

Part 1 朝！

Morning

起床 (おはよう)

😊TRACK_001😊

▶ おはよう。

◁ おはよう。

▶ Good morning.

◁ Morning.

起きる

😊TRACK_002😊

▶ あら、もう起きたの？

◁ なんだか、早く目がさめちゃった。

▶ Oh, are you awake already?

◁ Not sure why but I woke up early. / I woke up early for some reason.

▶ 今日はいつもより早いわね。

◁ たまには早起きしないとね。

▶ You're earlier than usual.

◁ Well, I should get up early on some days. → on some days
=sometimes

▶ 毎日7時起きなのにどうしたの？

▶ You usually get up at seven every day, what's up? / How come you're up when you usually get up at seven every morning?

◁ 9時から会議があるんだ。

◁ I have a meeting from nine.

▶ まだ5時半だよ。

▶ It's still five thirty.

◁ 眠れなくてね。

◁ I couldn't sleep.

起こす

😊TRACK_003😊

▶ まだ寝てるの？

◁ もうちょっと。

▶ Are you still in bed?

◁ Just a bit more. / Just a little bit more.

▶ 起きる時間よ。

▶ It's time to get up.

◁ もう少し寝させて。

◁ Let me sleep just a bit more.

▶ いつまで寝てるの。

▶ How long are you sleeping in till? / What time do you plan on getting up? / When are you going to get out of bed? / How long will you be sleeping for?

◁ たまにはいいじゃない。

◁ It's okay once in a while, isn't it?

Part 4 天気と気候

Weather & Climate

天候 (いい天気)

☺TRACK_118☺

- ▶ 今日はいい天気だね。
- ◁ 久しぶりじゃない？
- ▶ 今日もさわやかな天気だね。
- ◁ 心も晴れ晴れするね。
- ▶ ここ数日、いい天気が続いてるね。
- ◁ このままずっと続いて欲しいよ。

- ▶ It's fine today, isn't it?
- ◁ It's been a while.
- ▶ It's a refreshing day today, too.
- ◁ It brightens me up. / It makes me feel good.
- ▶ It's been fine weather for the past few days.
- ◁ I want it to continue like this.

(悪い天気)

☺TRACK_119☺

- ▶ 最近は天気が悪いね。
- ◁ 気分が滅入っちゃうよ。
- ▶ 今日もまた嫌な天気だ。
- ◁ 最近はなにかおかしいね。
- ▶ 天気予報によると、今日も昨日に続いて天気は不安定だそうだ。
- ◁ じゃあ、傘を持っていったほうがいいね。

- ▶ The weather has been bad lately.
- ◁ It makes me feel depressed. / It depresses me.
- ▶ It's bad weather again today.
- ◁ Something's wrong these days. / The weather is warped these days. → wrong = weird
- ▶ According to the weather forecast, the weather's unstable again today just like yesterday.
- ◁ Well, we'd better take an umbrella with us.

(晴れ)

☺TRACK_120☺

- ▶ よく晴れてるね。
- ◁ 青空が広がっていて、気持ちがいいよ。
- ▶ 空は見事に晴れ渡っているね。
- ◁ まったくだ。雲一つないもんね。
- ▶ 最近はずっと晴れてるね。
- ◁ そろそろ雨が降ってくれないと困る人が出てくるんじゃないかな。

- ▶ It's sunny, isn't it? / The sun's shining brightly, isn't it?
- ◁ There's so much blue sky it feels good.
- ▶ The sky is so clear.
- ◁ Too right. There's not a single cloud.
- ▶ Recently, it's been unusually sunny.
- ◁ There must be people who are going to be troubled if it doesn't rain soon, don't you think?

Part 5 日常生活

Daily life

1 日の予定 (自宅で過ごす)

☺TRACK_144☺

▶ 今日の予定は？

◁ う〜ん、どうしようかな。まだ何も考えていないけど。

▶ 今日は一日中どうやって過ごすつもり？

◁ 一日中家にいるよ。

▶ 朝から晩まで一人で家にいてどうするつもり？

◁ ゆっくりするよ。

▶ 今日、出かける予定は？

◁ 別にないけど。

▶ 何もしないでずっと家にいるわけ？

◁ テレビを観たり、音楽を聴いたりしてのんびり過ごそうかな。

▶ What's your plan for today?

◁ Hmm. What shall I do? I haven't thought about anything yet.

▶ How are you going to spend today?

◁ I'll stay at home all day.

▶ What are you going to do staying home alone from morning till night?

◁ I'll take it easy.

▶ Are you planning to go out today?

◁ Not really.

▶ Are you staying at home doing nothing?

◁ I think I might relax watching TV or listening to music.

休日の予定

☺TRACK_145☺

▶ 今日は休みでしょ？

◁ いや、明日だよ。

▶ 今日は休みだ！

◁ じゃあ、何しようか？

▶ 明日は待ちに待った休みだ。

◁ 久しぶりに映画でも観に行こうよ。

▶ 今月の終わりから大型連休が始まるね。

◁ 海外へ行くというのはどう？

▶ You're off today, aren't you?

◁ No, it's tomorrow.

▶ It's my day off today!

◁ Then what shall we do?

▶ Tomorrow is the day off I've been looking forward to.

◁ Let's go to the movies. We haven't been for a long time.

▶ The long break will start at the end of this month.

→ long break = long vacation; consecutive holidays

◁ How about going abroad?

Part 8 会社 & 学校

Company & School

会社 (土日出勤)

☺TRACK_232☺

▶ 週末は休みでしょう？

◁ いや、一日中仕事なんだ。

▶ 週末に仕事だなんて信じられない。

◁ うちの会社は忙しくてね。

▶ 週末も働かされるなんてブラック企業じゃない。

◁ 首になるから、断れないんだ。

▶ うちの会社は今週の土日、出勤さ。

◁ 実は、うちの会社もそうなんだ。

残業

▶ 仕事、忙しくない？

◁ 不景気で、時間を持て余して困ってるよ。

▶ 仕事が終わると、自宅へ直行なの？

◁ それがさ、自宅に帰っても居場所がなくて、いつもどこかで時間をつぶして帰ってるんだ。

▶ 最近、残業はあるの？

◁ 法律が厳しくなって、定時に帰れるようになったよ。

▶ 明日は残業がないそうですよ。

◁ ホッとしたね。やっとゆっくりできるな。

▶ 最近は毎日、残業だよ。

◁ でも残業代が入るからいいじゃない。

▶ You're on holiday this weekend, right?

→ are on holiday = have a break

◁ No, I'll be working all day.

▶ I can't believe you have to work on a weekend.

◁ Our company is busy.

▶ The company has terrible working conditions making you work on weekends, eh?

◁ I can't refuse because I'll get fired.

▶ We have to work this Saturday and Sunday.

◁ Actually, we have to do that for our company, too.

☺TRACK_233☺

▶ Are you busy at work?

◁ We're in a recession and I'm bothered with too much time on my hands. → We're in a recession → The company's in a slump

▶ After work, do you go straight home?

◁ Actually, I don't belong anywhere even if I get home, so I always kill time somewhere, then go home.
→ I don't belong anywhere = I don't have much of a place

▶ Do you have overtime lately?

◁ The law has become stricter and I can get to go home on time. → on time = at the regular time

▶ I heard there'll be no overtime tomorrow.

◁ That's a relief. I can finally take it easy.

▶ I work overtime every day these days.

◁ It's fine though, as you get paid for overtime, right?