

Enlightening Cultures

— A World of Festivals —

エンライティング カルチャー

— 比較文化で学ぶ総合英語 —

Arnold Arao

Kei Mihara

Yoshinori Miwa

Hiroshi Kimura



NAN'UN-DO

まえがき



このテキストの音声を無料で視聴（ストリーミング）・ダウンロードできます。自習用音声としてご活用ください。
以下のサイトにアクセスしてテキスト番号で検索してください。

<https://nanun-do.com> テキスト番号 [512273]

※ 無線 LAN (WiFi) に接続してのご利用を推奨いたします。
※ 音声ダウンロードは Zip ファイルでの提供になります。
お使いの機器によっては別途ソフトウェア（アプリケーション）の導入が必要となります。

Read by
Kyle Card
Shizuka Anderson

※ *Enlightening Cultures* 音声ダウンロードページは
以下の QR コードからもご利用になれます。



Enlightening Cultures
— A World of Festivals —

© Copyright 2026
by
Arnold Arao
Kei Mihara
Yoshinori Miwa
Hiroshi Kimura

All rights Reserved

No part of this book may be reproduced in any form without
permission from the authors and Nan'un-do Co., Ltd.

なぜ祭りは、人々の情熱の炎を燃え立たせるのでしょうか。心の拠り所として守り伝えられていく行事を通して、今を生きる人々が、生きる喜び、生きる力を感じ、エネルギーを爆発させることができる、それが祭りの力だからでしょう。

祭りは、日常生活から離れて、自然や神仏、先祖に日々の安寧への祈りと感謝を捧げるために行われる特別な儀式です。祭りは神聖な場であり、神仏の存在を感じ、心を清めることができます。また、今を生きる人々が、先祖への感謝を忘れずに日々を過ごし、交流し、生かされていることのありがたさに思いを巡らせる時もあります。

本書では、日本の祭りに触れながら、悠久の時を経て、長い歴史に培われてきた世界の祭りの由来や意味を学びます。文化や伝統を反映し、その発祥も様々です。例えば、ドイツのビール祭り、イギリスのチーズ転がし祭り、スペインの牛追い祭り、ブラジルのカーニバルなどなど、どれも地域に根付き、人々に受け継がれているものです。そこで、四季折々の魅力溢れる世界の祭りの中で、楽しくユニークなものから、ちょっと過激なものまで、学生の好奇心をそそる、興味深い 15 のトピックを選んでいます。

本書は英語の基本をしっかりと固め、知識や技能だけでなく、英語 4 技能を主体的に学び、「考える」英語力を身に付けることを目的とした、準中級レベルの英語総合教材です。思考力や表現力、判断力を問う練習問題を解くことで、英語コミュニケーション力を伸ばすことができます。

本書の特長

- 300 語程度のエッセイを理解することで、リーディング力を強化
- 50 語程度の会話を聴くことで、リスニング力をアップ
- 60 語程度の空所補充問題をこなすことで、表現力を定着
- 英作文に取り組むことで、ライティング力を習得
- 必要な情報を英語で伝えることで、スピーキング力を向上

本書を通じて、世界の祭りを楽しく学びながら、英語力の涵養に役立てば、著者にとってこれ以上の喜びはありません。

2026 年 1 月
著者一同

本書の構成と使い方

Warm-up Questions

質問に英語で答えます。

1 Vocabulary

各ユニットの Reading に出てくる単語を、空所に入れて英文を完成します。

2 Reading



エッセイを読んで、内容を理解します。

Reading Comprehension

A True or False

英文が本文の内容に合っていれば T (True)、間違っていれば F (False) を選びます。

B Skimming and Scanning

本文の内容について、最も適切な答えや語句を (A) ~ (C) から選びます。

3 Conversation

A Listen and Write



会話を聞いて空所に単語を書きます。

B Listen and Choose



質問を聞いて空所に単語を書き、最も適切な答えを (A) ~ (C) から選びます。

4 Text Completion

文章を完成するため、空所に入れる最も適切な語句や文を (A) ~ (C) から選びます。

5 Grammar Check

指示に従って文法問題を解きます。

6 Writing

A 日本語に合うように () 内の語句を正しく並べ替え、単語を書きます。

B 指示に従って英文を書きます。

7 Communication

クラスメートにインタビューします。

Grammar Spotlight

各ユニットの文法・語法を確認します。

Contents

Unit 1 The Joy of Participating in Festivals 7

祭りを通して世界の異文化に触れる

Spring Festivals (March-May)

Unit 2 Wearing Red and White Dolls (Bulgaria) 13

紅白の糸で編まれた人形で春をお迎え

Unit 3 The Festival of Colors and Love (India) 19

色粉を塗ったり、色水をかけ合ったりする理由とは？

Unit 4 An "Extravagant" Water Tradition (Thailand) 25

通行人同士が水をかけ合って楽しむ

Unit 5 The Burning of Witches (Czech Republic) 31

魔女人形を火あぶりにする風習が祭りに変身！

Unit 6 Cheese-Rolling Festival (the U.K.) 37

危険なイベントのチーズ転がしが大人気！

Unit 7 A Special Meal Called Haft-Sin (Turkey) 43

特別料理ハフトシンが表すものとは？

Unit 8 Carnival of Masks, Costumes, and Music (Brazil) 49

豪華絢爛なカーニバルの起源とは？

Summer Festivals (June-August)

Unit 9 The Running of the Bulls (Spain) 55

雄牛と共に命がけで疾走！

Unit 10 Honoring Ancestors (Japan) 61

お盆と盆踊りの由来とは？

Unit 11 World's Largest Food Fight (Spain) 67

エキサイティングなトマト投げに大興奮！

Fall Festivals (September-November)

Unit 12 One-of-a-Kind Beer Festival (Germany)

ビール祭りオクトーバーフェストの始まりとは？

73

Unit 13 The Day of the Dead (Mexico)

先祖の靈と再会し死者を偲ぶ

79

Winter Festivals (December-February)

Unit 14 Victory of Good over Evil (Malaysia)

悪魔との戦いに勝利したことを盛大に祝う

85

Unit 15 Unique Ways of Expressing Love (Romania)

若い男女が出会ってカップルに！

91

Unit 1

The Joy of Participating in Festivals



祭りを通して人々は喜びを分かち合い、地域社会とのつながりを深めます。世界にはさまざまな祭りがあります。なぜ祭りが行われるようになったのか、見聞を深めましょう。

Warm-up Questions

次の質問に英語で答えなさい。

1. Do you enjoy participating in festivals? Explain.
2. What are some popular festivals in your community?

1 Vocabulary

英文の空所に入る最も適切な単語を語群より選びなさい。

commemorate	community	feast	harvest
long-lasting	opportunity	participating	traditional

1. Going to Canada was a great _____ for me to practice my English and make many new overseas friends!
2. In the United States, people celebrate Thanksgiving by enjoying a _____ with family and friends. There is always a lot of food, drink, and fun!
3. Lily served her _____ for many years. She helped out at the local citizens' center, volunteered for school programs, and organized various events.
4. Thank you so much for _____ in our annual cultural celebration. Your support really helped to make this year's event a big success.
5. This new smartphone has a _____ battery. You can use the phone all day long and still have 30% power remaining.
6. This old brewery uses _____ methods of making beer that have not changed for hundreds of years.
7. This year, our orange _____ was not as good as usual. We were only able to gather half as many oranges as we gathered last year.
8. To _____ their 100-year anniversary, the company organized a special dinner to celebrate all that they had accomplished over the past 100 years.

2 Reading



02

Festivals are great opportunities for communities to come together and celebrate their “community spirit.” Nowadays, festivals offer a variety of entertainment including live performances, food stalls, and all kinds of special events. But some festivals offer more than just fun. They celebrate religion, history, and traditional literature. Many are connected with agriculture and farming – especially harvests. Communities have often used festivals to thank the gods they believe in, or commemorate historical events. Festivals are a great chance to pass down traditions from older to younger generations.

Almost every country has a festival to celebrate its social and cultural traditions. Most include special dances, ancient rituals, and unique foods. In fact, the first types of festivals were feasts where people came together to share a huge meal. During these feasts, a portion of the food would be set aside as an offering to the local gods. Sometimes it was a way to thank the gods for a successful harvest. At other times, the offerings were made to ask the gods for their help.

Festivals can also have various social themes. In ancient Egypt and Rome, for example, festivals were often held to celebrate great military victories. Today, many festivals are used as an opportunity to bring together people with similar interests and ideas. For example, film lovers often attend famous annual film festivals held in Cannes, Venice, and at Sundance in Utah. There are also many art festivals such as the Fringe in Edinburgh, music festivals like Coachella, and unique local festivals such as Korea’s Mud Festival.

To celebrate your hobbies and special interests — or to discover and learn something completely new: no matter what your aim, there is a festival for you. Participating in festivals is an excellent way to get to know a culture and its people. It is a joyful opportunity to make friends, have memorable experiences, and create long-lasting memories.

Notes live performance 「ライブ・パフォーマンス」 生演奏 pass down 「引き継ぐ」 set aside 「取っておく」 at other times 「またある時には」 bring together 「集める」 Coachella 「コーチェラ」 カリフォルニア州コーチェラ・バレーで開催される音楽祭 no matter what 「何であっても」

Reading Comprehension

A True or False

次の英文が本文の内容と一致する場合は T、一致しない場合は F を選びなさい。

1. The only purpose of a festival is to have fun. [T F]
2. The first festivals were held to share big meals. [T F]
3. Cannes is a famous music festival. [T F]

B Skimming and Scanning

本文の内容について、最も適切な答えを (A) ~ (C) から選びなさい。

1. What are many festivals often connected with?
(A) Agriculture (B) Medicine (C) Technology
2. Why were some festivals often held in ancient Egypt and Rome?
(A) To ask the local gods for help
(B) To celebrate great victories
(C) To thank one another for a good harvest
3. Which is an example of a famous film festival?
(A) Coachella (B) Edinburgh (C) Sundance

3 Conversation

A Listen and Write



03

次の会話を聞いて、() に単語を書きなさい。

M: Where were you last week?
W: Actually, I just came ¹ () from the States.
M: America? What were you ² () there?
W: I went there to ³ () Coachella.
M: What's Coachella?
W: You've never ⁴ () of it? It's a huge ⁵ () festival with music, art, and culture.
M: Wow! So, how was it?

B Listen and Choose



04

質問を聞いて、() に単語を書き、最も適切な応答を (A) ~ (C) から選びなさい。

1. () () the woman () ()?
(A) She attended a festival called Coachella in the U.S.
(B) She performed at a concert called Coachella in the U.S.
(C) She visited a person named Coachella in the U.S.
2. () () the woman probably () ()?
(A) It takes 14 hours from Japan by plane.
(B) It was an amazing experience!
(C) I went with several friends from college.

4 Text Completion

次の文章を読んで、空所に入れる最も適切なものを (A) ～ (C) から選びなさい。

The 1 festival in the world is the Persian festival of Nowruz. Depending on the country, it is also known by other names, including Novruz, Navruz, Nooruz, Nauryz, or Nevruz. Nowruz means “new day” and is usually held 2 March 21st. Nowruz is over 3,000 years old! 3 In 2009, UNESCO added Nowruz to its *Representative List of the Intangible Cultural Heritage of Humanity*.

1. (A) old (B) older (C) oldest
2. (A) at (B) in (C) on
3. (A) Today, it is celebrated by over 300 million people around the world.
(B) Today, it is no longer as important an event as it used to be.
(C) Today, there are many much older festivals being celebrated around the world.

Notes Nowruz 「ノウルーズ」 Unit 7 (pp.43-48) を参照 UNESCO 「ユネスコ」 *Representative List of the Intangible Cultural Heritage of Humanity* 「人類の無形文化遺産の代表的な一覧表」

5 Grammar Check

A () に入る単語を語群より選び、適切な形にして英文を完成しなさい。

crowd deep happy nice severe

1. Scientists say that the effects of climate change are even () than we thought.
2. Yesterday, the flea market was not as () as it usually is.
3. Today is a much () day than yesterday.
4. I've just passed the exam! I am the () person in the world!
5. It is one of the () lakes in Minnesota.

B 与えられた単語を適切な比較級にして空所に入れ、英文を完成しなさい。

e.g. (old): *My sister works for an international company. She is two years older than I am.*

1. (ambitious): Jane _____ Tom. Jane wants to be a famous astronaut, but Tom is happy to work as a clerk in a clothing store.
2. (funny): American comedies _____ British comedies. I am always laughing at the hilarious things Americans say and do.
3. (responsible): I _____ my brothers. They often forget to do their chores, and I have to yell at them to get things done.

6 Writing

A 1～3 は日本語に合うように()内の語句を正しく並べ替えなさい。4、5 は日本語に合うように()に、単語や与えられた文字で始まる適切な単語を書きなさい。

1. There are many types of festivals such as cultural, religious, and seasonal. They all (bringing / happiness / of / serve / the purpose / to) our lives.たくさん種類の文化的、宗教的、季節的な祭りがあります。それらはすべて、私たちの生活に幸せをもたらすという目的を果たします。
2. Festivals have existed in various forms for centuries. Some people (go to / music festivals, / others / prefer / to / while) go to art or film festivals.祭りは何世紀にもわたって、さまざまな形で存在しています。音楽祭に行くのを好み人もいれば、芸術祭や映画祭に行く人もいるでしょう。
3. Festivals have a lot to offer. They bring people together (a sense / and create / belonging / of / the community / to).祭りには提供するものがたくさんあります。人々を結び付け、コミュニティに帰属しているという意識を生み出します。

4. Our local festival (t) focuses () hope for the (f), (w) dancing, singing, and foods that promote (h) and happiness.地元の祭りは一般的に、踊りや歌、健康と幸せを促進する食べ物を用いて、未来への希望に焦点を当てます。
5. When () come into (b), the days grow (), and the () (r), we feel like celebrating.花が咲き、日が長くなり、気温が上がると、私たちはお祝いをしたい気分になります。

B あなたは、静かで人が少ない行事と、活発でたくさん的人がいる行事のどちらが好きですか？その理由を説明してください。

e.g. *I prefer going to quieter events. I don't really like crowds, so I avoid them whenever possible.*

7 Communication

あなたの友人に「どちらが好きですか？」と尋ねましょう。

Do you prefer __ or __?	Partner 1	Reason	Partner 2	Reason
e.g. cats, dogs	dogs	more fun to play with	cats	cuter
coffee, tea				
reading English, writing English				
live music, movies				
money, health				

Grammar Spotlight

◆ 比較表現

比較表現は、物事を比較する時に使い、同等比較・比較級・最上級の形があります。

1 同等比較「～と同じくらい…」as+形容詞・副詞の原級+as

Today is **as** warm **as** it was yesterday.

2 比較級「～よりも…」比較級+than

The bicycle is **more** expensive **than** I thought.

3 最上級「～の中で最も…」the+最上級+in [of]

Brian is **the most** reliable student **in** this class.

Unit 2

Wearing Red and White Dolls



ブルガリアの伝統的な春の祭りはババ・マルタの日と呼ばれ、この日にはマルテニツアという紅白の紐で作られたお守りを、家族や親しい人と交換します。この習慣について知識を深めましょう。

Warm-up Questions

次の質問に英語で答えなさい。

1. Do you go on cherry-blossom-viewing picnics each spring? Why or why not?
2. What is your favorite season? Explain.

1 Vocabulary

英文の空所に入る最も適切な単語を語群より選びなさい。

eagerly grumpy joyous mythology occasion represent shone symbolized

1. Because Kenji speaks English fluently, he was asked to _____ his company at international conferences.
2. In some Polynesian cultures, the turtles _____ long life, wisdom, and strength.
3. I just read a book of stories about the heroes and gods of Ancient Greek _____.
4. Lucy's party was an _____ for her friends to reunite and share their experiences from the past several years.
5. On Christmas Eve, children around the world _____ wait for Santa Claus to deliver presents to them.
6. Our teacher, Mr. Kotter, was very _____ this morning. He didn't smile or even say hello to anyone!
7. The birth of their first grandchild was a _____ event for my parents.
8. The police officer _____ his flashlight in a window so that he could see if anyone was inside the house.