

# Tokyo Gov't Allows Shorts at Work to Beat Heat, Cut Energy Use

夏になると、通勤中や職場で「もう少し涼しく過ごせたら」と感じることはありませんか。日本では、年々気温が高くなり、暑さへの対策がますます重要になっています。こうした中で、軽装で働く「クールビズ」が広まり、服装や働き方にも少しずつ変化が見られるようです。最近では、その考え方をさらに広げようとする動きも注目されています。これからの職場では、働きやすさと快適さのために、どのような工夫が必要だと思えますか。



## 1. Article

Read the following article aloud.

With another **scorching** summer on the horizon, Tokyo Governor Yuriko Koike announced at an April press conference that the Cool Biz campaign would be "further expanded." Koike spearheaded the initiative in 2005 during her time as environment minister.

Cool Biz **encourages** office workers to ditch ties and jackets in favor of short-sleeved shirts, polo shirts, and other relaxed attire, making it easier to stay comfortable while allowing air conditioners to be set at higher temperatures. What began as an initiative for civil servants has since been adopted in parts of the private sector.

On April 22, Japan activated its annual **heatstroke** alert system, which runs through October 21. That same day, the Tokyo Metropolitan Government released photos of staff **arriving** at work in T-shirts and shorts.

Continued on next page.

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# 1. Article

Koike said the metropolitan government would lead by example. In addition to its existing year-round no-tie, no-jacket policy and allowance for polo shirts, she gave staff the green light to wear shorts, depending on their [role](#).

Employees at Tokyo's Bureau of Environment were among the first to embrace the change, with even section chiefs showing up in lighter clothing.

Toru Suda of the Regional Energy Division, spotted at his desk in shorts, summed it up: "It's easier to move and get things done. When the people around you—including managers—change the way they dress, it makes it that much easier for everyone else to follow suit."

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## 2. Key phrases and vocabulary

First repeat after your tutor and then read aloud by yourself.

1. **scorching** 焼けつく

The hikers went home early because of the **scorching** sun.

2. **encourage** 勧める

The newscaster **encouraged** everyone to drink enough water during the hot weather.

3. **heatstroke** 熱中症

The high school football player was taken to the hospital for **heatstroke**.

4. **arrive** 到着する

We **arrived** at the concert hall early so that we could get good seats.

5. **role** 役割

Every team member has an important **role** in the research project.

## 3. Questions

Read the questions aloud and answer them.

1. What clothing are some Tokyo government workers now allowed to wear at work?
2. Who first promoted the Cool Biz campaign in 2005?
3. Why does the Tokyo government want workers to dress more casually in summer?
4. Would you feel comfortable wearing shorts at work? Why or why not?
5. How should offices and workplaces change as the weather gets hotter?

## 4. Tシャツ・短パンで勤務可能に 東京都庁、小池知事提唱のクールビズ さらに「進化」

クールビズの深化を提唱する東京都は、熱中症警戒アラートの運用が始まった4月22日、Tシャツや短パン姿で勤務する職員の様子を公開した。

今夏も厳しい暑さが予想される中、小池百合子都知事が今月の記者会見で、自身が環境相時代の平成17年に推進したクールビズを「さらに拡充していく」と宣言。「時期、服装にとどまらない働き方や暮らし方の新しい標準」との位置づけで、「東京クールビズ」を提案した。

その上で小池氏は、都庁で率先するとして、もともと年間を通じて職員に認めてきたノーネクタイやノージャケット、ポロシャツ姿に加え、業務内容によってはハーフパンツの着用にもゴーサインを出した。

これを受けて環境局では課長を含む職員が軽装で勤務した。ハーフパンツ姿でパソコンに向かっていた地域エネルギー課の周田徹さん（34）は「身軽に仕事ができる。身近な人や管理職が装いを変えることで周囲もまねしやすい」と話した。

出典：Tシャツ・短パンで勤務可能に 東京都庁、小池知事提唱のクールビズさらに「進化」、  
[Japan Forward](#)