

The Benefit of Learning Foreign Languages #1

In the Book of Genesis, the origin of many languages in the world is explained _____. Once, people _____ one language, _____ building The _____ of Babel to reach heaven. To stop people _____ reaching heaven, God _____ the world and _____ into different language groups _____ could not communicate and collaborate with each other. This _____ that language diversity is _____ human capabilities. However, _____, _____ fact, a gift for humanity. A number of studies _____ that learning and speaking _____ languages provide _____ a _____ of benefits. People who speak multiple languages _____ be more creative, _____ focusing _____ and ignoring what doesn't, and more _____ and flexible _____. Also, multilingualism _____ Alzheimer's and other types of _____ by around 5 years. _____ rapid _____ of machine translation and _____ AI, values of language skills themselves _____. However, the _____ gift _____ another language _____ the process of learning it, rather than the _____ of getting _____. What are the values of learning languages?

In the Book of Genesis, the origin of many languages in the world is explained as follows. Once, people on the land spoke one language, and they started building The Tower of Babel to reach heaven. To stop people from reaching heaven, God scattered them around the world and divided them into different language groups so that they could not communicate and collaborate with each other. This biblical literature implies that language diversity is one that restricts human capabilities. However, it is, in fact, a gift for humanity. A number of studies have shown that learning and speaking different languages provide us with a variety of benefits. People who speak multiple languages tend to be more creative, better at focusing on what matters and ignoring what doesn't, and more objective and flexible in interpreting things. Also, multilingualism delays Alzheimer's and other types of dementia by around 5 years. With the rapid developments of machine translation and generative AI, values of language skills themselves might have declined. However, the real gift from acquiring another language derives from the process of learning it, rather than the end result of getting fluent in it. What are the values of learning languages?

Genesis	創世記	objective	客観的な
diversity	多様性	flexible	柔軟な
capabilities	能力	Alzheimer's	アルツハイマー病
collaboration	協力	generative	生成の
multilingualism	多言語能力	fluent	流暢な

The Benefit of Learning Foreign Languages #2

_____ recently, speaking multiple languages has been the norm for humanity. It is generally estimated that humankind acquired languages at least around a hundred thousand years ago, _____ of agriculture and city states dates back to only about ten thousand and five thousand years ago, _____. Furthermore, it was only within the last _____ centuries that governments _____ its _____ language and _____ school education. Before agriculture, all people _____ had lived as hunter-gatherers in a small _____. With some exceptions, they spoke more than two languages _____ communities. In fact, we can still find people living in a traditional lifestyle in Papua New Guinea, Africa, and South America, and _____ speak multiple languages within their communities. For the _____ of Homo sapiens, _____ to learn and speak more than two languages. _____ the 20th Century, there were some studies suggesting that bilingual children _____ monolingual children. However, most of these _____ have been _____ they were based on _____ studies, such as _____ of the _____. Today, the majority of research _____ the benefits of multilingualism rather than its disadvantages. _____ the _____ monolingualism is a very _____ phenomenon in human history, _____ no _____ that speaking multiple languages is beneficial _____.

Until recently, speaking multiple languages has been the norm for humanity. It is generally estimated that humankind acquired languages at least around a hundred thousand years ago, while the arrival of agriculture and city states dates back to only about ten thousand and five thousand years ago, respectively. Furthermore, it was only within the last couple of centuries that governments formalized its standardized language and spread it through school education. Before agriculture, all people on earth had lived as hunter-gatherers in a small band. With some exceptions, they spoke more than two languages in their communities. In fact, we can still find people living in a traditional lifestyle in Papua New Guinea, Africa, and South America, and anthropologists report that they speak multiple languages within their communities. For the majority of Homo sapiens, it had been common to learn and speak more than two languages. During the 20th Century, there were some studies suggesting that bilingual children suffered linguistic disadvantages compared to monolingual children. However, most of these views have been debunked as they were based on flawed studies, such as biased sampling of the subjects. Today, the majority of research supports the benefits of multilingualism rather than its disadvantages. Given the fact that monolingualism is a very recent phenomenon in human history, it is no wonder that speaking multiple languages is beneficial for us.

norm	標準	standardize	標準化する
acquire	習得する	hunter-gatherers	狩猟採集民
agriculture	農業	anthropologist	人類学者
city states	都市国家	debunk	誤りを指摘する
formalize	正式化する	monolingualism	単一言語使用

The Benefit of Learning Foreign Languages #3

One of the biggest _____ of speaking more than two languages is increased _____ performance. _____ a complex _____ called "executive function." _____ attention, _____ between different tasks, regulates your emotional _____, and _____ you to _____ parameters _____ irrelevant information. If you are listening to this _____ the temptation to _____ gossip or rejecting the _____ to check social media, it is thanks to your executive function. _____ in your success in business, your studies, and your social life. Studies _____ shown that having multiple linguistic networks in a brain becomes an effective training for our executive function. Since bilinguals are _____ switching between languages or having to ignore irrelevant linguistic information, they are _____ undergoing mental exercise to _____ their attention 24/7. When you are bilingual, you don't have to solve crossword _____ or brain training quizzes to _____ your brain. You simply go about your life using one language or another _____ your brain _____ in this cognitive exercise. Bilinguals _____ to have more gray-matter in _____ regions, the neural basis for executive function. Gray matter is a _____ of neuronal cell bodies _____ the brain _____ information. Just as exercise can change our bodies, learning and using another language can change the physical structures of our brain.

One of the biggest advantages of speaking more than two languages is increased intellectual performance. There is a complex cognitive ability called "executive function." It controls and maintains your attention, helps switch between different tasks, regulates your emotional impulses, and gets you to focus on relevant parameters while filtering out irrelevant information. If you are listening to this paragraph while ignoring the temptation to read trivial celebrity gossip or rejecting the desire to check social media, it is thanks to your executive function. It plays an important role in your success in business, your studies, and your social life. Studies have shown that having multiple linguistic networks in a brain becomes an effective training for our executive function. Since bilinguals are routinely switching between languages or having to ignore irrelevant linguistic information, they are virtually undergoing mental exercise to control their attention 24/7. When you are bilingual, you don't have to solve crossword puzzles or brain training quizzes to stimulate your brain. You simply go about your life using one language or another as circumstances require while your brain constantly engages in this cognitive exercise. Bilinguals have been found to have more gray-matter in frontal regions, the neural basis for executive function. Gray matter is a collection of neuronal cell bodies where the brain processes information. Just as exercise can change our bodies, learning and using another language can change the physical structures of our brain.

intellectual	知的な	impulse	衝動
cognitive	認知の	bilingual	二言語使用者
executive function	実行機能	gray-matter	灰白質
regulate	調整する	neural	神経の
parameter	パラメータ	stimuli	刺激

The Benefit of Learning Foreign Languages #4

"To have another language is to possess another soul." No other saying has ever _____ the significance of learning foreign languages than these words by the first Holy _____, Charlemagne. A language is a _____ we see the world, and getting another lens _____ your perspective. One of the _____ learning a second language will be that vocabulary in one language does not _____ with another _____. For example, an English _____ "wear" seems _____ a Japanese _____ "kiru." However, they are _____ to each other. We can "wear" almost anything _____ T-shirts to hats, and _____ accessories and makeup, _____ the Japanese word "kiru" can only be used for clothes on the _____ of the body. The essence of vocabulary is not _____ a _____ word means. Rather, it is about the _____ between _____ and _____ doesn't, and languages dramatically _____ in how they draw these boundaries. _____ to the same category in one language is _____ different categories in another language. In other words, different languages have different systems to _____ the world. Languages also _____ what we pay attention to. For example, the Australian _____ language Guugu Yimidhirr doesn't have words meaning "right" and "left." Instead, everything is _____: north, south, east and west. When you are facing east, they call your right hand "south hand." If you turn right, your right hand now becomes your "west hand." _____ another way, everyday communication in their language provides the most intense training in _____. The language requires its speaker to be _____ cardinal directions. Similarly, native English speakers always _____ or _____, _____ Japanese speakers are _____ the differences in social standing _____. A language is a lens through which we _____ the world. Whether you have only one lens or multiple lenses makes a tremendous difference since _____ only one lens tend to be _____ the fact that they are _____.

"To have another language is to possess another soul." No other saying has ever articulated the significance of learning foreign languages than these words by the first Holy Roman Emperor, Charlemagne. A language is a lens through which we see the world, and getting another lens certainly broadens your perspective. One of the profound realizations from learning a second language will be that vocabulary in one language does not correspond with another at all. For example, an English verb "wear" seems interchangeable with a Japanese verb "kiru." However, they are barely common to each other. We can "wear" almost anything from T-shirts to hats, and even accessories and makeup, while the Japanese word "kiru" can only be used for clothes on the upper half of the body. The essence of vocabulary is not about what a certain word means. Rather, it is about the border between what it includes and what it doesn't, and languages dramatically differ in how they draw these boundaries. What belongs to the same category in one language is divided into different categories in another language. In other words, different languages have different systems to comprehend the world. Languages also determine what we pay attention to. For example, the Australian Aboriginal language Guugu Yimidhirr doesn't have words meaning "right" and "left." Instead, everything is described in cardinal directions: north, south, east and west. When you are facing east, they call your right hand "south hand." If you turn right, your right hand now becomes your "west hand." Put another way, everyday communication in their language provides the most intense training in geographic orientation. The language requires its speaker to be constantly aware of cardinal directions. Similarly, native English speakers always care whether it is singular or plural, while Japanese speakers are mindful of the differences in social standing and age. A language is a lens through which we perceive the world. Whether you have only one lens or multiple lenses makes a tremendous difference since those who have only one lens tend to be unaware of the fact that they are even wearing it.

articulate	明確に表現する	essence	本質
lens	レンズ	boundary	境界
profound	深い	comprehend	理解する
correspond	対応する	cardinal direction	基本方位
interchangeable	交換可能な	orientation	方向感覚

The Benefit of Learning Foreign Languages #5

_____ you are going to live your _____ life in your first language environment, learning another language is _____ beneficial. Learning and speaking languages can _____ and improve your ability to communicate in your mother _____ . When we are _____ a _____ environment, we _____ its essence and characteristics since we have few chances to have an objective view of it. It is difficult to know your first language if you have nothing to _____. For example, Japanese people learning English soon have to realize that their mother tongue is a relatively high-context language. The high-context nature allows us to communicate smoothly, _____ relationships, and _____ harmony within the community. However, in business or academic settings, we are usually _____ communicate _____ in a low-context _____, _____ no _____ interpretations. In a situation _____ a typical Japanese expression might _____ to multiple interpretations, knowledge of another language _____ the possibility of misunderstandings. This allows you to consider how you can _____ your _____ misinterpretations. In addition, some _____ in our mother tongue are difficult to translate into another language. To _____ a _____ example, English doesn't have a _____ expression to a common Japanese _____ at the end of every _____, "gochisosama." So they naturally _____ think about _____ is the message. _____ for the cook, a joyful expression that you had a good time, or even respect for the _____ of the ingredients. Depending on the situation, they can choose the _____ English expression, such as "thank you" or "I like it" as a translation of this word. Learning foreign languages _____ our first language. If you want to be a sophisticated _____ in your mother _____, _____ extremely _____ to understand your language by _____ with foreign languages. _____, you will not know how to _____ the _____ of and _____ of your language.

Even if you are going to live your entire life in your first language environment, learning another language is immensely beneficial. Learning and speaking languages can stimulate and improve your ability to communicate in your mother tongue as well. When we are immersed in a certain environment, we fail to grasp its essence and characteristics since we have few chances to have an objective view of it. It is difficult to know your first language if you have nothing to compare it to. For example, Japanese people learning English soon have to realize that their mother tongue is a relatively high-context language. The high-context nature allows us to communicate smoothly, maintain relationships, and preserve harmony within the community. However, in business or academic settings, we are usually required to communicate precisely in a low-context mode, leaving no room for unintended interpretations. In a situation where a typical Japanese expression might give rise to multiple interpretations, knowledge of another language helps you notice the possibility of misunderstandings. This allows you to consider how you can modify your expression to avoid misinterpretations. In addition, some common expressions in our mother tongue are difficult to translate into another language. To give a familiar example, English doesn't have a corresponding expression to a common Japanese phrase at the end of every meal, "gochisosama." So they naturally come to think about what exactly is the message. It could be gratitude for the cook, a joyful expression that you had a good time, or even respect for the lives of the ingredients. Depending on the situation, they can choose the suitable English expression, such as "thank you" or "I like it" as a translation of this word. Learning foreign languages tells us a lot about our first language. If you want to be a sophisticated communicator in your mother tongue, it is extremely helpful to understand your language by comparing it with foreign languages. Otherwise, you will not know how to compensate for the shortcomings of and make the best use of your language.

immensely	非常に	low-context	文脈に依存しない
stimulate	刺激する	interpretation	解釈
essence	本質	misinterpretation	誤解
objective	客観的な	sophisticated	洗練された
high-context	文脈依存の	compensate	補う