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Himeji Cultural and International Exchange Foundation
– newsletter editing volunteers
<http://www.himeji-iec.or.jp>

<People> Mr. Marcin Drozdowski

Mr. Marcin is from Poland. His hometown is Bialystok, which is north-east of the capital Warsaw, two hours away by car. There are many lakes and historical buildings in the area. He now lives in Japan with his Japanese wife.



Q: Please tell me your story before coming to Japan.

A: I studied philosophy and psychology in a Polish university and got an accreditation of Library and Information Science. After that, I then worked as an engineer at an EU facility in Poland.

When I was 24 years old, I moved to England. I worked as an architect and had a talent for painting. I had some distinguished clients. I met a beautician working in London and married her eleven years ago.

Q: What are your impressions of Japan?

A: We came to Himeji, my wife's hometown, this April. When I saw the workers cleaning the cars in a Shinkansen station, I was surprised to find how quickly and efficiently they were exchanging seat-covers and wiping away the dust in the cars. People also separate the daily household rubbish very carefully in Japan. I think Japan is a very clean country.

Recently I made a trip to *Shikoku* and *Chugoku* districts with my wife. I was very impressed by the beautiful scape of the small islands in the *Setonaikai Sea*, where the sea and the sky were combined to form one great scenery. Everything seemed quite new and pretty to me, but it was quite natural to my wife because she was born and raised in Japan. The difference between our impressions is very interesting.

Q: What are your hobbies?

A: I have many hobbies. I like to watch movies, and to appreciate art. As for music, I like rock music. In addition to these hobbies, I have been self-studying computer programming.

Q: Please tell me your view for the future.

A: I have been interested in philosophy and psychology, and I have read some books written by Plato and so on. I hope to write books myself in the future.

Be fully prepared for disasters!!

“VIVA! ひめじ” repeatedly reports on disaster prevention, but large-scale disasters frequently occurs. You can never be too prepared ahead of time to save you and your family’s lives. Let’s check if you are prepared enough for disaster risk management.



1. Understand disaster information.

Japan Metrological Agency and local governments have newly classified disaster alert levels into 5 different categories. Alert level 5 means the disaster is happening already. You should begin appropriate action before a level 5 disaster is announced.

	Alert level	Action	Provided information
Risk High ↑	5	Save your life	・ Warning of occurring disaster
	4	Evacuate immediately	・ 避難指示 (<i>Hinan Shiji</i>) (緊急) -Evacuation order (Urgent) ・ 避難勧告 (<i>Hinan Kankoku</i>) -Evacuation recommendation
	3	Evacuate immediately for individuals who require time to evacuate. Get ready for the Evacuation	・ 避難準備 (<i>Hinan Junbi</i>) -Preparation for evacuation ・ Evacuation recommendation for elder and disabled people
	2	Confirmation of evacuation	・ Warning
	1	Watch the latest news	・ Early stage notice and information

※1, 2 announced by Japan Metrological Agency, 3~5 by local governments

2. Prepare emergency supplies

- Valuables
 - Cash Bankbook Personal seal (*Inkan*) Driver’s license
 - Medical insurance card Passport Residence card
- Food supplies
 - Canned foods or instant foods (do not have to cook)
- Medical supplies
 - First aid kit Household medicines Special medicines
- Daily necessities
 - Clothing (Underwear, shirts, pants) Towels Tissues
 - Menstrual supplies Baby supplies (including diapers)
- Others
 - Handheld radio Flashlight Batteries
 - Spare batteries or manual generator Safety covering Helmet





3. Check stockpile

- Retort Pregelatinized rice Supplements Drinking water
- Tank for drinking water Paper dishes and cups Cling film (3ℓ per a day/person)
- Portable gas stove Dry Shampoo Toiletries Portable toilet
- Tissue papers Wet tissues Plastic bags



★It is necessary to prepare food supplies and water for 3 days at least. Stockpile periodically and refill what has been consumed on a regular basis.

4. Download applications for preventing disasters.



<National evacuation guide>

- You can look up the nearest shelters and evacuation areas or places
- Push notifications for evacuation recommendation, evacuation orders' information, earthquake information, Tsunami information and national support guidance, etc. Android 
- You can register and confirm your safety from your current location and check the safety situation of the others. iOS 
- Displays the distance and routes to evacuation places.
- Displays hazard map and active faults
- Updates on Twitter and translated in various languages (English, Chinese and Korean)

<Hyogo Disaster Prevention Network>

- Provides information on disaster preparation or evacuation announced by Hyogo Prefecture and the local governments in Hyogo. The information is also available in 13 languages (English, Chinese, Spanish, Portuguese, Vietnamese and others) Android 
- iOS 

<Hazard map>

- Displays various risks for disasters including floods, landslides, high tides and Tsunamis. Be sure to confirm the risks on the route you usually take (i.e. your home, evacuation shelter, office, schools or shops) Hyogo pref. Hazard map 
- Himeji city site 

There is the booklet of the words used in evacuation shelters with the translation in 13 languages at each evacuation site. Make use of them.

We should remember to “Save your life by yourself”. Work with your neighbors in daily life to prepare for an urgent situation. More information can be found by referring to special topics in “VIVA! ひめじ” vol. 50/51 published in October, 2014. You can browse VIVA back numbers on website of Himeji Cultural and International Exchange Foundation.

(http://www.himeji-iec.or.jp/viva_himeji.html)



Himeji Bousai PLAZA (located 1F at Himeji City Bousai Center) provides simulated disasters experience and resources on preparation measures for free. It is recommended to visit once.

(<http://www.city.himeji.lg.jp/syoubou/plaza.html>)





Let's support the Victorina Himeji!



Japan's professional volleyball league, the "V. LEAGUE 2019-20", is scheduled to start in October. The Victorina Himeji won the V2 league last season, so this season they are going to play in the V1 league for the first time.

We interviewed with Ms. Sakie Takahashi, the new captain of the Victorina Himeji.

Q. What is the team like?

Our team is very lively and energetic. Most of our members are young and unique. When they score a point in the match, they cheer to encourage the team.

Q. What is the goal of this season?

Our goal is to win the V1 league. Therefore, we are going to make every effort to improve the level of both individuals and the team before the season starts. We would like to show our gratitude for those who help and support us by successfully as a professional team.



Sakie Takahashi
Position: Libero

Q. Could we have any message to foreign residents?

I am interested in foreign cultures and their volleyball. People from other countries are very good at expressing themselves, and I respect them for that. Foreign players do not just listen to others but also have their own opinions, which makes them strong. Even within the same sports, the playing styles are very different in Japan when compared to other countries. We play volleyball while always thinking how a team with short players can beat overseas team with tall players. Home games of the Victorina Himeji will be held in Himeji in November and December. So please come to see our games at the venue and support us!



◎ Home games held at Wink Gymnasium (Himeji City Central Gymnasium)

Date	Start Time	VS.
Nov. 16 (Sat)	2:00 p.m.	Hisamitsu Springs
Dec. 28 (Sat)	1:00 p.m.	NEC Red Rockets
Dec. 29 (Sun)	1:00 p.m.	Okayama Seagulls

※Tickets can be purchased at the official website of the Victorina Himeji.

Please check the official website (<https://victorina-vc.jp>) to see player stats and other game schedules. You can access from the QR code on the right.



The 24th Himeji International Friendship Festival

The Himeji International Friendship Festival, which is a familiar autumn event in Himeji, will also be held this year. Let's travel the world through foods and culture in Otemae Park.

Date: October 27, 2019 (Sun) / 10 a.m. ~ 3 p.m.

※The event will go ahead even if it rains.

Place: Otemae Park

(10mins walk toward north from Himeji Station)



🍴 Eat “World Cuisines”

Enjoy 15 different kinds of dishes from 12 countries. French crepes and Bangladeshi curry are new dishes this year. 1 plate is 200 yen. Tickets will be on sale from 11 a.m. The booth will close when the tickets are sold out.



French Crepes
The authentic taste of France that makes everyone smile.



Bangladeshi Curry
Smooth-spicy curry.
There is hidden flavor in the accompanying yogurt.

🎵 Watch “Stage Performances”

On the stage, grade school students with Vietnamese roots will perform “Mua Lan”. Folk dances and Music from around the world, as well as performances such as fruit carving of Thailand, will also be performed. Foreign residents will also introduce their own culture.

🎮 Play / Experience “Cross-cultural Experience”

- Try on & be photographed in international clothing (300 yen, Parent-child pair 500 yen).
Hawaiian “Muu muu”, Japanese “*Yukata*”, etc.
- Aboriginal Art, Face Painting (150 yen each)
- Language Courses (about 10mins)(150 yen each)
Mini lessons of Chinese, Korean, Vietnamese, and English.
- Japanese Tea Ceremony (300 yen)

🔧 Interact “Multicultural Space”

We will hold workshops to deepen our international cultural understanding through games and other materials – Ice-Breaking and “*Hyoutanjima Mondai*” will be used as the teaching materials. Anyone is welcome.

☆Announcements from the Himeji Cultural and International Exchange Foundation

■Recruitment of Lecturers for International Understanding Delivery Course

The Himeji Cultural and International Exchange Foundation has provided “lectures for international understanding” to deepen the knowledge and understanding of overseas lives and foreign cultures. We have programs to dispatch foreign residents and Japanese residents who had lived overseas for more than a year to elementary, junior and high schools, public halls, etc., in order to introduce foreign life, cultures, games and simple greetings. The lecture time will be one and a half hours at most.

Do you want Himeji citizens to learn about your country through these courses? If you are interested, please contact us using the information below.

◆◆◆Letter from the Editor◆◆◆

It's almost the end of a hot summer. Did you know that the Rugby World Cup, held once every four years, have been held in Japan this year? Intense battles will take place at 12 venues nationwide have started this September 20. I would like to enthusiastically support the rugby players, and I am hoping to see exciting games like the one the Japan team played last World Cup in the South Africa. Let's get excited again this fall!



Disaster Prevention Vocabulary of This Issue

ひなん
避難 *Hinan* : Evacuation

Ex) ひなんじよ
避難所 *Hinan-jo* : Evacuation Shelter

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These names are used with the contributors' permission.

Their assistance is much appreciated.

You can read back issues of “VIVA! ひめじ” on the website of the Himeji Cultural and International Exchange Foundation (International Exchange Section) (<http://www.himeji-iec.or.jp/>).

The next issue of “VIVA! ひめじ” will be available in December. Don't miss it! We welcome your comments and suggestions.

We are always looking for translators and native speakers to assist us with translating and proofreading upcoming editions of “VIVA! ひめじ”. If you are interested, please contact us at the following address.

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