



ふれあい通信



Disaster Preparedness for Foreign Residents ③

1 I checked the hazard map.

2 I also secured information sources.

3 My emergency bag is all set.

4 The final key is... neighborhood interaction!

As we approach the New Year, let's check our emergency supplies. In this issue, we'll review the "emergency items" needed when evacuating to a shelter. Among these, the "primary emergency items" are essential for surviving the first day of evacuation. Keep them in a backpack and place it in an easily accessible place.

● Primary Emergency Items List

- Valuables, cash (10 yen coins)
- Helmet, work gloves, sports shoes
- Portable blanket, towels, clothing
- Radio Flashlight
- Knife, can opener
- First aid supplies
- Water, food

Since the necessary items vary for each person, customize your emergency items accordingly. Note: The list is based on the information from the Fire and Disaster Management Agency's website.



(Y. M)



What is the recommended weight for primary emergency items?
(The answer and explanation will be on the next page.)

Evacuation Shelter Map Vol.3 Kitaguchi-Kawaragi~Kamikoshien area

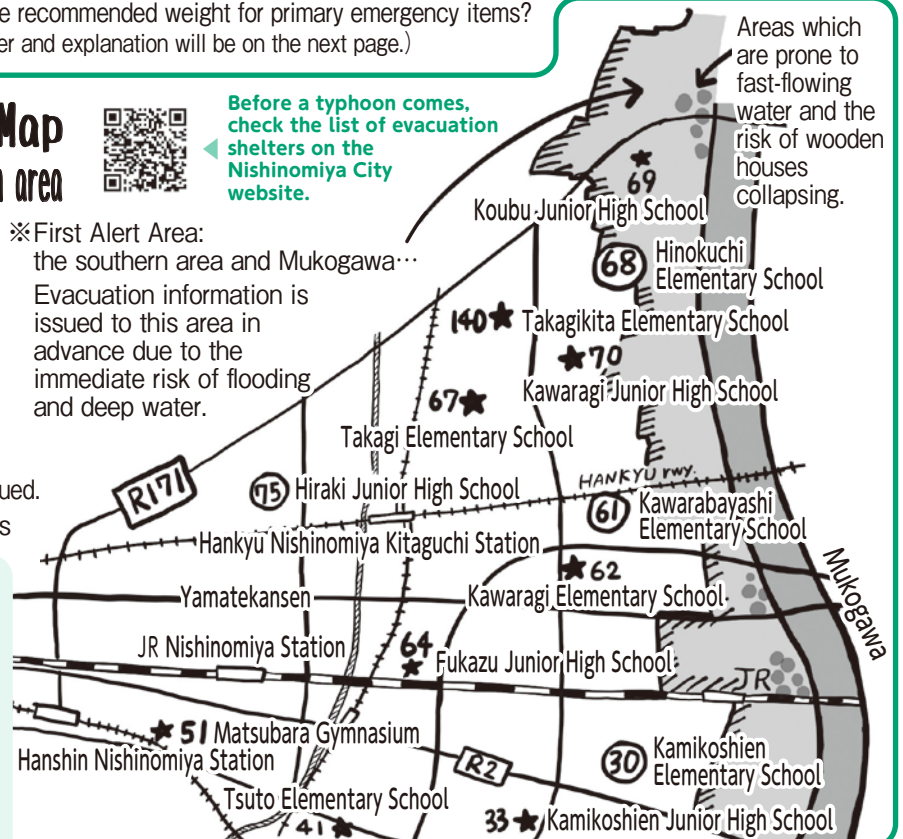


Before a typhoon comes, check the list of evacuation shelters on the Nishinomiya City website.

It's important to know where your nearest evacuation shelter is located. In this section, we have introduced evacuation shelters in Nishinomiya City. This article covers the areas of Kitaguchi, Kawaragi, and Kamikoshien.

※First Alert Area: the southern area and Mukogawa...
Evacuation information is issued to this area in advance due to the immediate risk of flooding and deep water.

- → Evacuation shelters open : before evacuation information is issued.
- ★ → when the risk of floods increases



Please check the evacuation information and evacuation center status issued by the city before evacuating. Please check the "Nishinomiya Disaster Information Portal" where information on the opening of evacuation centers is also posted in multiple languages (machine translation).





Items to Include in Your Emergency Bag



Do you think designated shelters have everything you need? In reality, the facilities designated as shelters are mainly elementary and junior high schools, and they are not permanently equipped as specialized shelters. While there are some supplies, they may not have everything or enough for everyone. It's better to think of them as providing a "safe place." Therefore, you must bring your own necessary items. So, what do you need at a shelter?

◎Emergency Items

Emergency items are categorized into three types: "regular emergency items" that you carry at all times, "primary emergency items" that you can quickly grab when a disaster happens, and "secondary

emergency items" for about three days of evacuation. Let's first consider the primary emergency items needed to survive the first day of evacuation.

◎Contents of Primary Emergency Items

Primary emergency items are the minimum supplies you need to quickly grab and escape when a disaster happens. The main list of items is provided on the first page. Among valuables, 10 yen coins are particularly useful for public phones when mobile phones are unavailable. As a guideline, keep 2-3 bottles of 500 ml water and food that can be eaten without cooking. Tissue paper, plastic bags, pen, notepad, and rain gear can also be helpful. Additionally, even if not included in the emergency bag, regular medications and a mobile charger

are essential during evacuation.

If you have infants, include baby food, diapers, and favorite toys. For families with elderly members, consider dentures and special dietary foods. The necessary items will vary based on family composition and circumstances. Think about what "you can't do without."

A backpack is convenient since it leaves your hands free. After packing, check that it's not too heavy to carry. Store it in a place like the entrance or bedroom where you can easily grab it. Keeping a spare in your car trunk is also a good idea. (Y. I)

Answer to the quiz on the first page

Generally, the recommended weight is about 15 kg for adult men and 10 kg for adult women.



Polvoron from Spain

Sweets have a way of melting people's hearts with both the young and adults. This column will introduce you to various sweets from around the globe, and are associated with seasonal events.

Ingredients (for 16 pieces)

- All-purpose flour 80g
- Almond powder 30g
- Unsalted butter 55g
- Powdered sugar 40g
- Cinnamon 1/2 tablespoons

- * Place the butter in a large bowl and let it soften to room temperature.
- * Extra powdered sugar for dusting

How to make

- ① Place the flour in a frying pan over medium-low heat. Stir constantly with a spatula until it turns a light golden-brown. Transfer it to a sheet and let cool.
- ② Add the powdered sugar with the softened butter in a bowl and mix them until creamy.
- ③ Add the almond powder to the butter mixture of ② and mix well. Then sift in the toasted flour ① and cinnamon, folding them together with a rubber spatula until everything is fully combined and moist.
- ④ Shape the dough into a ball, wrap tightly in plastic wrap, and let it rest

for about 30 minutes.

- ⑤ Divide the dough into two portions. Place each portion on a sheet, rolling them into cylindrical shapes about 3cm in diameter. Wrap them again in plastic wrap to help maintain the shape.
- ⑥ Preheat the oven to 150°C. Cut each dough log into 8 equal pieces (about 1-1.5cm thick) and arrange them on a baking sheet, then bake them for 15-20 minutes.
- ⑦ Let the cookies cool on a baking sheet to prevent crumbling, then dust with powdered sugar.



The traditional Andalusian sweet known as "polvoron" derives its name from the Spanish word "polvo", meaning "powder". The delicate, crumbly texture of this treat has led to the custom of saying "polvoron" three times before it melts in your mouth to bring good luck, earning it the nickname "the sweet that brings happiness".

Tracing its history, polvoron became popular in Spain during the Islamic rule that began in the 8th century. However, after the 13th century, during the "Reconquest" of Muslim Spain to Christian Spain, to exclude Muslims, Christian monks adapted the recipe, substituting butter with pork lard, an ingredient that Muslims avoid, as it is haram. In the Age of Exploration from the 15th century, polvoron traveled across the seas, adapting to different cultures and preferences worldwide.

Today, polvoron is one of the necessary traditional Christmas sweets in Spain. Its simple recipe makes it easy to try at home. Please give it a try. (Y. U)

The interviewee in this issue is Mr. Ayoub Elbourni from Morocco. Mr. Ayoub is an exchange student at Kwansei Gakuin University and is also studying Japanese reading and writing at NIA.

Inspired by the Movie The Last Samurai

Mr. Ayoub was awarded a scholarship through the JICA program and is currently studying business administration in the master's course at Kwansei Gakuin University. He came to Japan in April 2024, and now, after about six months, he has adapted to life in Japan and enjoys each day here.

Mr. Ayoub's first encounter with Japan was when he was seven years old. At the time, Japanese anime was broadcast in Morocco and shows like *Romeo's Blue Skies* and *Captain Tsubasa* were popular. The fact that home appliances and cars were made in Japan also contributed to his sense of familiarity with the country. However, what touched him even more was when

he watched the 2003 movie *The Last Samurai*. He was deeply moved by Japanese culture and its spiritual world, and he developed a strong desire to visit Japan. This happened when he was in his late teens. In Morocco, NHK documentaries about life in Japan and its cityscapes were sometimes broadcast, allowing him to gather more information.



Mr. Ayoub began applying to study abroad programs in 2016 and continued taking entrance exams, but he couldn't pass right away. After some time, he gave up and entered the workforce. Then in 2024, after a long break, he tried again and succeeded.

He chose to study at Kwansei Gakuin

University from among several options. There are many things he wants to learn, and one of the things he's particularly interested in is learning kanji. Unlike the alphabet, each kanji character has meaning, structure, and multiple readings, which are unique features not found in other languages. When asked to share his favorite kanji, he answered, "It's the character '整' (sei, meaning 'to arrange')." He explained that when he learned it, he was taught that it represents "a woman arranging her hair properly in a bundle." This choice reflects Mr. Ayoub's sincere personality and respect for Japanese culture.

Since coming to Japan, Mr. Ayoub has been eating natto, sushi with raw fish (which he wouldn't have eaten in other countries due to concerns about trust), and Takoyaki, which he enjoyed during NIA's home visit program. He's thoroughly enjoying his experience of living in Japan, the country he had long admired, and in two years, he might fully embrace Japanese culture. (M. M)

NIA Information Box

The 29th Nishinomiya International Exchange Day!

The annual Nishinomiya International Exchange Day will be held on February 8 (Sat) at Frente Nishinomiya's 4th floor and the Frente Hall on the 5th floor. We will be holding a variety of events with the cooperation of volunteers from our association, Nishinomiya Sister and Friendship City organizations, NPOs, NGOs, and foreign residents. We look forward to seeing you there.

Free Consultation for Non-Japanese residents

A judicial scrivener and an administrative scrivener will provide consultations free of charge (under seal of secrecy). Please make an appointment by email or by telephone.

Date & Time	Subject	Place
Jan.26(Sun),2025 13:00~16:00	Visa Status	NIA Conference Room
Mar.16(Sun),2025 13:00~16:00		NIA Conference Room

Nishinomiya International Kid's Club

~ This club is for babies and pre-school children with foreign roots and parents. ~

Date & Time	Event	Venue
Jan.25 (Sat) 10:30~11:30	Let's Enjoy Music with Robbin	NIA Conference Room
Mar.1 (Sat) 10:30~11:30	Let's Enjoy Beautiful Sound of Koto	

Free of Charge

◇Volunteers Wanted◇

NIA is seeking volunteers for the following works:

- **Newsletter volunteers:**
Preparation work before shipping (4 times a year)
- **Volunteer interpreters and translators**
(Korean, Chinese, Vietnamese and Portuguese etc.):
We are seeking volunteers with different levels of ability.
The work ranges from simple interpretation of daily conversation to translation of the NIA newsletter.



◇Sponsor Members Wanted◇

To promote activities of the international exchange program, we need your support.

- **Annual membership fee:**
Group : ¥20,000 Individual: ¥3,000
Volunteer: ¥ 2,000
- **Privileges:** Books can be borrowed for free. Conference rooms and the exhibition corner can be rented at a discount price. Other privileges include invitations to events run by NIA and discount tickets to Nishinomiya based facilities.

Events and disaster information etc. are provided in multiple languages.

Nishinomiya City International Association (NIA) Facebook



We recommend that you to register for our Facebook page.

Current Number of Foreign Residents in Nishinomiya ※as of Nov. 2024

Nationality	Number	Percent
South and North Korea	3,088	35.00%
China	1,465	16.61%
Vietnam	1,241	14.07%
Nepal	417	4.73%
The Philippines	398	4.51%
Indonesia	319	3.62%
U.S.A.	255	2.89%
Myanmar	250	2.83%
Taiwan	179	2.03%
Brazil	122	1.38%
Thailand	106	1.20%
Bangladesh	95	1.08%
England	81	0.92%
Other	806	9.14%
Total	8,822	100.00%

Total Nishinomiya population 482,687

The percentage of foreign residents in Nishinomiya 1.83%

WANTED:

Volunteers to Edit our PR Paper

"*Fureai Tsushin*" is produced by volunteers and NIA staff. We are looking for volunteers to work with us. If you are interested, please contact us with your comments on our newsletter.



Advertisement wanted!

- ◆ Our newsletter is issued four times a year in Japanese, English, Chinese and Korean.
- ◆ It's distributed among NIA supporters, foreign members, volunteers, the general public, other international associations, public halls in Nishinomiya, citizens'halls, libraries, high schools and colleges in the city.
- ◆ It is also posted on our website for one year after being issued.

◆ FEES

Price
L: 40,000 yen /year (including a 20,000 yen organization membership fee)
S: 32,000 yen /year (including a 20,000 yen organization membership fee)



NISHINOMIYA

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Tel.0798-32-8550

HPアドレス <http://www.frente-nishinomiya.com/>

Official Facebook information are now distributed

<https://www.facebook.com/frentenishinomiya>



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The gourmet street on the 1st floor is open after 20:00.

Official Application Information is now distributed



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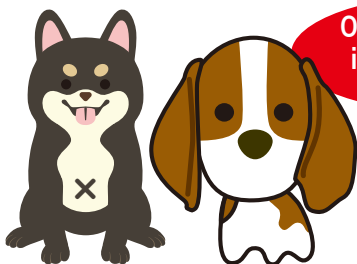
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- 設立年月日：昭和40年10月27日
- 事業内容：○建物管理運営事業 ○住宅管理運営事業 ○環境施設管理事業 ○不動産ファンドマネジメント事業 ○その他の事業

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