

# Table of Contents

|           |   |           |
|-----------|---|-----------|
| Chapter 1 | <b>Campus Life</b> .....  | <b>8</b>  |
|           | <b>Reading</b> <i>How busy are you?</i>                         |           |
|           | <b>Opinion</b> <i>Meetings in the morning or in the evening</i> |           |
| Chapter 2 | <b>Weekends</b> .....   | <b>13</b> |
|           | <b>Reading</b> <i>Who has the most days off?</i>                |           |
|           | <b>Opinion</b> <i>Stay home or go out</i>                       |           |
| Chapter 3 | <b>Japanese Culture</b> .....                                   | <b>18</b> |
|           | <b>Reading</b> <i>Japanese words in English</i>                 |           |
|           | <b>Opinion</b> <i>Animal cafés or maid cafés</i>                |           |
| Chapter 4 | <b>Healthy Living</b> .....                                     | <b>23</b> |
|           | <b>Reading</b> <i>Living a long and healthy life</i>            |           |
|           | <b>Opinion</b> <i>Make your lunch or buy it</i>                 |           |
| Chapter 5 | <b>Fashion</b> .....  | <b>28</b> |
|           | <b>Reading</b> <i>A controversial fashion ad</i>                |           |
|           | <b>Opinion</b> <i>For or against unisex school uniforms</i>     |           |
| Chapter 6 | <b>Lifestyle</b> .....  | <b>33</b> |
|           | <b>Reading</b> <i>Living with less: Minimalism</i>              |           |
|           | <b>Opinion</b> <i>Pros and cons of being a minimalist</i>       |           |
| Chapter 7 | <b>Celebrations</b> .....                                       | <b>38</b> |
|           | <b>Reading</b> <i>The highest earning song</i>                  |           |
|           | <b>Opinion</b> <i>For or against giri choco</i>                 |           |



|            |   |           |
|------------|---|-----------|
| Chapter 8  | <b>Travel</b> .....   | <b>43</b> |
|            | <b>Reading</b> <i>Alternative places to stay</i>                |           |
|            | <b>Opinion</b> <i>Stay at an Airbnb or not</i>                  |           |
| Chapter 9  | <b>Food</b> .....   | <b>48</b> |
|            | <b>Reading</b> <i>Japanese food in the world</i>                |           |
|            | <b>Opinion</b> <i>The best Japanese food</i>                    |           |
| Chapter 10 | <b>The Environment</b> .....                                    | <b>53</b> |
|            | <b>Reading</b> <i>Earth Day</i>                                 |           |
|            | <b>Opinion</b> <i>How to reduce air pollution</i>               |           |
| Chapter 11 | <b>Business</b> .....   | <b>58</b> |
|            | <b>Reading</b> <i>SMS and email</i>                             |           |
|            | <b>Opinion</b> <i>A busy workplace or a quiet one</i>           |           |
| Chapter 12 | <b>The Internet and Social Media</b> .....                      | <b>63</b> |
|            | <b>Reading</b> <i>Fake news</i>                                 |           |
|            | <b>Opinion</b> <i>The internet or TV</i>                        |           |
| Chapter 13 | <b>Sports</b> .....   | <b>68</b> |
|            | <b>Reading</b> <i>First woman to run in the Boston Marathon</i> |           |
|            | <b>Opinion</b> <i>Belong to many clubs or just one</i>          |           |
| Chapter 14 | <b>A Barrier-free Society</b> .....                             | <b>73</b> |
|            | <b>Reading</b> <i>No limitations!</i>                           |           |
|            | <b>Opinion</b> <i>Hiring people with disabilities</i>           |           |
| Chapter 15 | <b>Modern Families</b> .....                                    | <b>78</b> |
|            | <b>Reading</b> <i>21st century families</i>                     |           |
|            | <b>Opinion</b> <i>Balancing careers and family life</i>         |           |

