

Disaster Prevention in Japan: Earthquake 防災コラム(地震)

This article is part of the disaster awareness series that Obihiro Pioneer will be publishing over this year. Materials featured in this article are adapted from Obihiro City's disaster prevention website. For more information in Japanese, please check out 防災インデックス bousai index at <https://www.city.obihiro.hokkaido.jp/kurashiindex/bousaiindex.html>.

In this issue of Obihiro Pioneer, we will take a look at the things one can do to prepare for an earthquake.

Day-to-day Preparation:

- ◆ Secure your furniture by fastening it to the wall and placing them on anti-slip mats.



- ◆ Pasting anti-scattering sheets on your

windows, changing to strengthened glass and even closing the curtains can prevent glass shards from shattering in the event the windows are broken.

- ◆ Prepare an emergency survival kit.

Include a flashlight, batteries, water, medicine, food rations, candles, lighters, a first-aid kit, a survival blanket, toilet paper, plastic bags, wet tissue and other necessary items.



In the event of an earthquake:

- Stay calm and pay attention to your surroundings (watch out for falling objects!).
- Cover your head with items that can be used as a cushion.
- Duck under a sturdy object i.e. a table, and hold on tight.
- Secure an escape path outside by opening doors or windows.
- Stay still until the earthquake is over.
- If you are driving, park your car in a safe area, switch off the engine and seek shelter (leave your keys in the car and do not lock the doors!)

Do not hesitate to contact us if you have feedback regarding this article or enquiries on the topic:

Tokachi International Relations Center
(West 20 South 6-1-2)
Tel: 0155-34-0122

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Japanese Tea Ceremony ~Spring~ 森の茶会~春~

Come and experience the traditional Japanese way of serving tea.



This event is free for the first 50 foreign residents who register and is available for a small fee for Japanese citizens (10 slots only).

29th June (Sat) 10:00-14:30

@TIRC Tea Room "Sei-Fu-An"

Sessions 1-4: Tea Ceremony (20 mins)

10:00/10:30/11:00/11:30

Sessions 5-6 : Tea Serving Etiquette (40 mins)

13:00/13:50

Registration period:

11th June (Tues) to 28th June (Fri)

9:00-17:00

Slots are limited!

Contact the TIRC to reserve your slot!

Japanese Calligraphy Session 書道体験会

Try your hand at Japanese calligraphy!



This event is free for the first 30 foreign residents who register with TIRC. Please come in clothes that you do not mind getting dirty.

30th June (Sun) 10:00-13:45

@TIRC Library

Sessions 1-3 (up to 10 people per session):

10:00 – 10:45

11:00 – 11:45

13:00 – 13:45

Registration period:

Until 29th June (Tues)

9:00-17:00

Slots are limited!

Contact the TIRC to reserve your slot!

Events

When	What	Where/Contact
6/8, 6/22 (Sat) 16:00-18:00	Japanese Conversation and Learning Table 日本語講座 Improve your Japanese language skills in a friendly environment. TIRC Winter Garden Fee: Free of charge Organized by Tokachi International Association	Tokachi International Relations Center 森の交流館・十勝 0155-34-0122 tirc@city.obihiro.hokkaido.jp
6/12 (Wed) 19:00-21:00	International Mini-Volleyball Night 国際ミニバレー・ナイト Meet new friends from around the world while enjoying a fun and easy sport.	
6/15 (Sat) 19:00-21:00	International Potluck Night (Philippines) インターナショナル・ポットラック・ナイト(フィリピン) Meet local and international residents while enjoying a dish from around the world. This time, our guest from Philippines will introduce Filipino fried spring rolls, "Lumpia". TIRC Kitchen Fee: Free of charge (no registration required) Please bring a dish or drink to share. Organized by the Committee for Improvement	
6/15 (Sat) 15:00-16:00	Kuni's Song Plaza クニさん歌の広場 Enjoy music making with singer-songwriter Kuni Kawachi. Bring your own instruments!	Tokachi Ecology Park 十勝エコロジーパーク 0155-32-6780 www.tokachi-ecopark.jp
6/16, 6/30 (Sun) 11:00-13:00	Ecopark Soba Festival エコパ蕎麦祭り A homemade soba interest group will be providing soba made from ingredients sourced locally.	Tokachi Ecology Park 十勝エコロジーパーク 0155-32-6780 www.tokachi-ecopark.jp
6/16 to 9/15 (Sun) <i>Every Sunday except for 8/11</i>	Obihiro Downtown Street Festival 帯広まちなか歩行者天国 Various activities will be held in downtown Obihiro every Sunday from June to September!	Obihiro Downtown Street Festival Executive Committee 帯広まちなか歩行者天国 実行委員会 0155-23-4510 http://www.hokoten.net

Movies At Cinema Taiyo, in Obihiro

(Nishi 3, Minami 11)
Tel: (0155) 20-1525

Times and movies are subject to change! (for space reasons not all movies are listed)
To confirm, call or check online at: http://www.taiyogroup.jp/cinema/theater/_obihiro/movie.shtml



Title	Language	Dates
Aladdin	Subbed/ Dubbed	From 7th
MIB: International	TBC	From 14th
X-Men: Dark Phoenix	TBC	From 21st
Spider-Man: Far From Home	TBC	From 28th

Events Continued

When	What	Where/Contact
6/16 (Sun) 10:00- 14:30	39th Yachiyo Ranch Festival 第39回八千代牧場まつり Interact with animals and a chance to hop on the horse-pulled cart! Tokachi flour-pizza lessons will be held, in addition to sales of other food. Live performances will also be held!	Obihiro Agricultural Policies Section 帯広農政課 0155-59-2323
6/22 (Sat) 11:00- 16:30	Summer Solstice Picnic Party 夏至のピクニックパーティー育つ庭— Spend the day of summer solstice picnicking! Enjoy food from stalls and food trucks while listening to live music. Hands-on workshops will also be available at the party.	fb.com/ThePicnicPartyNSN/ Info.picnicparty@gmail.com ピクニックパーティー実行委員会
6/23 (Sun)	Fish Day 魚の日 Every month in Hiroo town (twice in December!), there is “Fish Day”, during which fish and other ingredients taken from the sea are used to make healthy dishes native to the north. A variety of products are on sale for the	Hiroo Town Fisheries Cooperative Food Division 広尾漁業協同組合食品部 01558-2-3202 http:// www.pref.hokkaido.lg.jp/sr/ ske/osazu/oz06gok/

Obihiro Pioneer can be found at the following locations: Obihiro City Hall, Tokachi International Relations Center, Obihiro University International Center, Obihiro Tourism and Convention Center inside the Obihiro JR Station, Obihiro Public Library, Tokachi Plaza, Cinema Taiyo, Joy English Academy and online at www.city.obihiro.hokkaido.jp (click on “Information for Foreigners”)

“Obihiro Pioneer” is a newsletter published monthly by the Obihiro International and Domestic Relations Section for residents of the Tokachi District and related parties. The contents of this newsletter do not necessarily represent the official views or opinions of the International and Domestic Relations Section or the City of Obihiro. Questions? Tel (0155) 65-4133 or send e-mail to the Editing Team at international@city.obihiro.hokkaido.jp.