

問題 I 次の英文における下線部 ①～④ を和訳しなさい。

What is Sphere?

The Sphere Project, now known as Sphere, was created in 1997 by a group of humanitarian non-governmental organisations and the Red Cross and Red Crescent Movement. Its aim was to improve the quality of their humanitarian responses and to be accountable for their actions. ① The Sphere philosophy is based on two core beliefs:

- People affected by disaster or conflict have the right to life with dignity and, therefore, the right to assistance; and
- All possible steps should be taken to alleviate human suffering arising out of disaster or conflict.

The Humanitarian Charter and Minimum Standards put these core beliefs into practice. The Protection Principles inform all humanitarian action, and the Core Humanitarian Standard contains commitments to support accountability across all sectors. Together, they form The Sphere Handbook, which has developed into one of the most widely referenced humanitarian resources globally.

The Humanitarian Charter

The Humanitarian Charter provides the ethical and legal backdrop to the Protection Principles, the Core Humanitarian Standard and the Minimum Standards that follow in the Handbook. It is in part a statement of established legal rights and obligations, in part a statement of shared belief.

In terms of legal rights and obligations, the Humanitarian Charter summarises the core legal principles that have most bearing on the welfare of those affected by disaster or conflict. With regard to shared belief, it attempts to capture a consensus among humanitarian agencies on the principles which should govern the response to disaster or conflict, including the roles and responsibilities of the various actors involved.

The Humanitarian Charter forms the basis of a commitment by humanitarian agencies that endorse Sphere and an invitation to all those who engage in humanitarian action to adopt the same principles.

(1.~3. Omitted)

Common principles, rights and duties

4. We offer our services as humanitarian agencies on the basis of the principle of humanity and the humanitarian imperative, recognising the rights of all people affected by disaster or conflict – women and men, boys and girls. These include the rights to protection and assistance reflected in the provisions of international humanitarian law, human rights and refugee law. For the purposes of this Charter, we summarise these rights as follows:

- **the right to life with dignity;**
- **the right to receive humanitarian assistance; and**
- **the right to protection and security.**

While these rights are not formulated in such terms in international law, they encapsulate a range of established legal rights and give fuller substance to the humanitarian imperative.

5. The **right to life with dignity** is reflected in the provisions of international law, and specifically the human rights measures concerning the right to life, to an adequate standard of living and to freedom from torture or cruel, inhuman or degrading treatment or punishment. ② The right to life entails the duty to preserve life where it is threatened. Implicit in this is the duty not to withhold or frustrate the provision of life-saving assistance. Dignity entails more than physical well-being; it demands respect for the whole person, including the values and beliefs of individuals and affected communities, and respect for their human rights, including liberty, freedom of conscience and religious observance.

6. The **right to receive humanitarian assistance** is a necessary element of the right to life with dignity. This encompasses the right to an adequate standard of living, including adequate food, water, clothing, shelter and the requirements for good health, which are expressly guaranteed in international law. The Core Humanitarian Standard and the Minimum Standards reflect these rights and give practical expression to them,

specifically in relation to the provision of assistance to those affected by disaster or conflict. Where the state or non-state actors are not providing such assistance themselves, we believe they must allow others to help do so.

③ Any such assistance must be provided according to the principle of impartiality, which requires that it be provided solely on the basis of need and in proportion to need. This reflects the wider principle of non-discrimination: that no one should be discriminated against on any grounds of status, including age, gender, race, colour, ethnicity, sexual orientation, language, religion, disability, health status, political or other opinion, and national or social origin.

7. The **right to protection and security** is rooted in the provisions of international law, in resolutions of the United Nations and other intergovernmental organisations, and in the sovereign responsibility of states to protect all those within their jurisdiction. The safety and security are of particular humanitarian concern, including the protection of refugees and internally displaced persons. As the law recognises, some people may be particularly vulnerable to abuse and adverse discrimination due to their status, for example their age, gender or race, and may require special measures of protection and assistance. ④ To the extent that a state lacks the capacity to protect people in these circumstances, we believe it must seek international assistance to do so.

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問題Ⅱ-1 次の文中における下線部①～③を和訳しなさい。

問題Ⅱ-2 次の文中の図に対して、その主旨を概略的に説明しなさい。

The difference between aerobic and anaerobic exercise

Regular exercise has been consistently shown to benefit both body and mind, as well as reducing the risk of several diseases. It's beneficial for our health in different ways, and most national dietary guidelines recommend physical activity among other healthy lifestyle recommendations. A balanced exercise routine should aim to include all types of exercise. ① However, factors such as age, physical fitness or disabilities and personal goals can impact the amount, intensity and type of exercise that is achievable. Remember that any type or amount of physical activity is much better than nothing.

② Types of exercises are often grouped into four different categories: aerobic, anaerobic flexibility and mobility, and balance and coordination. While some exercises may predominantly fit into one category, many activities will be associated with more than one. For example, many endurance (aerobic) activities such as running, swimming and skiing will also build muscle strength, and some strength (anaerobic) exercises such as HIIT (High Intensity Interval Training) or weight lifting may also help improve balance and mobility. All types of exercise will benefit your health. However, not all types have the same effect on the body. By including all four forms of exercise into your weekly routine, you can increase the benefits to your health.

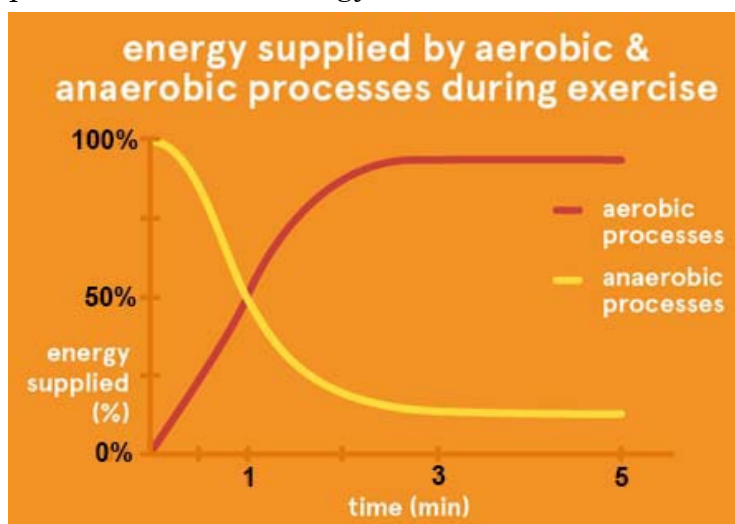
What is the difference between aerobic and anaerobic exercise?

The human body needs a continuous supply of energy to perform all daily activities and functions, which it does by transforming food to energy. The energy from food that is not immediately used is stored in the body, for example as fat or glycogen. The body has different processes for releasing energy and adapting to the energy needs of different situations, whether it is chopping vegetables or running a marathon. Some of the processes are 'aerobic', where 'aer' refers to the use of oxygen in the muscles' energy-

generating process. Other processes are 'anaerobic' and don't require oxygen to release the energy. Depending on the duration and intensity of any type of physical activity, our body needs to generate energy in the most effective way, and the aerobic and anaerobic processes often complement each other.

③ Whether the energy we need during exercise comes from aerobic or anaerobic processes depends on the intensity, duration and types of muscle fibres used. When we do anaerobic exercises, our body works intensely over a short period of time and therefore needs energy fast. This energy comes from components that are already stored in our body and are readily available. This process doesn't require oxygen, but the amount of energy that can be released this way is quite limited.

The aerobic system is slower than the anaerobic system since oxygen must reach the muscles through our circulation prior to the release of energy. During aerobic exercises, which are less intense but last longer, our lungs and heart work hard to supply oxygen to the body. The body uses this oxygen to break down energy sources like fats and glucose to release energy we can use to perform the exercise. In general, aerobic processes use the oxygen to produce more energy than anaerobic processes, but anaerobic processes release energy faster.



(出典 : *The difference between aerobic and anaerobic exercise.*
<https://www.eufic.org/en/healthy-living/article/the-difference-between-aerobic-and-anaerobic-exercise> より抜粋)