

**Special
Feature**

When it comes to disaster contingency planning, Are we ready for the worst?

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Iwate University)**
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Back Cover "World Connections!" ■ Jennifer Wu from Australia



When it comes to disaster contingency planning, Are we ready for the worst?

Five years have passed since the Great East Japan Earthquake and Tsunami, and in Iwate Prefecture, reconstruction activities are still underway. During that time there has been much discussion about the emergency response to disasters, and concrete policies have been put in place. What have we learned from this unprecedented earthquake, and how will that help us with regional disaster management in the future? Professor Koshino, the prefecture's former Disaster and Crisis Prevention Chief and a specialist in the field, told us about the experiences and thoughts on the measures conducted so far. He also gave us specific details of potential initiatives, and spoke about the mental preparedness that Iwate's residents need to have.



Professor Shuzo Koshino

Research Center for
Regional Disaster Management
Iwate University



■ Since the disaster, what measures have you been considering, and which have you carried out?

There has been talk about self, mutual and public help, but in terms of public help, I felt that there was a lack of expertise. Of course people have a sense of self-preservation, and there are independent disaster prevention groups, but I was very aware of a shortage of experts on the government's side helping to guide these activities. Disaster prevention requires many different groups to work together. I strongly believed that, if each group had an expert, they could have worked together more cooperatively, more efficiently, and more swiftly.

We therefore decided to start training more experts. Until last year, we ran "Practical Crisis Management" and "Disaster and Crisis Management Expert" courses. Rather than focusing only on administration, we invited medical professionals, teachers, the leaders of independent groups and business people to take part. We taught them how to become leading experts or top advisors. We are also running workshops to deepen the understanding of the general population.

We also considered how best to convey the lessons and memories of March 11th's unprecedented disaster on into the future. I call it "Disaster Culture", and I'd like to foster it across the region. We thought that, if they don't become a culture, these messages won't reach our grandchildren or great-grandchildren's generations. So we visited various places to look at the communication of disaster culture. We thought it would be at least somewhat helpful to discover how the coast's cities, towns and villages could best pass on their lessons and memories.

The inheritance of emergency measures, disaster prevention and disaster culture can only happen in strong communities. I think that, in strong communities, people can help each other to survive, and to live long lives.

■ Specific initiatives to train experts

In order to build a curriculum and implement courses to educate experts, Iwate University cooperated with many organizations, such as Iwate Medical University, Iwate Prefectural University, Iwate Prefectural Government, the River and Highway Office, the Meteorological Observatory, news organizations (Iwate Nippo, NHK), the police, the Self-Defense Force, Morioka Fire Department, NTT, the Trucking Association and the Board of Education. It was an Iwate-wide endeavor. At the Medical University, we carried out map-based training. It's called DIG (Disaster Imagination Game), and it helps people grasp the strengths and weaknesses of a region on a map, and HUG is a game based on the operation of evacuation centers. I developed "Map Maneuvers", which, to put it simply, is a map-based simulation game. We had the participants roleplay as employees of Morioka Disaster Prevention Bureau's Head Office, to see if they could

cope with real-life conditions and work roles. We set up the Regional Disaster Management Networking Conference as a place for different groups to collaborate. We also made the "3/11 Veterans Club"; our students agreed with its aims so they became volunteers. We're intending to carry on these initiatives, although we're not sure what form they'll take in the future. We don't want to waste everyone's thoughts so far, and our education of human resources is by no means complete.

■ Can you tell us more about disaster culture?

Iwate Prefecture was damaged by the Meiji era, Showa era and Sanriku tsunamis. There were stone inscriptions and storytellers, but the knowledge still didn't get properly passed down. There's a limit to what can be transmitted through archaeological remains and stone inscriptions. Culture means that lessons are passed down unconsciously, as people live their normal lives. I think that people will act naturally and evacuate when the time calls for it.

In Hirogawa, Wakayama, there's a legend called Inamura no Hi (Rice-stack Fire) that often appears in elementary school textbooks. A village elder saw an approaching tsunami from high ground, so he set fire to a rice-stack. The villagers came rushing up to put out the fire, and escaped from the wave unharmed. In Hirogawa, every year, there's a rice-stack fire and tsunami festival. In the evening, after dark, the townsfolk carry flaming torches for 2 kilometers to a nearby shrine. The festival is a part of their culture that makes people aware of the need to evacuate that far. 22 years ago on Okushiri Island, Hokkaido, the Aonae district suffered severe damage. Its population is now half of what it was. They have wonderful inscriptions and monuments there, but I suspect that the lessons and memories of earlier disasters weren't fully passed down. Iwate should implement "disaster culture" to ensure the inheritance of our lessons and memories. Our community should create a piece of cultural heritage that we can leave behind. Rikuzentakata is currently trying out all sorts of things, like sending cherry tree saplings. Perhaps we could plant a tree when our children reach a certain age, or have a story-telling event. I think that a special, region-specific event that everyone attends would help leave our lessons and memories behind.



Professor Koshino giving a lecture on the "Disaster and Crisis Management Expert" course.

■ Will that help with revitalization and community development too?

Absolutely – especially with community development. The population along the coast has shrunk by 20% and, just like Okushiri Island, it's possible it may quickly decrease by half. The key point is how young people get involved with community development. There are lots of young people, including our university's students, that want to do something for their hometown but don't know what that something is. The government's role is to support youth activities. It's the same with people from abroad. Involving people with different viewpoints and ways of thinking will re-energize our communities even more. If we don't do things seriously now, we'll disappear. How should we deal with their thoughts and ideas, which Japanese people find difficult to perceive? I support exchange that isn't limited to disaster prevention. I think it's essential to build up a solid community across the entire region.

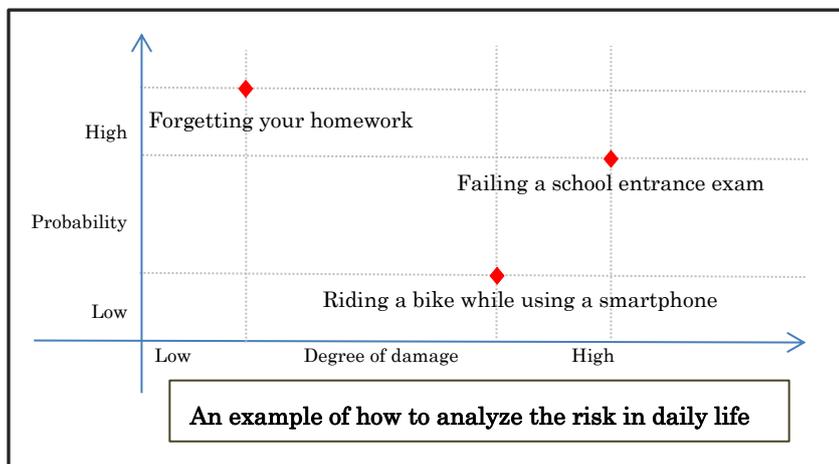
■ What can we do to spread the awareness of disaster prevention among foreign residents?

Students from Alaska University and Earlham College take part in international exchange programs like Young Leaders, and talk and play games with our students. They end up taking a strong interest in Japan, and our students find that they want to understand them as well. If they don't spend time together, I don't think they'd feel a desire to understand each other. By giving them frequent, although brief, opportunities to do so, we encourage mutual understanding. I think this broadens their minds and increases exchange, not just with disaster prevention but in a multitude of ways. Training is fine; anything is fine; we just invite them to participate together. The foreign students may be nervous at first, but they gradually become acclimatized. Japanese people are all so kind. They have a strong passion for helping people in need. Even if the foreign students don't speak Japanese, the Japanese students meet them, speak to them, and by being together, I think they change completely. It's also important to utilize things like charity activities to broaden their exchange. That's why we're considering setting up a Disaster Management and Disaster Prevention Training Center. I went to Nagoya University, and they have a "Disaster Mitigation Research

Center", which includes education facilities for city residents. Many students visit the Disaster Reduction and Human Renovation Institution in Kobe during school trips. Recently, there have even been visitors from Vietnam, too. They have the capacity to transmit information to foreigners. I've realized that, if you're aiming to develop human resources, there needs to be a hub for that to spread out from.

■What does disaster prevention awareness look like in daily life?

Try and think about the risk all around you. As you go about your life and work, shine a light on the presence of risks that could take your life, cause injury or have an exceptionally unfortunate effect on you. The horizontal axis is the degree of damage, which increases as it moves to the right, and the vertical axis is the probability, which increases as it moves up. For example, the probability that you'll forget your homework is high, but the degree of damage is low. The probability that you'll fail a school entrance exam is fifty-fifty, but the degree of damage is quite large. You can put all these risks on the graph. If you ride a bike while using a smartphone, you should think about the risk of losing your life. Then there are earthquakes, tsunamis and terrorism. The probability is low, but what's the potential degree of fatal damage? You should identify ways to reduce this mortal peril, write them down and put risk reduction measures in place. This review process is connected to disaster prevention. If you make it a habit to identify and mitigate risk, for example, by always checking the emergency exits of hotels you stay at on business trips, you can completely change the consequences. It's best to remove them altogether, but if that's not possible, you should be lowering the probability and the potential effects. You should even think about how you would act in the worst-case scenario.



■Do you have a message for everyone in Iwate?

Do everything that is within your power to do. Regret can't change things that have already happened. There's no point thinking about what you should have done or worrying about the future; what will be will be. My motto is, strive to do everything that's possible in this very moment. Treat the present with importance, and give it your utmost effort. As the rugby player, Goromaru, said on television, use 100% of your power in all circumstances. Right now, this very second, do everything you can with all your might. Then do it again. Do it right now, in the situation and circumstances you've been placed in. Then the next step will become clear. The things we can do right now concern all of Iwate. When I worked as the Disaster and Crisis Prevention Chief at the Prefectural Government, I did everything that was within my power. Someone saw my efforts, approved of them, and that led to further activities. It's the same with disaster prevention, and everything else. It makes natural connections. I think people from foreign countries are in this together with us too. Our thoughts are surprisingly aligned. We have the same aim and objective, which is basically to do our best. (Report: Fujio Omori)



2015's "Disaster and Crisis Management Expert" course.

To save as many lives as possible.

How can we help foreigners who don't know Japanese?

Since the Great East Japan Earthquake and Tsunami on March 11, 2011, the International Association has been sending out information to foreign residents about its impact on their lives and the current status of the reconstruction. In a multilingual publication called "March 11th and the Foreign Residents of Iwate," foreigners stated that they didn't know the Japanese words for "earthquake," "tsunami," and "evacuation site." "I couldn't understand anything and I fell into a state of panic," "As a foreigner, I had no idea what I was supposed to do," "If multilingual and easily accessible information was available to us, it would have really helped in lessening our feelings of anxiety and helplessness. We might have been able to help in getting information across, too..." were some of the many voices heard from foreign residents. Every life has equal value. How do we help foreigners who don't understand Japanese during emergencies?

On November 25, 2015, a lecture, "Communicating with foreigners", which was aimed at local government workers in Morioka, social workers and other workers who have contact with foreign residents in Iwate, was held at the Iwate International Association. The lecturer was associate professor Yoko Matsuoka of Iwate University Global Education Center. She taught the attendees about how to communicate information to foreigners without knowing their language. Exchange students from Vietnam, Malaysia, South Korea, France and China also attended the lecture and discussed their personal experiences with the attendees. Let's put aside our differences in language and keep in mind these points of advice so that we can all help each other out.

※Information that is considered urgent is communicated in easy Japanese.

※More difficult information or information that deals with rights and duties will be communicated with an interpreter/translator.

♥Non-verbal communication methods such as signs, sounds and pictures can also be used to communicate information. Images with color, for example, are a very effective use of non-verbal communication.

(Ex.) Green is safe, yellow and indicate danger... etc.

These kinds of lectures are periodically offered at the association. You can check information on when these lectures will be held on the website. We also post about the lectures on Facebook afterwards, so please take a look if you are interested.

"At the evacuation site, you're handed two bottles of water with letters you've never seen before...Which one would you drink?"
"Huh?! I don't know..."
An example of when written information does not get across.

Communication Points

♥Visual and verbal information in Japanese



Short, simple, slowly, clearly.

There are various communication approaches: When?

Who? Where? For what? What will it do for you? (Ex.)

→Tsunami warning is given, people near the coastline should evacuate immediately to a higher location. (for all countries)

→**A big wave is coming. Please run to a high place.**

(Easy Japanese)

An even simpler communication approach...

→Tsunami! Escape! Higher! Quick! (for all countries)

→Grab their hand and run together. (non-verbal communication)



An exchange student from France explaining about the situation from his perspective. "I had no idea!"

Easy Japanese Saves Foreigners



The Social Language Research Center in Hirosaki University's Faculty of Humanities is working on spreading and promoting "Easy Japanese", with the aim of saving as many lives as possible, and communicating information quickly and accurately during disasters to foreign victims. Exchange students cooperated in a study to see if they could correctly follow instructions. There was a rapid difference in those who correctly understood the directions and those who didn't, depending on the use of "Easy Japanese," proving that it has a strong effect in times of disaster.

We have taken 30 of the most important words from the center's list of "100 Basic Disaster Vocabulary for Foreigners" to introduce to you below. We also have compiled a few words that are rated with a difficulty level of 1 or 2 on the Japanese Language Proficiency Test scale, as well as a few with no level.

In Japanese, there are multiple ways of saying the same word, like "promptly," "punctually," and "concisely." In the same way, in Easy Japanese, we want to use words that foreigners are familiar with, and can easily picture in their heads in an instant.

30 Most Important Words in "100 Basic Disaster Vocabulary for Foreigners"

Ranking	Vocabulary	Lev	"Easy Japanese"
1	地震 jishin	3	地震
2	倒れる taoreru	3	倒れる
3	揺れる yureru	3	揺れる
4	水 mizu	4	水
5	落ちる ochiru	3	落ちる
5	怖い kowai	3	怖い
7	学校 gakkou	4	学校
8	避難 hinan	1	に逃げる
9	家 ie	4	家
10	食べる taberu	4	食べる
11	ガラス garasu	3	ガラス
12	音 oto	3	音
13	に逃げる nigeru	3	に逃げる
14	壊れる kowareru	3	壊れる
15	割れる wareru	3	割れる
16	潰れる tsubureru	2	壊れる
16	電気 denki	4	電気
18	助かる tasukaru	2	生きている
19	震える furueru	2	からだ体が小さく震える
20	おさまる osamaru	1	終わる
21	布団 futon	3	布団
22	けが kega	3	ケガ
22	もらう morau	3	もらう
24	震度 shindo	N/A	震度<地震の大きさ>
25	余震 yoshin	N/A	余震<あとから来る地震>
26	津波 tsunami	1	津波<とても高い波>
26	体育館 taikukan	N/A	たいいくかん体育館
28	ガス gasu	3	ガス
29	助ける tasukeru	2	助ける
30	無事 buji	2	生きている

"100 Basic Disaster Vocabulary for Foreigners" Japanese Level Proficiency Test Level 1-2 (plus vocabulary words w/ no level)

Ran	Vocabulary	Lev	"Easy Japanese"
32	懐中 kaichuu	N/A	てもでんきでんとう 手に持つ電気、電灯
37	叫ぶ sakebu	2	おおこえい 大きい声で言う
37	校庭 koutei	2	そとうんどう 外で運動する広いところ
37	くずれる kuzureru	2	こわ 壊れておちる
41	かたむく katamuku	2	たお 倒れるかもしれません
43	地面 jimen	2	みち 道
43	ひがい higai	2	こわ 壊れる
47	ひび hibi	1	割れている
49	きゆうすい kyuusui	N/A	みず 水をもらうこと、水をもらうところ
54	ボランティア boranthia	N/A	ボランティア<てつだうひと><てつだうこと
54	ゆ揺れ yureru	N/A	じしん 地震
54	けむり kemuri	2	かじ 火事に気をつけてください
60	破片 hahen	2	ちいさく 割れた。(名詞)
63	くむ kumu	2	みず 水を入れる
65	おそ osou	1	く 来る
65	地割れ jiware	N/A	みち 道が割れている
68	マグニチュード magunichudo	N/A	マグニチュード<じしんの 大きさ>
68	きゆうきゆうしゃ kyuukyuuasha	N/A	ひようき <病氣やケガをした人を助ける 車
74	だいしんざい daishinzai	N/A	おお 大きい地震
74	われ ware	2	わ 割れている
77	グラウンド gurando	2	そと 外で運動する広いところ
77	もぐ moguru	2	した 下へ入る
77	もえる moeru	2	や 焼ける
77	したじ shitaiji	N/A	ひと ケガをした人
84	なみ nami	2	なみ 波
84	もりあがる moriagaru	1	みち 道が壊れる
84	しず shizumu	2	みち 道が壊れる
84	ひび割れ hibiware	N/A	わ 割れている
90	かわら kawara	2	うえ 上から物が落ちてくるかも しれません
90	ひび割れる hibiware	N/A	わ 割れる
90	しょうかき svoukaki	N/A	ひけ 火を消す道具
97	てんじょう tenjyou	2	うえ 上から物が落ちてくるかも しれません
99	しんぞう shinzo	2	むね 胸

To raise awareness of the threat posed by tsunamis, and of countermeasures, November 5th has been recognized as World Tsunami Awareness Day. No one wants disasters to occur. It's not something we want to think about, but there are earthquakes, tsunamis, typhoons, storms, volcano eruptions... we don't know when, where, or even what's going to happen. In addition to valuable information you can pick up from Mr. Koshino's "Risk and Probability" simulation (page 3), you can further increase your knowledge about disaster prevention and survival in your own household! Set today (or a specific day) as Disaster Prevention Day, to give your family the opportunity to discuss and review disaster prevention. We've compiled a list about putting together emergency supplies and a handbook that you can go over in a short period of time!



Make a Disaster Prevention Handbook

- Do you have an evacuation map?
(Do you know where the evacuation site, hazardous areas and evacuation site for foreigners are?)
- Where do you run to? Where will you meet your family?
- Is there someone in charge of taking care of small children or elderly people who need assistance in the family?
- What will you do if you can't make contact? Do you have the contact details of your friends, schools and workplaces?

(evacuation routes and personal contact list)

- ※Make sure you know how to use the safety confirmation service during times of disasters through NTT, your cellphone, etc.
- What do you need to bring with you?
(Medicine, sanitary goods, etc. The emergency supplies are located ○○)
- Do you have your passport, a copy of your residence card, and your embassy's contact number?



Put together Emergency Supplies

You'll want to have at least the 6 items below.

- | | | | | | |
|------------------|--------------|------------------|---------------|--------------------|----------|
| 1. First-aid kit | 2. Face mask | 3. Cotton gloves | 4. Flashlight | 5. Portable toilet | 6. Radio |
|------------------|--------------|------------------|---------------|--------------------|----------|

Other supplies you'll want to pack may include a light, whistle, portable battery charger, etc.

- ▼Valuables Pouch
 - Cash
 - Personal signature stamp
 - Copies of your identification, health insurance and bankbook documents
 - Notebook, writing utensils, etc.
- ▼Emergency backpack
 - Helmet
 - Long boots
 - Drinking water (3 liters a day per person)
 - Food (about 3 days' worth)
 - Can opener, scissors
 - Simple cutlery
 - Portable cooking stove

- Clothing (change of clothes, protection against the cold, etc.)
- Spare batteries
- Lighter, matchsticks, candles etc.

Imagine that you and your family are experiencing a disaster. Try to think about what you and your family will need.

To prevent a repeat of the troubles and difficulties you experienced during the disaster 5 years ago, make sure to work out countermeasures, and periodically (perhaps on your family's Disaster Prevention Day) go over and revise these important points.

Our survival is dependent on our everyday awareness, preparation and habit building.

For more information!
<Reference Information>

Iwate Prefectural Government Disaster Prevention Page

<http://www.pref.iwate.jp/anzenanshin/bosai/index.html>

You can learn about regional plans for disaster prevention in Iwate, and information to know during times of disaster.

Iwate University Research Center for Regional Disaster Management

<http://rcrdm.iwate-u.ac.jp/>

Updates on upcoming lectures and forums, and various activity reports.

Fire and Disaster Management Agency Kids' Disaster Prevention E-Land

<http://open.fdma.go.jp/e-college/eland/>

You can learn about disasters and countermeasures through games and quizzes.

NHK Disaster Prevention Preparation

<http://www.nhk.or.jp/sonae/>

You can download the Disaster Emergency Book and Disaster Emergency Manual.

CLAIR (Council of Local Authorities for International Relations) Multilingual Living Information

<http://www.clair.or.jp/tagengo/>

Living information including emergencies and disasters, is available on this website in 14 languages.

Please apply to and use our supporters!



Japanese Language Volunteers

Japanese language volunteers help foreign residents improve their Japanese ability through conversation and testing. When a foreign resident applies for Japanese language help, we introduce them to teachers with Japanese language teaching qualifications and experience as well as conversation partners who are all listed in our records.



Multilingual Supporters

The volunteers support foreign residents and their lives in Japan with interpreting and translation services. People who can translate in a number of daily living situations, such as medical checkups and driving license procedures, sign up to our list, and we match volunteers with foreigners and organizations who need them.

International Network



We keep a record of talented people (foreign and Japanese) with international experience/skills and superb foreign language ability. We then match them with international events like foreign culture seminars, cooking classes, interpreting/translation, and other services.



Host Families

When you sign up for this list, we can match foreign visitors and Iwate households who want to experience a homestay or home visit.

How do I volunteer? How do I apply for support or a teacher for my seminar?

Fill out one of our supporter application forms or request forms. You can receive the forms at our Association desk, or download the file and send it to us through email or fax.

Always feel free to send us your questions.

Foreign consultation services

We can help foreign residents in a number of ways: Japanese language study, medical/welfare information, child-raising and more.

This year, we have even hired staff to help with our residents from the Philippines.

We can match foreign visitors and Iwate households who want to experience a homestay or home visit.

- General Consultations
(Japanese, English, Chinese)
Every day 9:00-21:00
✘ English and Chinese help are not available at certain times.
- Consultations in foreign language
Chinese: Tuesday – Friday 12:30-18:00
Korean: Wednesday 15:00-17:00
English (for the Philippines): Thursday 15:00-17:00
Spanish: Saturday Sunday 9:00-16:00
✘ Please inquire beforehand, because there are certain times when staff are not available.
- Periodic Foreigner Consultation Day
Staffs well-versed in administrative procedures like visas and other issues are here to take your questions. (Reservation required, free of charge)
Consultation day:
Every third Wednesday of the month , 15:00-18:00

Come visit us at the International Exchange Center!

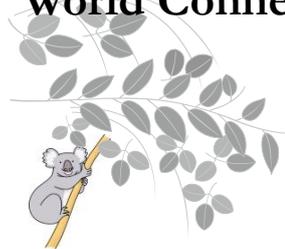
We have information for both international, domestic, and Iwate events and services.

We will supply you with this information on international exchange. We also have message boards on various topics, and we also give out information on language partners and foreign language teachers.

We lend out foreign cultural goods.



We have foreign books, flags, costumes, and magazines available for rent. Please use them for your international event, class, or seminar. We also have many books regarding study abroad, working holidays, international understanding, and teaching Japanese language.



「Australian Wedding」

Jennifer Wu

From Australia



It has been six years since I came back to Australia after living in Morioka for one and a half years. After returning from Japan, I worked as a lawyer for three years and decided to become a high school teacher. I'm glad that I have made the change as it is certainly an occupation that gives me more satisfaction and work-life balance.

The biggest change to my life since coming back from Japan is getting married. Seong-Yop and I first met when I was working in Morioka. Seong-Yop is from South Korea and he graduated from Fuji University in Hanamaki. We got married in Australia on 28 November 2015 and I can still vividly remember that day as it was the best day of my life!

I know for a fact that weddings in different countries can be very different. Seong-Yop was surprised at times to learn how differently weddings are done in Australia compared to South Korea.

Here are some of the things that amused him!

1. Picking a wedding dress – In Australia, and in most western countries I believe, the groom is not allowed to see the wedding dress until the bride walks down the aisle on the wedding day. So I had my bridesmaids to help me out when picking a wedding dress and Seong-Yop was surprised and a bit disappointed that he couldn't join us as it is common in South Korea for the groom to do so.

2. Bridesmaids and groomsmen – Most couples getting married would have

bridesmaids and groomsmen to help them out throughout the planning of the wedding and also on the wedding day. Apart from helping the couple with the wedding, the bridesmaids and the groomsmen also have the important duty of arranging a 'hen's night' for the bride and a 'buck's night' for the groom. This is a party for the couple to celebrate their last days of being single! My girls took me out for a relaxing spa



followed by a very nice dinner. I'm grateful that my hen's night wasn't one of those crazy ones. As with the boys, the buck's night is usually quite crazy! I didn't even want to ask Seong-Yop what they did!

3. Something old, something new, something borrowed, something blue – This is an old wedding tradition which requires the bride to wear something old, something new, something borrowed and something blue on the wedding day for good luck. For me, something old was a bracelet that my students gave me, something new was my wedding dress, something borrowed was the hairpiece and something blue was my underwear!

4. Photo shoots – In South Korea, most couples have their professional wedding photos done inside a studio and before the wedding. So Seong-Yop was surprised to find out that we're getting our photos done on the wedding day. Our wedding venue was at a beautiful country homestead situated in the Lockyer Valley in Queensland. So we took some beautiful photos there after the ceremony.



Overall, it was a day filled with joy, laughter and lots of sweat! I would do it all over again if I can (with the same man, of course!)

Profile

Jennifer Wu (ジェニファー・ウー)

Jennifer was born in Taiwan and migrated to Australia with her family when she was 9 years old. Jennifer worked for the Iwate Prefectural Government as a Coordinator for International Relations from 2008 to 2009. She currently resides in Brisbane, Australia. Upon returning to Australia, Jennifer worked as a lawyer for three years. She then changed her career pathway and is now a high school teacher, teaching Legal Studies, Japanese and Mandarin.

International Exchange Center

(5F Aiina Iwate Prefecture Citizen's Cultural Center)

- Open: Everyday
- Hours: 9:00-20:00
- Closed: During the year-end holidays

Published by: Iwate International Association

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