

## 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 some messages from two of them.



All Japan Young Buddhist Association, Head of Rescue  
**Mr. Chishu Yonezawa**,  
the monk from Soto Zen training

I have been helping out however I can in Minamisoma City (in April) and Iwaki City (in May). We have been providing our temples as nursery centers and shelters, and sometimes we have tea ceremony with local monks. We want these events to provide some peace and tranquility to people in need, and that our belief will be able to root in each region.



Fukuoka Disaster Prevention Association  
**Mr. Yusuke Miyazaki**

I came to support from Fukuoka, Kyushu. I am working closely with volunteers from all over the country to help in Fukushima. Although I am not from local, my heart goes out to everyone in Fukushima, and I would like to do whatever I can to support a lengthy recovery.

## Some basic information for volunteers housing issues for people in shelters

Three months have passed since the earthquake. Although there are still many people staying in the shelters, more and more people have moved into the temporary houses. Regarding the temporary houses, three solutions are provided.

### Temporary accommodation (officially known as the housing for emergency)

These are accommodations built by each prefectural government and provided to people in need, on the basis of Disaster Relief Act. In Fukushima prefecture, 24,000 temporary accommodations are expected to be built.

### Rental accommodation

Instead of building new houses, the Prefectural governments are borrowing houses from civilians for people in need. In Fukushima prefecture, the government expects to rent 10,000 accommodations.

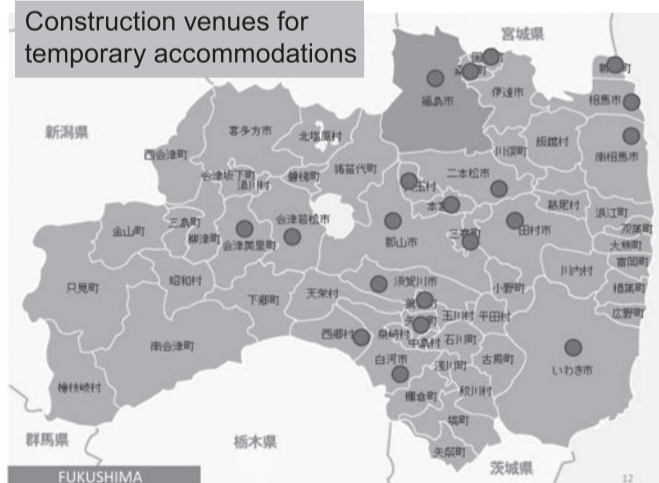
### Public accommodation

The government provides existing empty governmental accommodations. There are going to be around 1,000 in Fukushima.

Within the above, temporary accommodations are built in 22 cities/wards and is spread out in 82 sites (as of May 19, see the map). Since this crisis was too widespread and of a gigantic scale, plus some areas are affected by the nuclear leakage and hence had to be completely evacuated, people lived in these areas are forced into moving to a new city/ward for their temporary accommodations (such as Namie-machi and Tomioka-machi). Therefore, many people are suffering from inconveniences for not knowing their surroundings.

From now to August, many people will be moving into their "new houses", and it is important to understand the problems they are facing, and to think of solutions that will help overcoming their problems. Also, it is vital to have chances to speak to their "new neighbors" and build new relationships in their new communities.

Construction venues for temporary accommodations



## For people in shelters

### Things you want to be aware when you are off-guard

Fukushima Soso Health and Welfare Office, Health and Welfare Team Chief Operator in the Disabled People Support Team, **Ms. Hiroko Sanpei**

It has been three months since the Tohoku crisis, and more and more people have moved into temporary houses already. Many people had trouble sleeping when they were staying in the shelters, because they were surrounded by strangers all the time, and moving in to a temporary house helps to release some stress and resume their lives. At the same time, many of them felt lonely and depressed now they moved into their houses, also getting used to living without the crowd (which is the lifestyle they have adopted) can be challenging as well. With the weather getting hotter, as well as the accumulated exhaustion hitting people in Fukushima, it is important to pay attention to the following things:

- 1 Lead an orderly lifestyle – "sleep early, wake up early, and eat the breakfast" are important!
- 2 Don't shut yourself in your house – continue with your daily routine and hobbies, go out at least once a day, and proactively enroll yourself in the community events/gatherings.
- 3 Don't try too hard – cut yourself some slack. Your body is still recovering from moving around, so make sure you get plenty of rests.
- 4 Don't drink too much – quit nightcaps and set aside some days to give your liver a rest.
- 5 It's important to "share" your depression, more than "heal". Don't keep it within yourself – talk to people around you or experts on mental care.
- 6 Especially with elders and children, sharing their feelings and having physical contact are effective ways to calm them. Some people think once they moved into a temporary house, everything will be fine, but sometimes it doesn't work that way and they still need your support.

We will still be there for you after you moved into the temporary houses. Please feel free to talk to us if you have any problem.

## From Fukushima Volunteer Center Heartfull Fukushima Supplementary Issue is available in multi-language now!



Thanks to Multilanguage Center Facil (located in Ngata-ku, Kobe City), Heartfull Fukushima is now available in 5 foreign languages. Here is the message from the representative of FACIL, Ms. Shizuyo Yoshitomi: it was our chance to reconsider the nuclear power issue. We want to make sure that everyone gets the important information and no one misses it. Hence we are trying our best translating everything.

- \* Japanese (にほんご)
- \* English (英語)
- \* Portugues (ポルトガル語)
- \* Chinese (中国語)
- \* Korean (かんこく・ちょうせんで)
- \* Tagalog (フィリピンのタガログ語)

### Editor's note:

"Ningen banji, saih ga uma" is a famous Japanese saying. It means something may appear negative or devious on the surface, but it might turn into something positive later, by luck and/or by how we handle the situation. It is important not to swing from joy to sorrow, but to maintain steady and move forward one step at a time. (By Nao Saito)



赤い羽根共同募金

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

Let's persevere,  
Fukushima

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

