



Naka Ward promotes the Naka Ward Multicultural Coexistence Promotion Action Plan to help non-Japanese residents build ties in the local community. This newsletter is published by Naka Ward in English and Chinese to provide foreign nationals with useful information on topics such as municipal administration, social programs and rules for everyday living.



Are You Prepared for a Major Earthquake?

Japan is a country with many earthquakes. Be prepared on a daily basis so you won't panic in a major earthquake.

Emergency procedures

Let's watch videos and learn!

These videos can help you learn what actions to take to protect yourself during a disaster.

Gather supplies and emergency goods

See "Help Me Know Q&A" on P3

Talk with family members

You may not be able to contact family members easily when a major earthquake happens. Talk with family members and friends to confirm a **gathering spot**, the location of your **Local Disaster Preparedness Center** (see P2) and the **method you will use to contact** each other.

Safety measures at home

Take measures to prevent from being trapped by tipped furniture or injuries from broken glass. There are things you can do so furniture won't tip over easily.

How to prepare for an Earthquake



▲ Video: Created by Naka Fire Department

Safe and Unsafe Actions



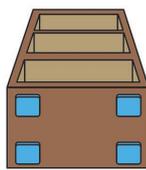
1995 阪神・淡路大震災 (Great Hanshin-Awaji Earthquake)
◀ Left: A school ▲ Top: Post-quake cityscape
(Photos provided by the City of Kobe)



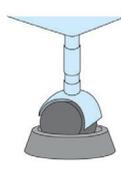
Angle brackets, belts



Tension rods



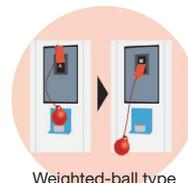
Gel pads



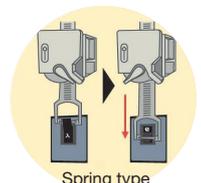
Caster stops



Window film



Weighted-ball type



Spring type

Seismic breakers
(Automatically shut down the main breaker in a large earthquake. In recent years, more than 60% of post-earthquake fires are electrical fires.)

We are working on disaster prevention!

Naka Ward Town News interviewed three members of the Rainbow Expedition Team* who participated in disaster prevention training and drills.



▲ From the left: Lin Lei, Fang Chenyun, Li Xinyi
*Rainbow Expedition Team is a volunteer group made up of graduates of Naka International Lounge's Study Support Classroom for Foreign Junior High School Students.

Japan experiences many earthquakes

We learned from the news in our home country following 東日本大震災 (Great East Japan Earthquake) in 2011 that Japan is a country of many earthquakes. We've gotten used to the shaking from smaller earthquakes but are still scared of a large one.

There are ways you can protect yourself during an earthquake. And you can think of what to do for an earthquake such as preparing a bag you can grab on your way out and ensuring an escape route by keeping the corridors clear.

Acquire knowledge and techniques for emergencies

We participated in training and disaster prevention drills, acquired basic disaster prevention knowledge, practiced using an AED and fire extinguisher, and learned how to do CPR so that we can provide support in an emergency. We also learned that talking to those around you in a disaster is important to confirm their safety and help those who are anxious.

Telling others about what we learned

As part of our Rainbow Expedition Team activities, we're making disaster prevention quizzes and telling others about what we learned.

When meeting new friends who have just arrived Japan, we would like to teach them how to prepare for disasters and how to evacuate. We also want to study the Japanese we need to use in the event of a disaster. Since there are many people in Naka Ward who speak a different language, it would be nice if there was a way to communicate with people who do not understand Japanese in the event of a disaster.

An Earthquake Hits

What will you do?

First, protect yourself!

- Stay low to the ground and protect your head with something nearby
- Wait until the shaking stops
- If you are in an elevator, press the buttons for all floors and get out at the first floor the elevator stops at
- If you are outside, stay away from high walls and watch for falling objects



When the shaking stops Keep calm and check the situation!

- Put out any fires
- Open doors and windows to secure an escape route
- Watch out for aftershocks

Gather information

Social media can be a valuable source of information during a disaster, but it can also be a source of incorrect information. Caution is required.

Television

Confirm the situation from the news captions and images



NHK World-Japan

Multilingual news



YOKE Disaster Information Site

Information from the Yokohama Disaster Information Center for Foreign Residents



Yokohama City Disaster Prevention Information Portal

Provides emergency information during a disaster.



Yokohama City Naka Ward Administration Information (Twitter)

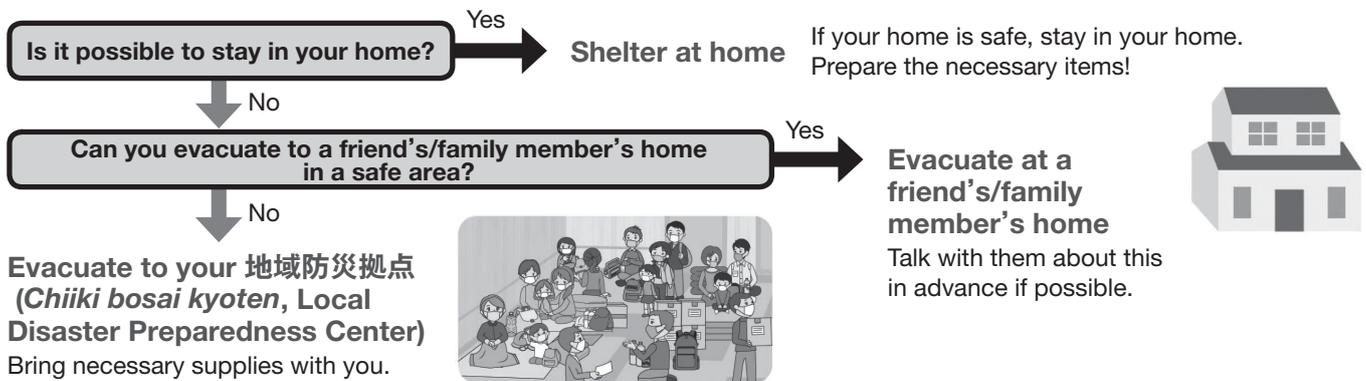
Information from Naka Ward



Living in an Evacuation Shelter

(Earthquake of Upper 5 or more on the Japanese intensity scale)

Refer to the flow chart to get an idea of life as an evacuee after a major earthquake.



Local Disaster Preparedness Center

These centers are opened when Yokohama experiences an earthquake of Upper 5 or more (Japanese intensity scale). Your local disaster preparedness center is decided by your home address. Please confirm in advance where your designated evacuation center is.

The role of Local Disaster Preparedness Center

- A **shelter** for those who cannot live at home because of the earthquake
- A place to provide **supplies and information** for those who stay at home
- A **base for rescue and relief operations** by local residents

The above rescue and relief operations will be carried out mainly by local residents, so please cooperate with their efforts when evacuating.

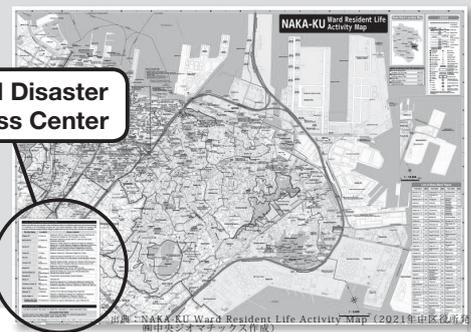
Participate in your local disaster prevention drills!

These drills are a good opportunity to get to know people in your community and practice what to do in a disaster. Ask your neighbors about participating. (See P3)



▲ At a community disaster drill (A tent set up at a shelter)

List of Local Disaster Preparedness Center



You can confirm your local disaster preparedness center and zoning on the *Naka-ku Ward Resident Life Activity Map* (available on the website and from the Naka Ward Office at the 1F Information Desk, and Counter 63 on the 6F)

Evacuation procedures and shelter for **typhoons and heavy rains** are **different** than those for earthquakes.

Please check the Summer 2021 issue (published on July 1, 2021) for more information on preparing for typhoons and heavy rain.



An app that supports both disaster preparedness and action during a disaster

Yokohama City Evacuation Navi

Under normal conditions: Check hazard maps and evacuation sites, prepare an evacuation plan for storms and floods

During a disaster: Confirm open evacuation sites, get route guidance to an evacuation site, etc.

iOS

Download ▶



Android

Download ▶



“Information on Daily Life” Guide for New Foreign Residents Now Available at Naka International Lounge

This guide provides necessary information about living in Japan (emergency contact numbers, what to do for illness or injury, joining health insurance, separating garbage, Japanese language classes, etc.). The content is available in three languages: Japanese, English and Chinese.



Naka International Lounge Japanese Language Classes

Date/time: Tuesdays and Thursdays, 10:30 a.m.–12 p.m.

Eligibility: In principle, persons living, working or attending school in Naka Ward who are at least 16 years old and need to learn basic Japanese.

① “HAJIMETE” (Introductory Level) Japanese Language Class

Learn not only the basics of the Japanese language and how to study it, but also about Status of Residence matters, work and school.

Dates: 10 lessons from May 11 (Thu)

Fee: 2,000 yen for 10 lessons

Level: Introductory

② Spring/Fall Japanese Language Course Classes: 30 lessons from May 9 (Tue)

Fee: 6,000 yen for 30 lessons

(a textbook fee will be charged separately)

Level: Beginner level

For either class, apply in person or by telephone. Participants are decided on a first-come-first-served basis (priority given to persons living, working or attending school in Naka Ward).

[Naka International Lounge]

Address: 35 Nihon-Odori, Naka-ku (1st floor, Naka Ward Office Annex)

TEL: 045-210-0667

E-mail: nakalounge@yoke.or.jp



Change of operating hours for なか区民活動センター (Naka Ward Community Activity Center) and Naka International Lounge

Operating hours changed from April 1.

Naka Ward Community Activity Center	Naka International Lounge
Mon–Fri	Daily
9:00 a.m.–9:00 p.m.	9:15 a.m.–5:00 p.m.
Sat/Sun/Holidays	
9:00 a.m.–5:00 p.m.	

No changes to regular closed days (3rd Sun of each month, Dec 29–Jan 3).

To All Dog Owners

Dog owners are required by law to register their dog, vaccinate the dog annually for rabies and notify the municipality of that vaccination.

▶ Registration

Register your dog at the ward office within 30 days of getting it (for puppies, within 30 days from its 91st day of life). The registration fee is 3,000 yen per dog. A dog tag (犬鑑札) will be issued upon registration, which proves that the dog is registered. This dog tag should be attached to the dog's collar.

▶ Rabies vaccination

Vaccinations are available at veterinary clinics. The veterinarian will issue a rabies vaccination certificate (狂犬病予防注射済証明書) upon vaccination. Bring the certificate to the ward office to be issued a rabies tag, which costs 550 yen per dog.

Note 1: If you have already registered your dog in Yokohama, please check the details on the rabies vaccination notice (狂犬病予防注射のお知らせ) mailed to owners in March.

Note 2: Some clinics can issue both the dog tag and the rabies tag together upon vaccination for rabies.

▶ When walking your dog

Always keep your dog on a leash in public, even in parks. Take your dog's poop home with you.

<Seikatsu Eisei (Environmental Sanitation) Division, Naka Ward Office, Tel: 045-224-8339>

Applications for Municipal or Prefectural Public Housing

The City of Yokohama and Kanagawa Prefecture offer public housing with relatively low-cost rents. During application periods, a guide/application package (in Japanese) is available at the information desk on the first floor of the Ward Office. The guide outlines information about the housing, application requirements, etc.

① Municipal housing

Application period: April 12 (Wed)–21 (Fri)

Inquiries: *Yokohamashi Jutaku Kyokyu Kosha, Shiei Jutakuka* (Municipal Housing Section, Yokohama City Housing Development Public Corporation)

TEL: 045-451-7777

② Prefectural housing

Application period: Planned to be Mid-May to early June

Inquiries: *Kanagawa Tochitatemono Hozen Kyokai* (Kanagawa Land and Buildings Conservation Association)

TEL: 045-201-3673

[NPO Kanagawa Housing Support Center for Foreign Residents]

Can provide consultations in 10 languages, including English, Chinese, and easy Japanese, regarding housing and daily life in Japan.

Address: 1-7 Tokiwa-cho, Naka-ku, 2nd floor, Yokohama YMCA

TEL: 045-228-1752

Hours: Mon–Fri 10:00 a.m.–5:00 p.m.

All about Neighborhood Associations

Be prepared for an emergency! Disaster preparedness drills

Neighborhood associations conduct an annual disaster drill to help residents be ready for a disaster. The drill will help you make sure what to do when disaster strikes, where to go and how to get there. It is also an opportunity to check community emergency stockpiles such as food, drinks, first-aid items, lights and other essentials.

Note: Some neighborhood associations are conducting these drills in small groups due to Covid. For more information, please contact your local neighborhood association.

<Somu (General Affairs) Division, Naka Ward Office, TEL: 045-224-8112>

International Service Staff
Naka Ward Office, Counter 22 (2nd floor)
English 10 a.m.–5 p.m.

International Service Staff provide assistance with matters such as guidance on Naka Ward Office activities, interpretation at various ward office counters and support for filling out certificate applications. Stop by if you would like assistance.

Help Me Know Q&A



What to prepare for disasters

▶ After a major earthquake, stores may run out of goods, making them impossible to buy. Emergency supplies at evacuation center may also not be sufficient. Prepare for disasters by stocking at least three days (preferably one week) of food and drinking water, along with other necessities for sheltering at home.

What should I stockpile?

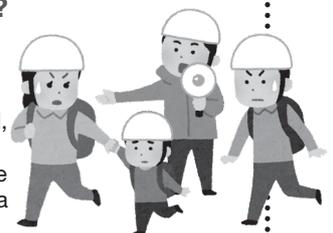
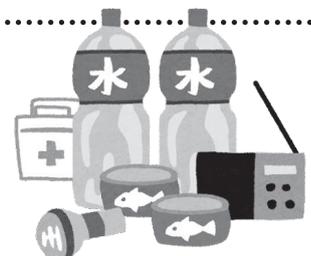
At the very least, you should have the following in your home.

- Drinking water: At least a 3-day supply of water (3 liters/day for each person)
- At least a 3-day supply of food
- Emergency toilet kit: For each person, 5 times/per day × 3 days or more
- Fuel, etc.: Dry batteries, matches, a portable stove, gas cylinders, etc.

What should I take when I evacuate?

At the very least, you should have the following for immediate use in the event of disasters.

Passport, resident card, health insurance card, money, bank book, *hanko* (personal seal), water, food, medicine, *okusuri techo* (medicine notebook), clothes, underwear, flashlight, extra batteries, mobile phone, portable radio, etc.





横浜港シンボルタワー (Yokohama Port Symbol Tower) and 本牧海づり施設 (Honmoku Fishing Pier)

Go for a Visit

The Yokohama Port Symbol Tower and Honmoku Fishing Pier are at Honmoku Pier. The Symbol Tower is 58.5 meters high. To ensure safe navigation, the tower communicates information and signals to passenger and cargo ships from around the world as they enter and leave the Port of Yokohama. Honmoku Fishing Pier is one of the most popular fishing spots in Tokyo Bay. A great many species of fish can be caught here, and you can enjoy fishing throughout the year.



Yokohama Port Symbol Tower

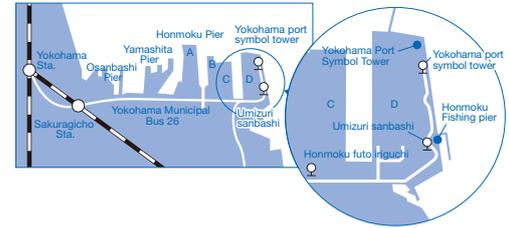
The observation floor and observation lounge offer a panoramic view of the port, allowing visitors to observe everyday port activities and how the port works.



Honmoku Fishing Pier

Enjoy pleasant fishing while watching the boats go in and out of the port. A popular fishing spot for all anglers, from beginners to veterans.

Map of Honmoku Pier Area



Let's take a bus!

The train station is quite far from this area, so the bus is a good way to access this area. There are a limited number of buses each day, so **before you go, make sure to check** the time and destination of your return bus.

Nearest bus stop (facility name)

- 横浜港シンボルタワー
Yokohama port symbol tower
(Yokohama Port Symbol Tower)
- 海づり棧橋
Umizuri sanbashi
(Honmoku Fishing Pier)

Bus Route:
Yokohama Municipal Bus 26
(as of April 1, 2023)



Yokohama Port Symbol Tower

Hours: 9:30 a.m.–5:30 p.m.
Note: Hours change according to the season.
Please check the website for details.

Entry: Free
TEL: 045-622-9600

Address: 1-16 Honmoku Futo,
Naka-ku
* Paid parking only.



(in Japanese)

Honmoku Fishing Pier

Hours: 6:00 a.m.–7:00 p.m.
Note: Hours change according to the season.
A fishing or touring ticket is required to enter the facility.

Please check the website for details.

TEL: 045-623-6030
Address: 1 Honmoku Futo,
Naka-ku

* Paid parking only.



(in Japanese)

Thoughts of a Foreign Resident Life and Culture in Japan



My Lesson from 東日本大震災 (Great East Japan Earthquake) —You Must Take Care of Yourself



On the afternoon of March 11, 2011, I was returning home from school. I took my time getting some water to drink and then turned on my computer. As always, the screen displayed the time. It was 2:45 p.m.

One minute later, the ground suddenly started shaking. My glass of water fell over and spilled on the power bar. I was also shaken as violently as the water in my glass and fell to the floor. My mind filled with all sorts of worries: "Is this an earthquake?", "Should I run outside?", "Will my house collapse?", "Will my power bar catch fire?", "Should I take my wallet and passport?" There was constant crying out from the surrounding buildings, and I found myself running down the stairs in a panic. But I was the only one outside the building. At the time, I had no idea about earthquake preparedness, so I stood confused as buildings and utility poles shook violently, not knowing what to do or what was happening.

Once the shaking stopped, I timidly went into my home. Luckily, there was no major damage around me. But I learned from

the news that the earthquake and subsequent tsunami had killed many people.

I still recall the fear from that earthquake. Afterward, I thoroughly researched earthquake preparedness. Japan has many earthquakes, so it is important to know how to prepare for disaster. For example, I learned I should prepare a backpack with emergency supplies and keep it in an easily accessible place, decide in advance how to contact family in case since I could be separated from them, prepare a radio to get disaster information, protect my head until the shaking stops by ducking under a solid piece of furniture such as a table, and keep a door open to allow escape at any time. I also found out I should turn off the electricity and gas, avoid utility poles and walls if outside and evacuate to a safe place. I realized it is important to regularly think about disaster preparedness for yourself and your family.

(Naka International Lounge Chinese Language Staff)

Good to Know! About Japanese Culture

親子丼 *Oyakodon*

An introduction to seasonal events and Japanese culture in terms of food, clothing and housing.



A Japanese *don* (rice bowl) in which chicken and beaten egg are simmered together and served on top of rice. It is called *oyakodon* because it is a combination of *oya* or "parent" (the chicken) and *ko* or "child" (the egg).

- Easy recipe: ① Place 200 grams of chicken cut into bite-size pieces and 1/4 of an onion, thinly sliced, into a frypan. Mix together with sugar, soy sauce and water (*mentsuyu* can also be used) and heat to cook the mixture. Make sure the chicken is thoroughly cooked to avoid food poisoning.
- ② Beat together three eggs. Spread the egg all over the mixture from ① and cook lightly.
- ③ Transfer the cooked mixture on top of rice in a bowl. Finally, add something green such as *mitsuba* (trefoil) to complete the dish.



We are always looking for locations to distribute *Naka Ward Town News*. If you have many foreign visitors to your shop, clinic, organization, etc. and would like to make this newsletter available to them, please contact us at 045-224-8123 to arrange delivery. The next issue will be published on July 1.