



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.

Naka Ward Town News
English Chinese



Preparation
saves lives!

Take Measures against Typhoons and Heavy Rains!

The path and scale of typhoons and heavy rains can be predicted to some extent. So if you prepare ahead of time, you can minimize damage. In this issue, we spoke with foreign nationals living in Naka Ward about their personal experiences and what to do for typhoons and heavy rains.

The type of damage in Japan is different from my home country

In Nepal, there are no typhoons—only heavy rains, floods and landslides. **In Japan, strong winds sometimes accompany heavy rains.** The first time I experienced this combination, my house shook so much that I thought it was an earthquake. Japan also has evacuation shelters and evacuation sites that open in a disaster, but there are none in the area of Nepal where I lived.

Get information from your ward office, Japanese language classes etc.

In Nepal, municipal offices only do administrative procedures. **Municipal offices in Japan, however, place great importance on disaster preparedness and provide useful information for this purpose.**

I also learned a lot about disasters when I participated in a disaster prevention tour organized by Naka Ward Office. During the tour, I learned about the Yokohama City Evacuation Navi app (see p2), which is very useful.

I have also attended several Japanese language programs. **The classes teach not only language but also many useful things about culture and daily life.** Usually, I'm the only Nepali attending! I hope that you will actively participate in Japanese language classes and make use of the convenient tools available to you.



Ms. Basnet Meera
(from Nepal)

Please try to use Easy Japanese

Japanese is very difficult for foreigners. Many foreigners hesitate to ask questions because they think asking the same questions repeatedly is annoying for Japanese. Foreigners living in Japan can understand Easy Japanese. If you see a foreigner in trouble, **please speak slowly in Easy Japanese.**

Working for the Community through the Naka Volunteer Fire Corps



Mr. Mendoza Daniel
Deliva
(from the Philippines)

I became a Naka volunteer firefighter because I wanted to help the community after seeing these firefighters working on the scene following the 2011 Great East Japan Earthquake and the fire in Yamashitacho. When there is a fire, we help with firefighting. We also do fire prevention patrols, train in first aid and teach lifesaving skills to people in the community.

There are many benefits to working as a volunteer firefighter

Before joining the volunteer fire corps, I would avoid trying to help, even when someone had collapsed. However, I developed a desire to help people through my work with the volunteer fire corps, and I have actually experience saving someone on the street.

Volunteer firefighters do various jobs and community activities. Since joining, I have expanded my network of contacts and got invited to participate in other volunteer activities, **so my enjoyment of daily life has increased.**

When I'm wearing my uniform, people in the community call out to me to say, "You're doing a great job!" I'm very happy to hear that.

There are particular things we can do because we are foreigners. Since I also speak English, I recently had the opportunity to teach international school students about lifesaving in English. I wish more foreigners would join the volunteer fire corps as a member of the community.

Videos to Learn about Typhoons and Heavy Rains

The Disaster-Awareness Video

(Produced by Tokyo Metropolitan Foundation "TSUNAGARI")



Right action during a disaster Storm and Flood Countermeasures

(Produced by
Naka Fire Station)



▲ For preparedness measures



▲ For gathering information

There are no strangers to disaster in Japan

Living in Japan means you need to be knowledgeable about disasters. Some foreigners have never experienced a natural disaster and have little sense of crisis about this. But nationality doesn't matter when disaster strikes. **You must be prepared to protect your own life.** Information about disasters is available in multiple languages. **Take disasters seriously and be ready now.**

Do This in Preparation for Typhoons and Heavy Rains!

A disaster can strike anytime.
Assume the worst-case scenario and always have proper measures in place.



▲ **Mr. Takahashi**
Manager for Crisis Management and Community Disaster Prevention, General Affairs Division, Naka Ward Office

① Use a hazard map to find out what dangers exist near your home!

A **hazard map** shows areas where disasters are likely to occur and evacuation sites. Check multiple routes from your home to the evacuation site and write them on the map.

Flood hazard map

You can check how deep flooding will be when a river, etc. overflows.



(in Japanese)

Landslide disaster hazard map

You can check places that may be affected when a landslide happens.



(in Japanese)

Naka Ward Office distributes those hazard maps. If you're not sure how to read the map, please ask at the **Somu** (General Affairs) Division, Naka Ward Office (6F, Counter 61).

⚠ Landslides happen in Naka Ward!



Don't be fooled by rumors and false information. Get the right information!



▲ **Ms. Asai**
Crisis Management and Community Disaster Prevention Section, General Affairs Division, Naka Ward Office

② Use various sources to gather information that meets your lifestyle needs!

It may be too late to evacuate if you passively wait for information. Know **multiple** ways to gather information so that you can evacuate early.

Convenient tools for a disaster

Safety tips



City of Yokohama Disaster Prevention Information Mailing List



NHK WORLD-JAPAN



Yokohama City Disaster Prevention Information Portal



Yokohama City Evacuation Navi

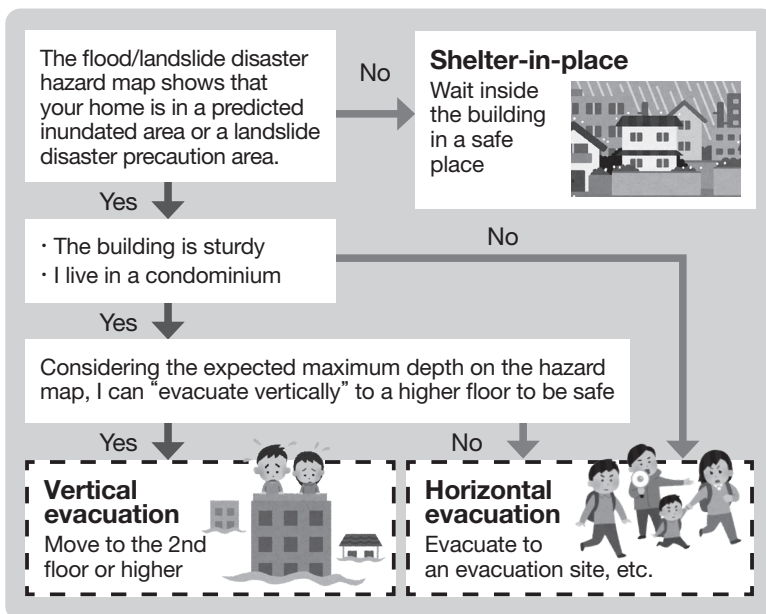


(in Japanese)

JMA Disaster Information



③ Consider your evacuation actions!



These evacuation sites are different from those used for earthquakes!

For **Alert Level 3**, the following locations will open as evacuation sites.

Before you evacuate, check whether a site is open on the **Yokohama City Disaster Prevention Information Portal** (See ②)!

- ・ 麦田清風荘 (Mugita Seifuso)
- ・ 山元小学校 (Yamamoto Elementary School)
- ・ 大鳥小学校 (Otori Elementary School)
- ・ 上台集会所 (Kamidai Shukaijo)
- ・ みなと総合高等学校 (Minato Sogo High School)

* Public and community facilities other than the above may also be opened as evacuation site.

⚠ **No supplies or food are provided when an evacuation site opens for a typhoon or heavy rain.**

There will be no halal or vegetarian foods.
Prepare an emergency bag to bring with you.



Signs to evacuate

- ・ Risk of overflow from river, sewer, etc.
- ・ Risk of landslide
- ・ A Level 3 or 4 alert has been issued!

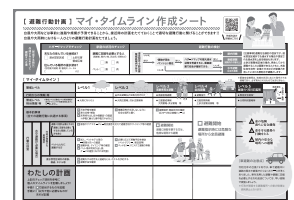
Alert Level	Actions to Take	Evacuation Information
5	Your life is in danger! Take immediate action to ensure your safety!	Emergency Safety Measures
Make sure you evacuate by Alert Level 4!		
4	Everyone in a danger zone evacuates to an evacuation site, etc.!	Evacuation Instruction
3	Those who need extra time to evacuate from a dangerous zone should evacuate!	Evacuation of the Elderly, Etc.
2	Confirm evacuation route, etc.	—
1	Stay alert and be ready	—

My Timeline

Make your own evacuation plan



(in Japanese)



Naka International Lounge “HAJIMETE” (Introductory Level) Japanese Language Class

In this class, you will learn not only the Japanese language and methods to study Japanese, but also about visa matters, work and schools in Japan.

The class is taught by a Japanese instructor along with support staff who can consult in Chinese and English.

Date/Time: 10 lessons from August 26 (Tue), classes Tue/Thu, 10:30 a.m.–12:00 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.

Level: Introductory

Fee: 2,000 yen (10 lessons)

To apply: Applications open on July 26 (Sat) from 10:00 a.m.
Apply by phone or in person. First come, first served.

<Naka International Lounge>

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

TEL: 045-210-0667

(Japanese, English, Chinese)

E-mail: nakalounge@yoke.or.jp

Open: 9:15 a.m.–5:00 p.m.

Closed: Sundays, national holidays, New Year's holidays



Editor's Note

Even though there is a lot of useful information about disasters available, it is not communicated well to the foreign community. We will make the effort to deliver this information in an easy-to-understand way, to as many foreign residents as possible.

There are also places in the community like the fire corps where foreign residents can play an active role as a leader in society. By connecting with people in the community, there are also benefits such as finding a place you can belong and making your life more convenient.

Disaster drills are held regularly in your community. We hope that you will actively participate in these drills, not only to gain knowledge about disaster prevention but also to increase your connections in the community.

[Looking for Volunteer Fire Corps]

Volunteer firefighters normally work at their own jobs or studies, unlike regular firefighters. During normal times, their role is local fire prevention and disaster preparedness. When a disaster occurs, they aid in firefighting activities such as putting out fires and warning people about what is happening. They also serve in the community as disaster prevention leaders.

Why not consider becoming a volunteer firefighter to contribute to the community?

Naka Fire Station, *Somu* · *Yobo* (General Affairs and Fire Prevention) Division, *Shobodan* (Fire Corps) Section

TEL: 045-251-0119 **FAX:** 045-251-0119

E-mail: sy-naka-sy@city.yokohama.lg.jp



Fire Corps Q&A

Q. Can foreign nationals be volunteer firefighters?

A. Yes, of course they can!

Foreign nationals have a few restrictions on the kind of activities they can do, but they make use of their language and various other skills to contribute.

Q. Is the fire corps unpaid volunteer work?

A. No, an activity fee is paid.

In addition to a fixed amount paid each year, volunteer firefighters also receive an allowance when they participate in disaster relief activities or training.



International Service Staff, Naka Ward Office (2nd floor)
English 10 a.m.–5 p.m. Chinese 8:45 a.m.–3:45 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



I prepared food and drinks for my emergency stockpile, but the last time I checked, they were expired.

Do you have any suggestions to help avoid this?

Once you have an emergency stockpile, it's easy to forget about it in your daily life. By the time you notice, the items may have expired.

“Stock rotation” is a way to prevent this problem.

What is stock rotation?

It is the First-In, First-Out (FIFO) method. It is the concept of buying just a little more food and daily necessities in line with your family structure and lifestyle, then using and replacing those items in a regular cycle so you always have a stockpile that is not expired.

What items are best suited for stock rotation?

Food items include retort pouch foods, instant foods, canned foods and bottled water. Other daily necessities such as tissues, garbage bags, plastic wrap and batteries can also be stocked on a rolling basis.

Stock food items you regularly eat!

It is said that not being able to eat your usual meals during a disaster can be stressful. With stock rotation, you can eat meals similar to your usual ones, even in an emergency.





Support our sports teams!

Go for a Visit

We'd like to introduce two sports teams active in Naka Ward!
Find a favorite team and cheer them on!



**YOKOHAMA
EXCELLENCE**

2024-25
B3 League
Winners



©YOKOHAMA EXCELLENCE

Yokohama Excellence, B3 League winners last season, are about to start their B2 basketball journey.

Yokohama Excellence is a Yokohama-based B League professional basketball team that has moved up to the B2 tier this season. Their home base is Naka Ward's Yokohama Budokan. Please provide some enthusiastic support this season!



**YOKOHAMA SPORTS &
CULTURE CLUB**



Japan's professional soccer league, J.League, began 32 years ago in 1993. Yokohama Sports & Culture Club (Y.S.C.C.) was founded as a soccer club seven years prior to that, in 1986. In the 39 years since its founding, Y.S.C.C. has used the power of football to improve people's mental and physical health and energize the city. With an eye on the international community, Y.S.C.C. has expanded its connections with countries across Europe, Asia and Africa through this sport. Please give your warm support to the players and staff as they compete!



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Thoughts of
a Foreign Resident
Life and Culture
in Japan



On Disaster Preparedness

Before living in Japan, I had only heard about earthquakes on the news. Since then I have experienced many small earthquakes here. When I first arrived, I lived alone and had no interest in earthquake preparedness. Looking back, I think it was because of economic reasons, the language barrier and a lack of awareness about protecting myself from disasters. The tremors from the 2011 Great East Japan Earthquake were terrifying in Yokohama, even though we're far from the epicenter. I still can't forget the state of overall confusion in society after the earthquake. Later, when I bought a bookshelf for my child's room, I installed tension rods right to the ceiling so the bookshelf wouldn't tip over in an earthquake. That was my first purchase of disaster prevention goods.

Recently, there has been an increase in the number of broadcast programs simulating what would happen if a major

Nankai Trough earthquake hit Japan. I started to think about what my family could do, so we tried using Disaster Emergency Message Dial 171 together.

This is an emergency telephone service that can be used when communication becomes difficult during a disaster. The recording and playback functions are used to let others know that you are safe or to confirm the safety of family members. It is necessary to decide on one phone number for family members to record a message. In trying the system, we realized we couldn't remember each other's phone numbers!

This experience reminded me of how important it is to regularly discuss these matters with family to avoid panic in an emergency. With time, people tend to forget about disaster awareness. I hope I can remain disaster aware in my daily life.
(Naka International Lounge Staff)

Good to Know!
About Japanese
Culture

Radio exercises (*Radio Taiso*)

An introduction to seasonal events and the foods and decorations associated with them

Radio exercises is an exercise routine with musical accompaniment. It is famous in Japan as calisthenics that anyone can do easily. Moving your whole body to the music has a positive health effect.

Local communities organize radio exercises sessions during school summer vacation. Children are given **attendance cards** and receive a stamp each time they participate. They are given a **gift** according to the number of stamps they received.

This system of attendance cards, stamps and prizes was originally started to create a virtuous cycle in which children would willingly get up in the morning during summer vacation. As a result, children developed the habit of getting up early and having a **consistent lifestyle**. This virtuous cycle spread throughout society, and radio exercises also started at companies and factories.

If you find a group of people doing radio exercises in your neighborhood, we hope you'll give it a try!



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 **October 1**.