

Support coming from all over the country!

All kinds of people from all over the country come to support various locations in Fukushima. Here are messages from two such people.



Sanjo City, Niigata
Niigata Saigai (Disaster Relief)
Volunteer Network (NPO)
Secretary General: **Inchul Lee**

I have come from Niigata to support Fukushima Prefecture. At present, my activities are centered at the volunteer center in Shinchi-machi. If you need to sort out things or tidy up your house, or if you have any problems related to everyday life in your shelter, please consult me. Volunteers from all over the country have come to Shinchi-machi!



Kobe City Council of Social Welfare
Disaster Volunteer Activities
Support Project Council
Osamu Hasebe

My job is to make sure that the warmhearted support for Fukushima is properly connected. I would like to assist mutual help activities in Fukushima Pref. The great role of the Self Defense Forces and rescue teams that work to protect our lives goes without saying, but please also have confidence in the disaster volunteer centers which endeavor to support your livelihood.

Request and information for participants in disaster relief volunteer activities

Points to note for volunteer activities

* Clothing

Confirm the local situation regarding water supply, electricity, gas, transport, etc. as well as weather conditions and make necessary preparations.

* Transport, lodgings, meals, etc.

Basically, you should come self-prepared and with your own supplies. However, in some locations, public transportation and hotels have resumed services. Please confirm this in advance using the Internet or by phone.

Join a volunteer insurance (natural disaster plan)

Since the plan covers accidents occurring during travel to the disaster hit area, please join the volunteer insurance (natural disaster plan) at your local Council of Social Welfare. The natural disaster plan covers accidents caused by earthquakes and after tremors.

Get your family's understanding and agreement before you come

Get your family's understanding and agreement before you come to participate in volunteer activities.

What may seem useless or unimportant to you, may have great importance to the family. Take the victims' feelings into consideration and work at their pace.

Flood disaster volunteers Clothing manual

If you have these, you're OK.



Source: Rescue Stock Yard (NPO)

For people taking shelter

"Exercises that can be done alone to help relax your body"

If your body is not used, it will become weak. It is important to make an effort to remain healthy and fit. These exercises can be done alone or when chatting to someone. You'll feel better after them.

* Relax with a big yawn

Stretching your back is an effective way to relax the whole body. Raise both arms and stretch your back, when you release them, your muscles relax. Let out a big yawn as you do this.

Stretching while standing



Stretching while sitting



* Preventing stiff shoulders by stretching your neck

A stiff neck can cause stiff shoulders and poor circulation. Lean your neck as far as possible forward, then rotate it to the right, backward and to the left, then rotate your neck in the opposite direction, counting 'one, two, three, four, five, six, seven, eight' to make one set.

1 Look at your navel (do not bend your back)



2 Facing forward, lean your head to the right so that your right ear touches your shoulder (do not move either shoulder)



3 Lean your head as far back as possible (Do not lean your waist or back)



4 Facing forward, lean your head to the left so that your left ear touches your shoulder (do not move either shoulder)



Fukushima Recreation Society (NPO) Secretary General: Yoshinari Sato

Please see our homepage

This kind of information is provided

- * Latest information about volunteer centers in the Prefecture
- * Volunteer activities report
- * Contact information for volunteer centers around Fukushima
- * Q&A on disaster relief volunteer activities
- * Tidbit info from staff, block supporters and reporters



Editorial postscript

I wish to convey my sincerest sympathy to all who were victims of this earthquake. I also wish to express my gratitude for the great support from all over the country. The organization is being managed by staff from social welfare councils in cities, towns and villages in the Prefecture. We will do our best so that people in the region will be able to conduct their everyday life in peace of mind. We ask for your support and cooperation. (Iwashita)

Please see the latest information on our homepage
<http://www.pref-f-svc.org>



赤い羽根共同募金

Let's persevere,
Japan
Let's persevere,
Tohoku

Let's persevere,
Fukushima