

バーチャル留学：ワークシートの使い方

はじめに

バーチャル留学では、英語で海外の大学教授の講義を聞き、英語でディスカッションに参加します。映像やワークシートで講義に参加するために必要な英語に慣れておくことができます。講義当日まで、毎日できる範囲で学習に取り組んでみましょう。

ワークシートは以下の「Video」「Reading」「Brainstorming Ideas and Opinions」の項目から構成されています。

1



Video

映像をみて、ワークシートでその内容と英語を理解します。

ワークシートの項目名

学習方法

First viewing

映像をみて、内容を大まかにつかみましょう。

Confirming

質問に答えて映像の内容が理解できたか確認しましょう。辞書で単語を引いてもかまいません。

Summing up!

日本語の要約文は映像の内容を日本語にまとめたものです。内容を理解した上で、英語の要約文の空所を埋めてみましょう。

※英語の要約文は Video の内容をもとに新しく書き下ろした英文です。日本語の要約文の英訳ではありません。

Second viewing

英語表現を勉強した後に、もう一度 Video を視聴しましょう。理解しやすくなかったか確認してみるとよいでしょう。

※時間がない人は解答編を見ておくだけでも勉強になります。

2



Reading

Video の発展活動として、もう少し詳しい内容を読み、英語の表現を学び、発音を練習して、英語で内容を説明できるようにします。

手順

学習方法

ステップ①

【音声素材】を聞きながら、英文を読みましょう。

ステップ②

音声なしで、英文を読みながら、The expressions we need の日本語に合う表現を英文の中からさがして書き入れましょう。

ステップ③

もう一度【音声素材】を聞きながら英文を読み、理解できるか試しましょう。

ステップ④

The information we need の表に読んだ内容・情報を整理しましょう。

3



Brainstorming Ideas and Opinions

Video と Reading で学んだことを振り返り、英語で自分の意見や考えをまとめるセクションです。

イベント当日のディスカッションに役立てましょう。

イベント当日は The expressions we need や、The information we need で整理した内容も参照しながら参加しましょう。

豊富な観光資源があるオーストラリアの「おもてなし」とは?観光学の極意を学ぼう
TAFE Queensland (オーストラリア)

Ms. Emma Cooke

Ecotourism: Pre-lecture Packet

Lecturer ()

Activities 事前学習の流れを確認しましょう。

-  Video 1: An Increase in Tourists pp. 2-3
-  Video 2: The Negative Impacts of Tourism pp. 4-5
-  Reading 1: Tourism: A Threat to Ecosystems pp. 6-7
-  Reading 2: Taking Measures to Minimize Damage pp. 8-9
-  Video 3: A Move Toward Ecotourism pp. 10-11
-  Reading 3: Ecotourism Opportunities in Japan pp. 12-13
-  Brainstorming Ideas and Opinions pp. 14-16

After the lecture... 講義を終えてから内容を振り返ってみましょう。

-  Reflecting on the Lecture p. 17

 ビデオ教材とリーディングの音声は、「バーチャル留学動画」の中に、大学別に用意されています。
チャプターを確認してご覧ください。
バーチャル留学動画 URL
<https://www.tec.metro.tokyo.lg.jp/vr.html>





Video 1: An Increase in Tourists

First viewing



Watch the video and answer the questions below.

映像を見て、内容をおおまかにつかんでみましょう。

Confirming

Circle the letter of the best answer.

理解度チェック！空所に入る語句、質問の答えに○をつけましょう。

1. Until the pandemic started, the number of international travelers was _____.
A. going down B. staying the same C. going up
2. How many international travelers were there every year right before the coronavirus outbreak?
A. under five million B. about 40 million C. almost 1.5 billion
3. More _____ people in developing countries means more people traveling abroad.
A. lower-class B. middle-class C. upper-class
4. What is being promoted by cities and countries?
A. international tourism B. the pandemic C. several factors
5. An LCC is a type of airline; LCC stands for _____.
A. leading cabin crew B. low-cost carrier C. local city center





Summing up!

Complete the summary by filling in the blanks with items from The expressions we need below.

以下は予習教材動画の概要です。映像で見た内容について確認しましょう。

次に、理解した内容を踏まえて英文を読み、空所に合う語句を The expressions we need から選んで、英語の要約文を完成させましょう。

世界には様々な観光地があります。1980年から新型コロナウイルスの世界的な大流行が始まるまでの40年間で、世界中の海外旅行客は5倍以上の年間15億人近くに増えています。旅行者の増加には、いくつかの要因があると考えられています。まず、途上国で中間層が増え、より多くの人たちが海外旅行に行けるようになったこと。次に、世界中の国々や都市が、観光客を呼び込むプロモーション活動を積極的におこなっていること。そしてLCC、つまり格安航空会社が増えて、人々が国境や大陸を越えて移動しやすくなったことです。

International travel was increasing until the coronavirus pandemic started. In fact,
①
when we look at the 40-year period starting in 1980 we can see that international
②
travelers increased more than five times. In 2019, there were close to 1.5 billion. One
factor contributing to these higher numbers is the growing middle classes in
③
developing countries. These people have time and money to travel internationally.
④
Another factor is the cities and countries that promote themselves as places
⑤
international tourists should visit. Low-cost carriers, or "LCCs," are a third factor. Their
⑥
lower prices let people travel to destinations around the world.
⑦

The expressions we need

| | | | | | |
|---------|---------------------------|---------|-------------------------|-------------------|-------------------------|
| 15億 | 1.5 billion | ～をもたらす | contributing to | 新型コロナの 世界的な大流行 | coronavirus pandemic |
| 目的地 | destinations | 途上国 | developing countries | 要因 | factor |
| 中流階級の増加 | growing middle classes | 海外旅行 | international travel | 格安航空会社 | low-cost carriers |
| 割安価格 | lower prices | 自国を宣伝する | promote themselves | 40年間 | the 40-year period |

Second viewing



Watch the video again and confirm what you have learned.

学習した内容を踏まえて、もう一度映像を見てみましょう。今回はナレーションを聞き取ることに集中して、内容理解を深めましょう。



Video 2: The Negative Impacts of Tourism

First viewing



Watch the video and answer the questions below.

映像を見て、内容をおおまかにつかんでみましょう。

Confirming

Circle the letter of the best answer.

理解度チェック！空所に入る語句、質問の答えに○をつけましょう。

1. When tourism increases, it has _____ impacts on a travel destination.
A. only positive B. only negative C. positive and negative
2. Development of tourism → _____ → Concerns about local ecosystems
A. Waste management problems B. Tourist health problems
3. What has been ranked as the most beautiful in Asia?
A. Boracay's hotels B. Boracay's beaches C. Boracay's tourists
4. What were hotels in Boracay doing that caused algae to grow in the ocean?
A. dumping waste B. building wastewater treatment facilities
5. Tourists were not allowed to _____ Boracay for half a year.
A. improve water quality in B. reopen hotels in C. visit



Some of Boracay's hotels



Video 2: The Negative Impacts of Tourism

Summing up!

Complete the summary by filling in the blanks with items from The expressions we need below.

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次に、理解した内容を踏まえて英文を読み、空所に合う語句を The expressions we need から選んで、英語の要約文を完成させましょう。

観光客が増えると観光地には経済的な恩恵がもたらされますが、その一方で負の側面もあります。地域社会や自然環境に負荷をかける「観光公害」が問題となる場合もあるのです。観光のための開発や観光客が渋滞やゴミ問題を引き起こし、それが現地の生態系に悪影響を与えてしまいます。フィリピンのボラカイ島は「アジアで一番美しい砂浜」と称され、リゾート地として人気を集めました。増え続ける観光客を受け入れるためにホテルが次々と建設されましたが、下水処理施設の整備は不十分でした。下水が海にそのまま排出され、その結果、海に大量の藻が発生して悪臭の原因となったのです。政府は観光客の立ち入りを一時的に禁止し、その間に水質改善に取り組みました。下水処理の浄化槽を設置したホテルに営業再開の許可を与え、観光客の受け入れを再開したのです。

Tourism has economic benefits for travel destinations. However, “overtourism” can
① lead to traffic congestion and problems with waste management. In this way,
② developing tourism facilities can impact local ecosystems. One example is Boracay, a
③ popular resort island in the Philippines where many hotels have been built. The
④ hotels were dumping wastewater into the ocean, causing algae growth and bad
⑤ smells. The country’s government stopped tourists from coming to Boracay for six
months while they worked to minimize waste’s impact on water quality. Hotels with
⑥ wastewater treatment tanks were allowed to open again.
⑦

The expressions we need

| | | | | | |
|---------|-------------------------------|---------|--------------------|---------|--------------------|
| 藻の繁殖 | algae growth | 許される | allowed | ～を引き起こす | causing |
| 観光施設の開発 | developing tourism facilities | 下水を垂れ流す | dumping wastewater | 経済的な恩恵 | economic benefits |
| 影響を及ぼす | impact | 地域の生態系 | local ecosystems | 最小限に抑える | minimize |
| 観光公害 | overtourism | 観光地 | resort | 渋滞 | traffic congestion |
| 浄化槽 | treatment tanks | ごみ処理 | waste management | 水質 | water quality |

Second viewing



Watch the video again and confirm what you have learned.

学習した内容を踏まえて、もう一度映像を見てみましょう。今回はナレーションを聞き取ることに集中して、内容理解を深めましょう。



Reading 1: Tourism: A Threat to Ecosystems

音声素材あり

Read the article below to find out more about the ecological damage done by tourism.

観光によってもたらされる環境問題について、さらに理解を深めましょう。3ページと5ページの The expressions we need も参考にしてください。

Increasing tourism can be positive for local people. They can get jobs working in theme parks or ski resorts that are built for tourists. Another advantage is that they can also enjoy these facilities themselves. Local people also benefit from the improved infrastructure that comes with tourism, for example, electricity, roads, and airports.

On the other hand, tourism can have a negative effect on the local environment. Airplanes contribute to global warming, and traffic on the roads causes air and noise pollution. Tourist facilities like water parks and hotels often spoil the views of nature. An even more serious problem is that wastewater and litter pollute water and damage animal habitats.

The U.K.'s Lake District National Park is an example of a tourist destination affected by increasing tourism. The park receives 12 million tourists a year, and they all need roads, parking lots, shops, restaurants, and hotels. Powerboats and water-skiing kill water plants and make the lakes dangerous for fish and animals.

Human activity also harms the ecosystems of Denali National Park in Alaska. Over 600,000 tourists visit the park every year. People also hunt there and have introduced animals from other parts of the world. Air pollution and global warming are having an impact on the park's wildlife as well as on its glaciers. Places like the Lake District and Denali must be protected from climate change and other results of human activity.

The expressions we need 日本語に合う英語の語（句）を英文からさがして書き入れましょう。

| | | | | | |
|-----------|--------------------------------|-----------------|---------------------------|---------|------------------------|
| プラスの | positive | テーマパーク | theme parks | 利点 | advantage |
| 整備されたインフラ | improved infrastructure | 電気 | electricity | マイナスの影響 | negative effect |
| 地球温暖化 | global warming | 公害 | pollution | 台無しにする | spoil |
| 深刻な | serious | ゴミ | litter | 住まい、生息地 | habitats |
| 影響を受ける | affected | 駐車場 | parking lots | モーター舟 | powerboats |
| 狩猟する | hunt | (別の場所から)入ってきた動物 | introduced animals | 野生動物 | wildlife |
| 氷河 | glaciers | ～から守る | protected from | 気候変動 | climate change |



Reading 1: Tourism: A Threat to Ecosystems

The information we need

Organize the key information from *Tourism: A Threat to Ecosystems* by completing the table below with your notes.

Tourism: A Threat to Ecosystems を読んで、観光業が環境に与える影響について、文章から読み取った内容をチャートにまとめましょう。

Increasing tourism: Positive effects

| | |
|------------------|--|
| Local people can | get jobs at facilities |
| | enjoy the facilities themselves |
| | benefit from infrastructure (electricity, roads, airports) |

Increasing tourism: Negative effects

| | |
|--------------------|---------------------------------------|
| Air travel | Contribute to global warming |
| Road traffic | Causes air/noise pollution |
| Tourist facilities | Spoil the views of nature |
| Wastewater, litter | Pollute water, damage animal habitats |

Example 1: Lake District National Park

| | |
|--------------------|--|
| Where | The U.K. |
| Number of tourists | 12 million/year |
| Problems | Roads, parking lots, shops, restaurants, hotels impact environment |
| | Powerboats, water-skiing kill water plants, make lakes dangerous for fish, animals |

Example 2: Denali National Park

| | |
|--------------------|---|
| Where | Alaska |
| Number of tourists | Over 600,000/year |
| Problems | People hunt and introduce animals from other parts of the world |
| | Air pollution, global warming impact on wildlife, glaciers |



Reading 2: Taking Measures to Minimize Damage

音声素材あり

Read the article below to find out more about what is being done to reduce tourism's impact on nature.

観光業が自然への影響を小さくしようと何をしているのかについて、さらに理解を深めましょう。これまですべての The expressions we need も参考してください。

International tourism has increased over the years, and so has the damage that it can do to nature. One important solution to this problem is “ecotourism.” In this style of travel, people visit places that are unspoiled and protected, but they have little impact on the ecosystems there. Ecotourism teaches tourists about the importance of the environment.

Many steps have been taken to make tourism in the Lake District National Park in the U.K. more environmentally friendly. More buses are available these days, and visitors are asked to take them instead of driving their cars into the park. There are now limits on parking in some Lake District villages, as well as on how many people can use footpaths. There is also a speed limit of 16 km per hour for boats on Lake Windemere. Posters and pamphlets also explain how to behave in the park. All of these actions are helping to protect the park’s ecosystems for the future.

Another successful example of ecotourism is Alaska’s Denali National Park. A recycling program has been started for both staff and visitors. Water filling stations have been installed so people do not need to bring disposable plastic bottles into the park. More hybrid and electric cars are being used in the park by the staff, and electric car recharging spots have been set up. New lights and lightbulbs are helping to keep the night skies dark. All these measures are making it possible for future generations to experience and enjoy the park’s ecosystems.

The expressions we need

日本語に合う英語の語（句）を英文からさがして書き入れましょう。

| | | | | | |
|-----------------|--------------------------|---------|-----------------------------|-------------------|---------------------|
| 被害 | damage | エコツーリズム | ecotourism | (自然が)損なわれて いない | unspoiled |
| ～に影響が ほとんどない | have little impact on | 環境にやさしい | environmentally friendly | 利用できる | available |
| ～の代わりに | instead of | 制限 | limits | 人道 | footpaths |
| スピード制限 | speed limit | パンフレット | pamphlets | 行動する | behave |
| 働きかけ | actions | 給水所 | water filling stations | 設置されてきた | have been installed |
| 使い捨ての | disposable | ハイブリッド | hybrid | 充電スタンド | recharging spots |
| 電球 | lightbulbs | 対策 | measures | 世代 | generations |



Reading 2: Taking Measures to Minimize Damage

The information we need

Organize the key information from *Taking Measures to Minimize Damage* by completing the table below with your notes.

Taking Measures to Minimize Damage を読んで、エコツーリズムとそれを実践している二つの公園について読み取った内容をチャートにまとめましょう。これまですべての The expressions we need の表現を使ってください。

What happens in ecotourism?

| | |
|----------|--|
| | Visit places that are unspoiled, protected |
| Tourists | Have little impact on the ecosystems there |
| | Learn about the importance of the environment |

Example 1: Lake District National Park

| | |
|--------------------|--|
| Buses | More are available these days Visitors asked to take them, not drive their cars |
| Limits | On parking in some Lake District villages On how many people can use footpaths |
| Posters, pamphlets | Explain how to behave in the park |



The park's ecosystems are being protected for the future.

Example 2: Denali National Park

| | |
|-----------------------------|---|
| Recycling program | Started for staff, visitors |
| Water filling stations | Set up so people don't bring disposable plastic bottles |
| Hybrid, electric cars | Being driven by staff |
| Electric car charging spots | Have been set up |
| Lights, lightbulbs | Helping to keep the night skies dark |



Future generations will experience and enjoy the park's ecosystems.



Video 3: A Move Toward Ecotourism

First viewing



Watch the video and answer the questions below.

映像を見て、内容をおおまかにつかんでみましょう。

Confirming

Circle the letter of the best answer.

理解度チェック！空所に入る語句、質問の答えに○をつけましょう。

1. Ecotourism helps sustain _____ of a local environment.
A. the nature B. the culture C. both the nature and culture
2. About how much of Costa Rica's land is national parks or nature reserves?
A. 25% (a quarter) B. 50% (half) C. 100% (all)
3. Who has been promoting ecotourism in Australia?
A. the tourists B. the government C. the industries
4. Only 100 visitors are allowed _____ every day.
A. into Australia B. into Cairns C. on the Frankland Islands
5. There is a ban on climbing Uluru because it is _____.
A. known as Ayers Rock B. sacred to Aboriginal people C. world-famous



Ecotourism in Costa Rica



Summing up!

Complete the summary by filling in the blanks with items from The expressions we need below.

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1970 年代から環境保全と持続可能性という概念が世界的に共有されはじめ、自然や文化といった地域資源を持続的に利用することを目指した観光のあり方、エコツーリズムに発展してきました。その先駆者のひとつがコスタリカです。1970 年代からエコツーリズムを国策として推し進め、現在、国土の約 4 分の 1 が国立公園や自然保護区となっています。オーストラリアも同時期から観光業を国策として進めています。ケアンズの近くにあるフランクランドアイランドでは、一日最大 100 人しか訪れることが許されません。世界的に有名な観光スポットのエアーズロックへの登山も禁止されました。これは、先住民アボリジニがウルル（エアーズロック）を聖地として崇めていることと、環境への影響を考慮した結果です。

“Ecotourism,” or ecological tourism, started in the 1970s. It is a way for travelers to
① think about the well-being of the environments they visit. One pioneer in ecotourism
② is Costa Rica. Its government has designated a quarter of the country’s land as parks
③ or nature reserves. Australia is another country that promotes sustainability and
④ implements policies that respect local nature and culture. For example, only 100
⑤ people can visit the Frankland Islands. The government also made the progressive
⑥ decision to ban visitors from climbing Uluru. Formerly called Ayers Rock, Uluru is
⑦ sacred to local Aboriginal people.
⑧

The expressions we need

| | | | | | |
|---------------|--------------------|---------|----------------------|---------|-----------------|
| アボリジニの | Aboriginal | 禁止する | ban | 指定した | designated |
| 環境保護の立場をとる観光業 | ecological tourism | 環境 | environments | かつての名称は | formerly called |
| 政府 | government | 政策を実行する | implements policies | 自然保護区 | nature reserves |
| 先駆者 | pioneer | 前向きな決断 | progressive decision | 4分の1の | a quarter of |
| 神聖な | sacred | 持続可能性 | sustainability | (環境の)保全 | well-being |

Second viewing



Watch the video again and confirm what you have learned.

学習した内容を踏まえて、もう一度映像を見てみましょう。今回はナレーションを聞き取ることに集中して、内容理解を深めましょう。



Reading 3: Ecotourism Opportunities in Japan

音声素材あり

Read the article below to find out more about ecotourism activities tourists can join in Japan.

日本におけるエコツーリズムについて、さらに理解を深めましょう。これまですべての The expressions we need も参考にしてください。

Ecotourism is becoming more and more popular these days as a way for people to travel while respecting nature and keeping their impact on the environment to a minimum. Ecotourism has grown in different ways in different countries.

In Japan, ecotourism started in the late 1980s with whale-watching tours in the Ogasawara Islands. This was a turning point for tourism in Ogasawara, and in 2000, a plan was created to promote ecotourism on the islands. One goal of the plan was for tourists to understand how important nature is to Ogasawara's history and culture. Another goal was for local people to develop the islands while protecting their environment.

Many other places in Japan have become popular ecotourism destinations. One of these is Shirakami-Sanchi. Local people were asked to learn about their history, traditions, foods, and the natural environment. Doing this helped them promote ecotourism in the area and teach visitors to appreciate the importance of Shirakami-Sanchi's ecosystems. Now tourists can walk in the forest, harvest pears, and go canoeing, all without damaging nature.

These days, visitors can enjoy ecotourism opportunities around Japan. In Eastern Hokkaido, they can stay in "eco resorts" where they can do bird-watching. They can also go on "eco treks" that might include rafting in Okutama, rock-climbing in Nagano, or bicycling in Kochi with the goal of learning about the country's environment and how to preserve it. As Japanese and international tourists learn more about respecting the world we live in, opportunities to experience ecotourism are sure to increase.

The expressions we need

日本語に合う英語の語（句）を英文からさがして書き入れましょう。

| | | | | | |
|--------|----------------------|----------------|----------------------------|---------|----------------------|
| 最小限 | minimum | ホエール ウォッチング | whale-watching | 転機 | turning point |
| 伝統 | traditions | 自然環境 | natural environment | 正しく理解する | appreciate |
| 梨狩りをする | harvest pears | カヌーを しに行く | go canoeing | 機会 | opportunities |
| トレッキング | treks | ラフティング | rafting | 守る | preserve |



Reading 3: Ecotourism Opportunities in Japan

The information we need

Organize the key information from *Ecotourism Opportunities in Japan* by completing the table below with your notes.

Ecotourism Opportunities in Japan を読んで、日本でエコツーリズムを実践している観光地について、読み取った内容をチャートにまとめましょう。これまですべての The expressions we need の表現を使ってください。

| Ecotourism destinations | |
|-------------------------|---|
| Ogasawara | |
| Late 1980s | Ecotourism started in Japan with whale-watching tours |
| 2000 | A plan created to promote ecotourism Goals <ul style="list-style-type: none">- Tourists understand nature's importance to history, culture- Local people develop the islands, protect environment |
| Shirakami-Sanchi | |
| Local people | Asked to learn about history, traditions, foods, natural environment Promote ecotourism in the area  |
| Now | Teach visitors to appreciate the ecosystems |
| Activities | Walk in the forest, harvest pears, go canoeing |
| Other places | |
| Activities | Eastern Hokkaido: Bird-watching |
| | Okutama: Rafting |
| | Nagano: Rock-climbing |
| | Kochi: Bicycling |
| Goal | Learning about the country's environment, how to preserve it |



Brainstorming Ideas and Opinions

What else should we do to protect ecosystems against the effects of tourism?

観光業の発展に対して生態系を守っていくために、何をしたらいいか、自分の意見をまとめてみましょう。

Step 1: Reviewing

Take another look at the reference materials in this packet.

この Pre-lecture Packet の全資料を読み返して概要を把握しましょう。

- Video 1: *An Increase in Tourists* pp. 2-3
- Video 2: *The Negative Impacts of Tourism* pp. 4-5
- Reading 1: *Tourism: A Threat to Ecosystems* pp. 6-7
- Reading 2: *Taking Measures to Minimize Damage* pp. 8-9
- Video 3: *A Move Toward Ecotourism* pp. 10-11
- Reading 3: *Ecotourism Opportunities in Japan* pp. 12-13



Step 2: Confirming responses to tourism's impact

How is ecotourism keeping the environment safe? Complete the table below with information from the video and reading worksheets.

環境保護をするために、世界のエコツーリズムは何をしているのか、Step 1で収集した資料から情報を取り出し、下の表を埋めて考えをまとめましょう。

Actions taken by ecotourism destinations

| World | |
|-----------------------------|--|
| Boracay Island | Suspending the entry of tourists: Six months Allowing hotels with wastewater treatment tanks to reopen |
| Costa Rica | Implementing policies for ecotourism Designating 25% of all land as national parks, nature reserves |
| Australia | Allowing only 100 people on the Frankland Islands per day Banning climbers from Uluru |
| Lake District National Park | Making more buses available, ask tourists to take them Limiting parking, boating speed Creating posters, pamphlets on how to behave |
| Denali National Park | Creating a recycling program, water filling stations Using hybrid, electric cars, setting up recharging stations Using new lights and lightbulbs |
| Japan | |
| Ogasawara | Whale-watching tours, ecotourism plan |
| Shirakami-Sanchi | Researching local culture, promoting ecotourism activities |
| Other places (activities) | Eastern Hokkaido (bird-watching), Okutama (rafting), Nagano (rock-climbing), Kochi (bicycling) |

Step 3: Writing your ideas!

Why is ecotourism becoming more popular?

Are there other places tourists should be banned from visiting? Which ones? Why?



Step 4: Taking notes

On September 23rd, take notes on the lecture below.

イベント当日は、メモを取りながら講義を受けましょう。



Reflecting on the Lecture

After the lecture on September 23rd, look back on what you have learned from this packet. Write some notes on each point. Write as much as you can about what you have learned from Ms. Emma Cooke's lecture.

すべてのワークシートを読み返し、クック先生の講義を振り返って、今回学んだことを英語でまとめましょう。

1. Trends in international travel before COVID-19

2. How tourism affects nature

3. What is being done to protect the planet against tourism

4. New information you have learned from Ms. Emma Cooke