

[I]

I-A	(X)	3	(Y)	4	(Z)	3
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I-B	(a)	2	(b)	4	(c)	3	(d)	1	(e)	3
	(f)	2	(g)	3	(h)	1				

I-C	(ア)	1	(イ)	3	(ウ)	4	(エ)	1
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I-D	(あ)	5	(う)	4	(お)	3
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I-E	5	6	8
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[II]

II-A	(W)	4	(X)	3	(Y)	2	(Z)	4
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II-B	(a)	2	(b)	4	(c)	1	(d)	1	(e)	2
	(f)	4	(g)	1						

II-C	(ア)	2	(イ)	4	(ウ)	1	(エ)	4	(オ)	3
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II-D	(あ)	8	(え)	4	(か)	6
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II-E	〈A〉	5	〈B〉	1	〈C〉	2	〈D〉	4
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II-F	1	5
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II-G 夜勤や不規則なスケジュールで働く人々は、質の高い睡眠を取ることが格段に難しいと思うかもしれない。

[III]

III-A	(a)	7	(b)	1	(c)	10	(d)	5	(e)	3
	(f)	4	(g)	9	(h)	6				

III-B

It goes without saying, it's better to meet people directly, but in my case it's just not realistic.

【別解】

Of course, it would be better to meet everyone [them] in person [face to face], but for me that is not practical.