抜 前期日程

外国語学部 英語

【注 意】

1. 試験開始の合図があるまで、この問題冊子の中を見てはいけません。
2. 試験時間は9時30分から11時10分まで(100分間)です。
3. この問題冊子は表紙以外に10ページあり、解答用紙は3枚あります。
4. 試験中に問題冊子の印刷不鮮明、ページの落丁・乱丁および解答用紙の汚れ等に気付いた場合は、手を挙げて監督者に知らせてください。
5. 解答はすべて解答用紙に記入してください。
6. 解答用紙の氏名欄を除き、受験者本人の特定につながるような氏名、住所、学校名等は記述しないでください。
7. 解答用紙を持ち出してはいけません。持ち出した場合、試験をすべて無効とします。
8. 試験終了後、問題冊子は持ち帰ってください。

問題 1 次の英文を読んで、下の問いに答えなさい。(140 点)

Since its beginning, tourism* has been considered a harmless activity. This is hardly surprising; tourism's potential benefits are clear. However, the mistake is to think that it can only bring good. The media and the travel industry have now finally begun to look at the negative impacts of the holiday industry, and the term "overtourism" has been invented.

In short, overtourism occurs when there are too many visitors to a particular destination. "Too many" is defined in each destination by local residents, hosts, business owners and tourists. When the price of rent is too high for local people because tourists pay more for holiday rentals, that is overtourism. When narrow roads become crowded with tourist vehicles, that is overtourism. Animals being scared away, tourists not being able to view landmarks* because of the crowds, environments becoming damaged – these are all signs of overtourism.

The travel industry, like many others, focuses almost exclusively on growth, with little or no concern for the impacts. After decades of virtually uncontrolled growth, it has become a problem: in many destinations, tourism now creates more problems than benefits. This can take many forms; perhaps a million additional tourists are arriving in a capital city, or 20 additional tourists in a small, rural community. Overtourism is not just a big city issue; it has been documented in wilderness areas and national parks, and in places such as the Isle of Skye*.

Visitor numbers have been rising steadily for decades, as anyone who lives in a popular tourist city, or who has visited certain beaches or landmarks, will agree. Billions of people travel every year for day-trips or longer stays, and as the rate of tourist arrivals steadily increases, it means more and more places become crowded.

Overtourism is, therefore, not a new problem. But it is rarely far from

the headlines nowadays, and this is not because of the increase in tourist numbers, which has not been particularly dramatic. What makes the news is the backlash* from local residents, which is growing in scale. Marches in the streets, signs saying “Tourist go home”, and in some cases local authorities responding by increasing fees, refusing to issue permits for more tourist-focused businesses in city centres, and even closing entire islands to visitors, have become quite common.

Local and national governments and tourist boards have long believed that more is better. A “successful” year in tourism is generally considered to be one in which numbers have increased substantially. Whether these numbers are of cruise ship passengers, shoppers, resort guests, backpackers* or rich visitors, the number is all that counts. This has resulted in a reluctance*, or even refusal, to limit numbers in any way, to increase (or introduce) daily tourist taxes, to charge cruise ships for visiting, or to try and ensure that tourists’ behaviour is helpful to local people and landscapes.

Responsible tourism refers to tourism which creates better places for people to live and to visit – with the emphasis on “to live”. The solution can be to travel as a responsible tourist; to travel in ways which increase positive impacts and reduce the negative ones. Two things to think about are the place and the time. Countries like Spain or France are surprisingly large countries, and many of their cities are not at all crowded with tourists. Better still, head out into the villages and mountains for a real look at the country away from the crowds. Not only will you have a much more realistic view into daily life, but in many small towns you’ll be eagerly welcomed as one of the few tourists to arrive. There are many places around the globe that need, and want, more tourists.

Of course, if you really do want to visit Paris, what you can do is to visit it outside of peak season. This is more pleasant for you, less stressful* for residents, puts less pressure on things like public transport, and may even save

you quite a bit of money, too.

And whenever you travel, try and ensure as much of your cash stays as local as possible. Pay national park entrance fees to ensure your visit supports conservation; stay in locally owned hotels; eat at local restaurants and take tours with local guides. Tourism can still be very much a force for good, and ensuring that local residents, landscapes and animals benefit from your presence is an important part of that.

Travelling responsibly, in smaller numbers, not only helps avoid overtourism. It will give you a greater connection with local people and ways of life: a far more real holiday experience.

(Adapted from Justin Francis, “Overtourism – What is it, and how can we avoid it?,” *Responsible Travel* website, May 20, 2025)

<https://www.responsibletravel.com/copy/what-is-overtourism>

*tourism	観光、観光業
*landmarks	ランドマーク、名所
*Isle of Skye	スカイ島、スコットランドの西部に 位置する島
*backlash	反発
*backpackers	大きなリュックサックを背負って旅 をする人
*reluctance	抵抗
*stressful	ストレスがたまる

問 1 筆者が提案するオーバーツーリズムを軽減するための有効な方法を三つ以上 挙げ、日本語の文章で解答しなさい。(70 点)

問 2 How can having just 20 tourists in a place be considered overtourism?
Answer in complete sentences in English. (70 点)

問題 2 次の英文を、句読点を含め 200 字以内の日本語で要約しなさい。(100 点)

In the 21st century, digital technology has changed many aspects of our lives. Artificial Intelligence (AI) is the latest type of technology, with AI tools changing how we learn as well as creating considerable philosophical* and legal challenges regarding what it means to “outsource* thinking”.

But the creation of technology that changes the way we live is not a new issue. The change from analogue* to digital technology began around the 1960s and this “digital revolution” is what brought us the internet. An entire generation of people who lived and worked through this evolution are now entering their early 80s.

So what can we learn from them about the impact of technology on the ageing* brain? Much has been written about the potential negative impact from technology on the human brain.

According to the “digital dementia*” theory introduced by the scientist Manfred Spitzer in 2012, increased use of digital devices has resulted in an over-use of technology. In turn, this has weakened our overall cognitive* ability.

A comprehensive new study from researchers at the University of Texas and Baylor University in the United States provides important answers. The study found no supporting evidence for the “digital dementia” theory. In fact, it found the use of computers, smartphones and the internet among people over 50 might actually be associated with lower rates of cognitive decline.

We know technology can impact how our brain develops. But the effect of technology on how our brain *ages* is less understood. This new study by scientists Jared Benge and Michael Scullin is important because it examines the impact of technology on older people who have experienced significant changes in the way they use technology across their life.

The new study performed an analysis where the results of many previous studies are combined. The authors searched for studies examining technology use in people aged over 50 and examined the association with cognitive decline or dementia. They found 57 studies which included data from more than 411,000 adults. The included studies measured cognitive decline based on lower performance on cognitive tests or a diagnosis* of dementia.

Overall, higher use of technology was associated with a 58% risk reduction for cognitive decline. This benefit was found even when the effect of other things known to contribute to cognitive decline, such as economic status and other health factors, were accounted for. Interestingly, the magnitude of the effect of technology use on brain function found in this study was similar or stronger than other known protective factors, such as physical activity (approximately a 35% risk reduction), or maintaining a healthy blood pressure (approximately a 13% risk reduction).

However, it is important to understand that there are far more studies, conducted over many years, examining the benefits of managing blood pressure and increasing physical activity, and the mechanisms through which they help protect our brains are far more understood. It is also a lot easier to measure blood pressure than use of technology. A strength of this study is that it considered these difficulties by focusing on certain aspects of technology use but excluded others such as brain training games.

These findings are encouraging. But we still can't say technology use *causes* better cognitive function. More research is needed to see if these findings are repeated in different groups of people (especially those from low and middle income countries) who were not represented in this study, and to understand why this relationship might occur.

In reality, it's simply not possible to live in the world today without using some form of technology. Everything from paying bills to planning our next holiday is now almost completely done online. Maybe we should instead be

thinking about *how* we use technology. Cognitive activities such as reading, learning a new language and playing music, particularly when younger, can help protect our brains as we age.

Greater engagement with technology across our life may be a form of exercising our memory and thinking as we adapt to new software updates or learn how to use a new smartphone. It has been suggested this “technological reserve” may be good for our brains. Technology may also help us to stay socially connected, and help us stay independent for longer.

While findings from this study show it’s unlikely all digital technology is bad for us, the way we interact and rely on it is rapidly changing. The impact of AI on the ageing brain will only become evident in future decades. However, our ability to adapt to new technology and the potential for this to support cognitive function, suggests the future may not be all bad.

However, the potential negatives of technology are real, particularly for younger people, including poor mental health. Future research will help determine how we can capture the benefits of technology while limiting the potential for harm.

(Adapted from Nikki-Anne Wilson, “Does technology cause digital dementia in older people?,” *Reader’s Digest Asia*, April 14, 2025)

<https://theconversation.com/new-study-finds-no-evidence-technology-causes-digital-dementia-in-older-people-254392>

*philosophical	哲学的な
*outsource	アウトソース、外部委託
*analogue	アナログ
*ageing	老化した
*dementia	認知症
*cognitive	認知の、認知に関する
*diagnosis	診断

問題 3 次の英文の下線部を日本語に訳しなさい。(60 点)

Sharks have long been seen as very scary predators*, but really, they are essential guards of the ocean. Despite their terrible reputation, these top predators play an important role in maintaining the delicate balance of marine ecosystems*. Sharks contribute in ways that might surprise you, from controlling prey* populations to keeping coral reefs* healthy. In this article, we'll explore five key ways sharks help keep our oceans healthy, and discuss why healthy shark populations are vital for the future of all marine life.

Sharks are often misunderstood, but they play an essential role in keeping ocean ecosystems healthy. As top level predators, they help maintain balance by preying on sick, weak animals or those with large populations – including fish, marine mammals*, and other ocean life. This natural population control prevents any one species from growing too large and throwing the ecosystem out of balance.

When shark numbers decline, the effects on lower life forms can be dramatic. For instance, in areas where sharks have disappeared, populations of mid-level predators like groupers* have increased. These fish, in turn, consume smaller animals that normally eat algae*. Without enough of these plant-eating fish, algae can quickly take over coral reefs, making it harder for the reefs to grow and recover from stress caused by storms or warming waters.

By keeping prey populations controlled, sharks also support biological diversity and help protect critical environments like coral reefs. Their presence ensures no single species dominates the food web – an essential part of ocean health. Protecting sharks helps preserve this delicate balance, supporting life from the tiniest fish to the largest marine mammals, and guarding the future of our planet's blue heart.

(Adapted from Claire Mullin, “How sharks keep the ocean healthy,” *National Marine Sanctuaries* website, June 6, 2025)

*predators	捕食動物
*ecosystems	生態系、エコシステム
*prey	獲物、捕食する
*coral reefs	サンゴ礁
*mammals	哺乳（ほ）乳類
*groupers	ハタ類
*algae	藻、藻類

問題 4 次の英文を読んで、あなたの意見を 100 語程度の英文で答えなさい。必ず最後に語数を記入しなさい。(100 点)

Volunteer activities by citizens have come to play an important role in supporting areas affected by disasters. However, there are problems with the act of volunteering. Choose one of the following issues concerning the act of volunteering that you consider important and give your opinion on how to solve it:

- 1) The financial burden of people who participate
- 2) The travel difficulties involved in volunteering
- 3) Balancing work and studies
- 4) The mismatch between activities and needs

外国語 学部 （共通） 学科

科目名(英語)

P.4 問1 問題文 不要なスペースを削除する。

誤) ……有効な方法を三つ以上_挙げ、…

正) ……有効な方法を三つ以上挙げ、…