



日本英語交流連盟
The English-Speaking Union of Japan

IPSC2023 感想文

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IPSC で過ごした期間は、私にとって非常に充実した経験でした。新型コロナウイルスの影響で4年ぶりに対面で行われましたが、直接顔を合わせ、英語で交流をし、他の参加者のスピーチを聞くことの大切さを改めて感じることができました。このコンテストは、16歳から20歳の学生が参加できるため、今年20歳の私にとっては、最後のチャンスでした。今年のIPSCのスピーチのお題は、「You don't get a second chance to make a first impression.」でした。私たちは常に相手に良い印象を与えようと努力しますが、「良い印象」の定義は国や人によって異なります。例えば、日本人の思う「良い子」とアメリカ人の考える「良い子」の定義も大きく異なることがあります。また、就職の面接で審査に最も影響を与えたのが「顔」だったという研究結果まであります。つまり、第一印象をどう受け取るかは、その人の文化的背景や思考、そして偏見と深く関わっているということです。今回のスピーチのお題の通り、第一印象を変えることは難しいかもしれませんが、相手の印象をどう受け取るかは、私たちが視野を広げることで変えることができます。多様性が進む世の中で、相手に良い印象を与えようと努力するのではなく、私たちがどう相手の印象を偏見なく正しく受けとるか、に重点を置くことの方が大切なのではと思います、今回のスピーチ原稿を作りました。

ロンドンで行われたIPSC本選では、スピーチ力を競う大会だけでなく、トレーニング期間も設けられていました。このトレーニング期間では、他の参加者からのフィードバックを通じて、私は自分のスピーチスタイルを改善することができました。暗唱スピーチだけでなく、即興スピーチやQ&Aセッションなど、様々な要素が組み合わさったコンテスト形式のおかげで、自分のスピーチ力をさらに伸ばすことができました。また、他国の参加者との交流や文化交流、さまざまな社会活動を通じて世界各国の参加者と仲を深めることができました。

今回の経験を通じて、私は自分自身の成長を感じるとともに、世界中の若者たちと共に学び、成長し、夢を追求する重要性を再認識しました。最初は出場することに躊躇していましたが、スピーチを通して自分の想いを伝えられたこと、審査員方の貴重なご講評を聞いたこと、そして他の出場者の素晴らしいスピーチが聞いたことが私にとってとても良い経験になりました。改めて、この大会に出場して良かったと思いました。

Ameri Takahashi

「The experience through IPSC」

In the last few weeks, I attended the world's largest English speech contest, IPSC (International Public Speaking Competition). We were able to attend this competition face-to-face for the first time in four years since the Coronavirus outbreak. The students aged 16-20 are able to apply for this competition, so this year was the very last chance for me to win the national competition, and to attend the world competition held in London. The competition brings the best young speakers from all over the world to London for a week of cultural exchange and public speaking contests. Established in 1980, it now reaches over one million young people in more than 40 countries across the globe, showcasing the highest standard of public speaking, while giving delegates an opportunity to meet and engage with other young people of different backgrounds and nationalities.

Finalists, the national winners of the English-Speaking Union or other public speaking competitions in their country write and deliver a speech connected with the theme for the year's competition. The given speech topic for this year's semi-final competition was "We do not have a second chance to make a first impression.", and my speech title was "First Impression; Overcoming Our Biases". I talked about how the first impression is closely related to our unconscious biases. I argued that instead of caring about how we are looked at by other people, people and society should change their negative mindsets, broaden our perspectives and experience different cultures and develop Self-awareness to overcome unconscious prejudice. I came up with this topic because in Japan, there are many restrictions and social norms which are related to first-impression-biases, like school rules and job interviews: not allowed to dye or braid their hair, restricting the way they behave and putting them in the created image of "good students" based on gender biases, placing emphasis on their facial beauty or ugliness. It was a great pleasure for me to deliver this speech in front of a large audience so that I can point out the issues that most of us have in our society. Although I was not able to win the semi-final competition, I was able to perform my best, since the organization provided speech training during the competition week.

The unique thing about this speech contest is that we do not give only a prepared speech, but also we have a Q&A session after the speech, and also we give an impromptu speech. During the Speech training, we delivered our presentation about their country. All the contestants' presentations were very unique, and I got so much information about them that I could not get it from websites or social media. There was also a trainer who taught us how to deliver speech better, with our body language, expression, and language use. At this point, I realized that how I had a very limited expression when giving a speech and was able to improve my speech through the feedback I got from other

contestants.

The greatest part of this competition was that it was not only about competing with others but was able to also make 36 friends from various countries with different cultural backgrounds, stay at the same hotel, and did a lot of social activities with them. The weeks I spent with all the contestants, and coaches will be my best memory, and I really hope that this competition will continue for all the teenagers in the world to broaden their perspectives and dream.