

NGO JEN

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To All Who Are Volunteering

About the Tohoku Earthquake

On March 11, 2011, a devastating earthquake of M9.0, the most powerful one on Japanese record, occurred off the coast of Miyagi Prefecture. (On the Japanese seismic scale, registering 7 in Miyagi Prefecture—the area closest to the quake's epicenter—and 6 plus in Fukushima Prefecture.) Over 20,000 people have been reported either dead or missing due to the earthquake, up-to-23m high tsunami, of fire. More than 300,000 people were forced to evacuate in Miyagi Prefecture and have endured hardships at the evacuation centers.

JEN's Continued Assistance

JEN dispatched our first team to Miyagi Prefecture on March 13. JEN distributed emergency supplies (clothing, hygiene kits, food, fuel etc.) to the evacuation centers and the nursing homes in Sendai City. Hot meals were also prepared and provided at the evacuation centers. Then we moved our base to Ishinomaki City, which was damaged more, to implement projects: removing dirt and debris from buildings; establishing community spaces; providing short-term psycho-social care programs; supporting the communities temporary housing; replacing the lost fishing gear; and establishing temporary shopping districts, as well as providing supplies.

JEN is going to continuously support the self-reliance of the earthquake victims including resumption of their jobs, industrial revival, and mental health-care,

looking to the medium and longer term, so that they can forthwith get settled in again and plan the future.

So, we are looking for volunteers who can support us on this long path of recovery.

Terms and Conditions

Participants are required:

- To arrange own transportation—to get together and break up on the spot
- To fit in a share house to use the provided accommodation
- To bring own working clothes and tools (See the separate entry for the necessary preparations)
- To have volunteer insurance (**Participants will be required to purchase insurance at a local social welfare council by themselves. A natural disaster type is recommended whose premium is 600-700 yen and which is valid until the end of fiscal year when the insurance is purchased.**)

Work Summary

Participants will do what is in the greatest need in each time.

For example:

- Aiding the recovery of the fishing industry
- Aiding the recovery of agriculture
- Supporting various events hosted by local communities
- Cleaning public places including streams, shrines and parks, which can be children's playgrounds and locals' recreation areas

Please note that details of work vary according to changes in locals' needs, the situation in the disaster areas, and weather.

Your Living Experience as a Volunteer

Lodging

- Provided accommodation: JEN Watanoha Lodging (48-2 Yamasaki, Wakanoha, Ishinomaki City, Miyagi Prefecture)
- Participants will share a house and sleep in sleeping bags on the tatami floor. (Although futon is not available, sleeping bags can be provided.)
- Administrative maintenance fee (500yen per person per night) will be charged to use the lodging.

- Flush toilets, a kitchen with sinks, and portable stoves are available.
- There is a coin laundry nearby though, not within walking distance. The lodging has some space to hand-wash clothes.

The lodging has neither bathtubs nor shower facilities. An onsen, GENKI no YU, is about twenty minutes by a car. (Entrance fee: 800yen)

Light down is at 9 p.m.

Meals

- Participants will need to bring your own food or buy some at the nearby stores. Within walking distance there are a convenience store (about ten minutes), a fish shop, and a liquor shop. It is about thirty minutes on foot to the closest supermarket.
- Boiled water is available for cup noodles and retort pouch, as the lodging has portable stoves.
- There is a small fridge available. Please do not leave any food in there after volunteering.

Safety and Health

Please take care of your health before departure. Refrain from staying up late, of consuming excessive amounts of alcohol as they can lead to heat exhaustion. If you have any doubts about your health, please withhold participation.

Depending on the activity or weather condition, the staff may deem it unsafe and stop all activities. Please be ready to follow instructions in such a case.

There are currently continued aftershocks. Before work, the staff will explain the location of evacuation sites, so please listen carefully.

Clothing and Preparation

- Rubber boots are recommended more than sneakers and work shoes, as it is often wet underfoot when you work aiding the recovery of the fishing industry.
- It takes much less work to deal with dangerous objects such as removing rubbles. Yet, some work could give you a cut which can be infected and results in a serious injury. Please wear long-sleeve shirt, long pants, and gloves to avoid skin exposure.
- Sun hat and clothing that breathes are required to prevent heat stroke during work in summer.

- Please keep warm in winter; knit hat, earmuffs, warm jacket, thick socks, and a heating pad would be useful.

Breaks during Volunteer Work

Please take breaks during work properly as instructed by JEN staff. You can drink adequate fluids such as water whenever needed.

If you feel tired or sick, please stop your work immediately and tell Supervisor (JEN staff).

Registration and Volunteer Health Insurance

- Please fill in the “application form” and send it to JEN by fax +81-225-25-5612 or e-mail at volunteer@jen-npo.org to Tohoku Volunteer Desk, JEN Ishinomaki Office.
- Volunteer insurance is mandatory. Participants will need to register for their health insurance on their own at a nearby social welfare council. Once you register, the insurance is valid until the end of the fiscal year (until the end of March).
- A working period can be one day or more.
- Participants who are not volunteering for their first time are not required to attend an orientation. An application form needs to be filled in each time for convenience of administration. The participants are limited to twenty. If participants have already reached this number, you may not be able to join volunteering.

Volunteer Schedule

Participants will attend an orientation if this is their first participation.

Where: JEN Ishinomaki Office (Five minutes on foot from JR Ishinomaki Station)
(Sasadenbill 201, 3-13 Isenba, Ishinomaki City)

When:

- ① At 5 p.m. on the first / third / fifth Wednesdays
- ② At 5 p.m. on every Fridays
- ★①&② After the orientation, we take participants, who stay at the provided accommodation, to the lodge at around 6 p.m.
- ③ At 8 a.m. on the first / third / fifth Thursdays
- ④ At 8 a.m. on every Saturdays
- ☆③&④ After the orientation, we take participants to the work area. The

orientation could be at the work area if it is far away from the office.

Transportation

Sendai ⇔ Ishinomaki: Miyako Bus (Tel: +81-22-711-5310)

Expressway buses also directly travel from other various stations to Ishinomaki, but most of them leave or arrive early in the morning or late at night.

Buses run every twenty minutes between Sendai and Ishinomaki. Please check the time table in advance.

Train service of Senseki Line remains suspended between Takagimachi and Rikuzenono due to damage by tsunami with no prospect for its rehabilitation.

Instead, special buses run between Matsushimakaigan and Yamoto.

Although an extra direct train travels back and forth between Sendai and Ishinomaki via the Tohoku Honsen line once a day, up-train leaves in the early morning and down-train in the evening, which would not be recommended.

What to Bring_

<input checked="" type="checkbox"/>	Items to Bring	Note
<input type="checkbox"/>	Long-sleeve shirt and trousers	Clothes can get muddy. Please avoid skin exposure wearing long sleeves and long pants to prevent injuries.
<input type="checkbox"/>	Rubber boots	Would be useful for sudden downpours and for various tasks at fishing places.
<input type="checkbox"/>	Mask / Anti-dust mask	Recommended as cold prevention and protection
<input type="checkbox"/>	Hat	Sun hat would be recommended in summer and warm hat in winter
<input type="checkbox"/>	Goggles	Would be useful to prevent dust from getting into your eyes
<input type="checkbox"/>	Extra clothes and underwear	Please bring enough
<input type="checkbox"/>	Towels (Hand towels and bath towels)	Could be also used to protect your neck from sun in summer. Towels can get dirty.
<input type="checkbox"/>	Toiletries	
<input type="checkbox"/>	Cotton work gloves and thick rubber gloves	Cotton gloves are not water-proof. Rubber ones are also required.
<input type="checkbox"/>	Rain cape and trousers	Must-have. Helpful in doing tasks near or in water, as well as in the rain.

<input type="checkbox"/>	Medicine	If necessary
<input type="checkbox"/>	Photocopy of health insurance card	
<input type="checkbox"/>	Volunteer guide	This leaflet
<input type="checkbox"/>	Flashlight	Could be necessary in case of emergency at night
<input type="checkbox"/>	Water bottle	Recommended to keep water for washing your eyes and hands
<input type="checkbox"/>	Belt bag / Small bag	Would be convenient to keep your valuables during work

※ Cell-phone reception could be poor in the field. In case of emergency, your family and employer might contact JEN Ishinomaki Office on +81-225-25-5611.

Contact for Volunteers

JEN Ishinomaki Office +81-225-25-5611

JEN Staff in Ishinomaki Mr. Oyama +81-80-4583-1890

※Please contact them during emergencies.

General Inquiries

NGO JEN Ishinomaki Office

Tel : 0225-25-5611

Fax: 0225-25-5612

E-mail: volunteer@jen-npo.org

To Participants -- Reminder and Thank-you

It has been a while since the earthquake and the recovery has been steadily progressing although there are differences between regions. In some areas you can't see traces of the disaster any more. Yet, asking-for-help areas are still there, right around the corner.

Some of the victims have not got over loss of their loved ones. Please be careful of your language in talking to the victims in the field. Your carelessness could offend them and their families.

Recovery could not be done without cooperation of any of you and locals' power

encouraged by your energy. We appreciate your participation in JEN's projects and look forward to seeing you in Ishinomaki.