

## ふれあい通信



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## Disaster Preparedness for Foreign Residents ④

I've stocked enough  
emergency goods!

...But when should I evacuate?

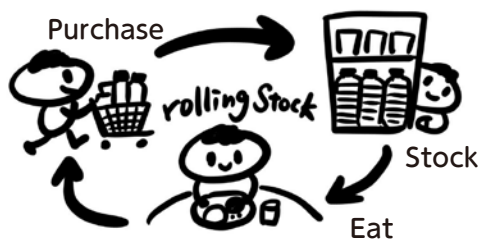
1 When you've got severe damage  
to your home and there is a risk of  
the building collapsing caused by  
aftershocks2 When there is a risk of fire or  
landslides in your neighborhood3 When an evacuation information  
is issuedLet's prepare for  
"how to protect your life" !

In our previous issue, we featured the primary emergency items to take out immediately after a disaster. In this issue, we are reviewing the secondary emergency items you need after making sure that there is no immediate danger. These are the things you take out from home for your evacuation stay at a shelter or things you use if you stay at your own place without gas and water.

## ●Secondary Emergency Items List:

- ☐ Drinking water
- ☐ Food  
(use a rolling stock system to prepare long-lasting items)
- ☐ Portable stove      ☐ Portable toilet
- ☐ Toiletries      ☐ Plastic bags
- ☐ Kitchen plastic wrap      ☐ Newspapers
- ☐ Infection prevention items (such as masks)

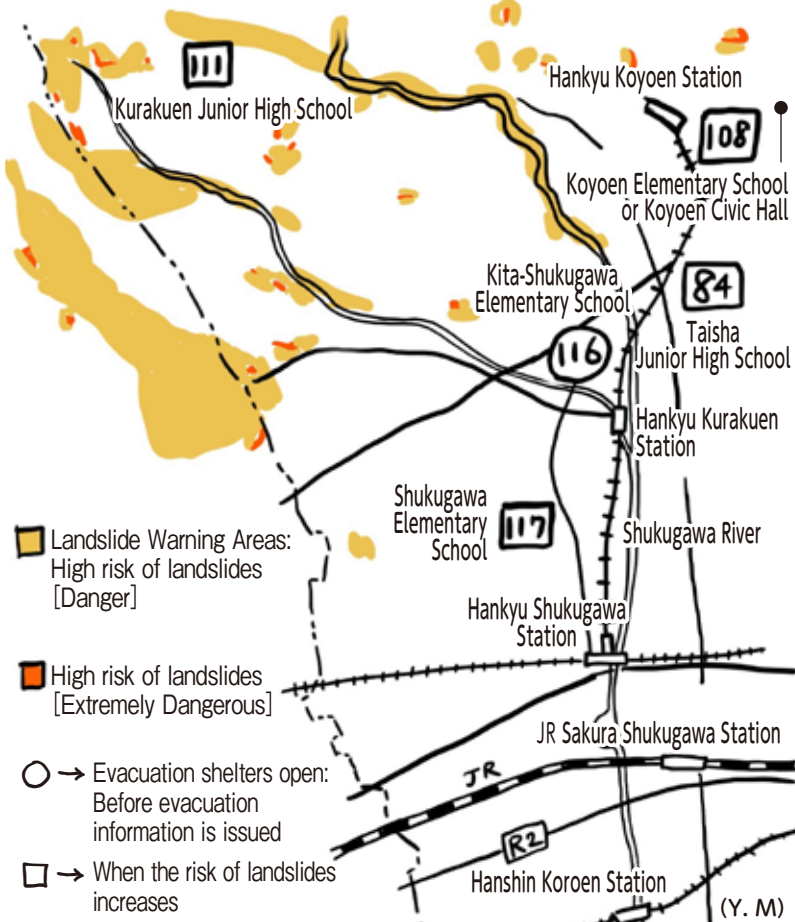
※This list is based on the information from the Museum of Fire and Disaster website.



Q How many days' worth of drinking water and emergency food should be stocked?  
(The answer and explanation will be on the next page.)

Evacuation Shelter Map  
Vol.4 Shukugawa~Kurakuen area

It's important to know where your nearest evacuation shelter is located. In previous articles, we have introduced other evacuation shelters in Nishinomiya City. This fourth article covers the areas of Shukugawa and Kurakuen.



Remember that evacuation is not always a safer choice. Check alerts carefully in your region using resources like "Nishinomiya Disaster Information Portal," which also provides information about shelter openings.



## What Are Secondary Emergency Items?



On the first day of evacuation, you can manage with your primary emergency items. However, you also need to prepare for situations where you cannot return home or, even if you can, you cannot use utilities like electricity or gas. Relief supplies will be arranged, but they may not be delivered immediately. Preparing “secondary emergency items” for about three days of evacuation will give you assurance.

### ◎Items to Prepare as

#### Secondary Emergency Items:

First, drinking water. Food should be ready-to-eat or require minimal preparation, such as canned or ready-to-eat meals, stockpiled bread, and chocolate. A portable stove and gas canisters are also essential. An outdoor portable stove is also a good option.

Refer to the list on the first page for other necessary items.

It's a good idea to keep secondary emergency items in a portable case in the kitchen, closet, or storage area, so that you can easily take them out.

It's important to learn how to use the disaster preparedness items that you have. Familiarize yourself with how to use portable toilets and treat injuries so that you will not be confused when a disaster happens.

### ◎Rolling Stock:

Expiration dates of stockpiled foods like rice, hardtack, and ready-to-eat meals can be as long as five years. However, if you're not careful, they might be expired when you need them. The rolling stock system is a recommended management method where you regularly consume and replenish

these foods regardless of emergency needs.

Each household can designate dates like January 17 (Great Hanshin-Awaji Earthquake) or March 11 (Great East Japan Earthquake) as “Our Family's Disaster Preparedness Day” to check the expiration dates of stockpiled food, consume old items, and replenish with new ones. At the same time, please do not forget to check evacuation locations, communication methods with your family, and the expiration dates of medicines and batteries.

### ●Museum of Fire and Disaster Website●

<https://www.bousaihaku.com/survival/>  
(Y. I)

#### Answer to the quiz on the first page

Three days. The guideline is three liters of drinking water per person per day.



## Financier from France

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 8 pieces)

- Unsalted butter ..... 60g
- Egg whites from 2 eggs (60g)
- A Granulated sugar ..... 4 tablespoons (48g)
- A Honey ..... 1 teaspoon (7g)
- B Flour ..... 3 tablespoons (24g)
- B Almond powder ..... 6 tablespoons (36g)

### Preparation

- If you are using a mold that is not silicon-coated, spread butter on the bottom of it.
- Mix the ingredients of B together, after sifting them beforehand.
- Pour water into a bowl (large enough to fit a small saucepan)
- Preheat the oven to 200°C

### How to make

- ① Make the Brown Butter: Place the butter in a small saucepan over medium heat. Once it melts and large bubbles appear, reduce to low heat. Swirl the pan occasionally, and when the fine white foam starts to turn golden and a brown sediment appears beneath the bubbles, quickly pour the

butter into a prepared bowl to cool.

- ② In a separate bowl, add the egg whites and gently break them up using a whisk with a cutting motion. Add A and mix in a circular motion.
- ③ Add the sifted B to the egg white mixture of ② and mix until no dry flour remains. Gradually add the browned butter of ①, stirring well.
- ④ Using a spoon, pour the batter into the molds, filling them up to about 90%.
- ⑤ Lower the oven temperature to 180°C, place the mold on a baking tray, and bake for 10-12 minutes. (Adjust the temperature and baking time as needed)
- ⑥ Once baked, turn the entire baking tray upside down onto a wire rack and let it cool.



The baked confection known as “financier,” rich in almonds and butter, gets its name from the French word for “financier” or banker. In the late 19th century, a pastry chef near the stock exchange created this rectangular, gold bar-shaped treat, making it easy for busy financiers to eat, which led to its popularity.

The origin of the financier dates to the 17th century in the Lorraine region, where a similar pastry called “Visitandine” was made by the Visitation nuns. At the time, egg yolks were used in religious paintings, leaving a surplus of egg whites, which were then used to create this sweet treat.

Looking at the recipe, it includes ingredients such as flour, honey, almond powder, and butter. This reflects how in medieval monasteries, nuns played 2 roles. While ministering devout lives, they also functioned like feudal lords, giving them access to an abundance of ingredients which allowed them to pursue the art of making sweets.

A key feature of financiers is the use of brown butter, but they are simple to make, so please give them a try ! (Y. U)

This is the last installment of “Sweets in the World”.  
We would be delighted if you enjoyed the series.

The interviewee in this issue is Ms. Ulyana Protassow who was born in Russia and raised in Australia. She lives with her family in the northern part of Nishinomiya city, in Kita-Rokkodai, and works at a gardening store, where she is involved in garden maintenance and related tasks.

### Devoted in Japanese Culture

I had the pleasure of speaking with Ms. Ulyana, who has long purple hair and a beautiful, striking face that seems like it could have stepped right out of an anime world. When she told me that she liked old, dilapidated houses like those in Japanese folktales, I was almost taken aback by the contrast.

Ms. Ulyana was born in Russia and moved to Australia with her family when she was two years old. She had been a fan of Japanese anime since childhood, and at the age of 10, after watching *My Neighbor Totoro*, she began to dream of life in the Japanese countryside. This desire stayed with her throughout her life, and when she was married and raising two children, an opportunity finally arose. In 2016, her partner, who also loved Japan, got a job as an ALT (Assistant Language Teacher) and

they moved to Koka City in Shiga Prefecture. At that time, she was pregnant with their third child, and after three months in Japan, she gave birth in a rural town. Since she couldn't speak Japanese, the midwives helped her with gestures and worked hard to support her. She was deeply moved by the kindness and warmth she experienced from many people in Japan.

In her second year in Japan, she was able to rent a traditional old house with shoji doors and tatami mats, the kind of house



she had always wanted to live in, nestled in the forest like something from a fairytale. However, after six years, her husband's ALT contract came to an end, and it was time for them to decide whether to stay in Japan.

After searching for options, they found a job for her husband as an international studies teacher in Sanda City, Hyogo Prefecture, and moved to a spacious, affordable home in Kita- Rokkodai,

Nishinomiya. They were determined to continue living in Japan. Their new neighborhood is also surrounded by nature, and it has a unique warmth and charm different from urban areas. Their neighbors bring them vegetables like radishes from their garden, and they are invited to community meetings, making them feel completely at home in their new life in Japan.

Ms. Ulyana says that while Japanese people tend to keep their distance until they get to know you, once they do, they treat you like old friends and truly care for you. She also describes Japan as a country where ancient traditions are preserved alongside the latest information and technology, creating a stark contrast that is both characteristic and fascinating. As evidence of how much she is enjoying her life in Japan, Ms. Ulyana is looking forward to obtaining permanent residency in just over a year, after almost ten years of living here.

Fluent in Japanese, Ms. Ulyana says she didn't learn the language at a language school, but rather from conversations with her friends. She also listened to anime voice actors' lines when she was outside of Japan, which gave her a perfect accent. I hope she continues to enjoy her comfortable life in Japan for many years to come. (M. M)

## NIA Information Box

## INFORMATION

Japanese language classes for foreigners (10 classes each)		Place : NIA ConferenceRoom
Let's Speak and Learn Japanese for Living	Japanese Language Course for Foreigners	Japanese Language Chat Square for Foreigners
May 11 - July 13 Sunday mornings 10:00~11:30	May 12 - July 14 Monday evenings 18:30~20:00	May 15-July 17 Thursday mornings 10:30~12:00
Intermediate: Those who have completed the elementary level Capacity: 15 students (first-come-first-served basis) Instructor: Japanese language teacher Fee: 5,000 yen (including textbooks)	Elementary: Those who can hold a simple conversation Intermediate: People who want to enjoy conversing in Japanese Capacity: 15 students per class (first-come-first-served basis) Instructor: Japanese language teacher Fee: 5,000 yen (including textbooks)	Class 1: Beginners or those who have studied Japanese for a little while Class 2: Those who can read and write <i>hiragana</i> and <i>katakana</i> and have simple conversation. Capacity: 7 students per class (first-come-first-served basis) Fee: 2,000 yen *Application deadline: April 30

※In case a course is to be cancelled, you'll be notified via e-mail or telephone.

### 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
May 18 (Sun.), 2025 13:00~16:00	Legal Problems	NIA Conference Room
July 13 (Sun.), 2025 13:00~16:00	Visa Status	

## Thank you for your support!

We would like to express our heartfelt gratitude to the following organizations for their generous support for our Nishinomiya City International Exchange Day held on Saturday, February 8.

Nishinomiya Urban Management Co., Ltd.   Mukogawa Gakuin Educational institution   Nishinomiya City Managerial Staff Union  
Nishinomiya City Pharmacists Association   HYODA PRINTING INDUSTRIAL ARTS   Nishinomiya UNESCO Association  
Nishinomiya-Londrina Friendship Association   78.7MHz SAKURA-FM INC.   Nishinomiya-Spokane Sister City Society



## ❖ English Conversation Courses Starts from May ❖ (30 lessons per course)

Day/Time	Course (Max. number of students)	Applicants (Middle School age or older)	Instructor	Fee (30 lessons, tax included)*	Period (Closed 8/1 ~ 8/31, 12/23 ~ 1/13, and on holidays)
Monday 13:00~14:30	Elementary (16)	Junior High level English	Linden	39,000yen	May 12, 2025 ~ Feb 16, 2026
Monday 14:45~16:15	Elementary (16)	Junior High level English	Linden	39,000yen	May 12, 2025 ~ Feb 16, 2026
Monday 16:45~18:15	Intermediate (16)	Those who have English proficiency of EIKEN Grade 2 and can speak actively	David	39,000yen	May 12, 2025 ~ Feb 16, 2026
Monday 18:30~20:00	Intermediate (16)	Those who have English proficiency of EIKEN Grade 2 and can speak actively	David	39,000yen	May 12, 2025 ~ Feb 16, 2026
Wednesday 10:30~12:00	Intermediate (16)	Those who have English proficiency of EIKEN Grade 2 and can speak actively	Becki	39,000yen	May 14, 2025 ~ Jan 21, 2026
Wednesday 13:00~14:30	Introductory (16)	Those who have studied English conversation a little	Becki	39,000yen	May 14, 2025 ~ Jan 21, 2026
Wednesday 14:45~16:15	Intermediate (16)	Those who have English proficiency of EIKEN Grade 2 and can speak actively	Becki	39,000yen	May 14, 2025 ~ Jan 21, 2026
Wednesday 16:30~18:00	Elementary (16)	Junior High level English	Becki	39,000yen	May 14, 2025 ~ Jan 21, 2026



↑ English Conversation  
Courses Flyer

\*A separate fee of 3,000yen is required for a membership for the fiscal year of 2025.

For more details, please scan the QR code on the left to view the flyer.

Application Period : March 12, 2025 (Wed) - April 9, 2025 (Wed). **It is not on a first-come, first-served basis.** If there are many applicants, a lottery will be held.

How to Apply : Please apply using the dedicated QR code on the flyer, or by email, including your desired courses (up to 2 preferences), name (with furigana), postal code, address, and a reachable phone number.



NISHINOMIYA

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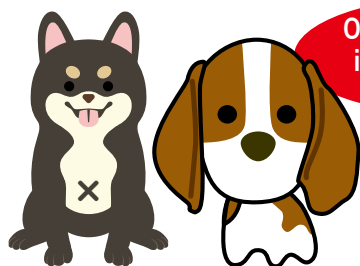
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●E-mail : [takatajimuso@nifty.com](mailto:takatajimuso@nifty.com)

# Looking Back on Our Activities in a year

## NIA Activity Digest for the Fiscal Year, 2024

Nishinomiya City International Association (NiA) has conducted various projects during fiscal year 2024.

### April

- "Nishinomiya City News" published through March 2025 by the Nishinomiya English Interpreting & Translating Volunteer Group (21 issues)
- 1<sup>st</sup>- One-on-one Japanese lessons by the Nishinomiya Volunteer Japanese Teaching Group (90 minutes, once a week until March)
- 6<sup>th</sup>- Sakura FM program "Bridges across World Communities" began.  
(1<sup>st</sup> Sat for Chinese; 2<sup>nd</sup> Sat for English; 3<sup>rd</sup> Sat for Portuguese. All from 12:00 noon to 12:15)
- 11<sup>th</sup> *Nihongo Nakayoshi Hiroba* (after-school Japanese class for foreign children and their parents) began. (Thursdays, 16:00-17:30, until March)
- 14<sup>th</sup>- Japanese language program in northern part of Nishinomiya began (Monday classes & Thursday classes, until March)
- 15<sup>th</sup>-22<sup>th</sup> Lot-et-Garrone & Agen Week
- 20<sup>th</sup> Sakura FM program "*Genki Jirushi Kokusai Koryu*" began (3<sup>rd</sup> & 4<sup>th</sup> Saturdays, 11:30-11:50)
- 24<sup>th</sup>- *Fudebako*, a weekly class to help children of multicultural backgrounds with their school studies (Wednesdays until March)



### May

- 8<sup>th</sup>- *Fudebako*, a class to help children of multicultural backgrounds with their school studies began. Online classes on Wednesdays (until March)
- 9<sup>th</sup>- Dispatched volunteer teachers to Japanese classes organized by the city's Board of Education (once a week until March).  
*Nihongo Oshaberi Hiroba* (Japanese Language Chat Square for Foreigners) began. (Thursdays, 10:30-12:00 until July 11. Ten classes in total)
- 11<sup>th</sup> International Kids Club "Yoga for Children and Parents"  
NIA Challenge Café (Café Katsu)
- 12<sup>th</sup> *Hanaso, Manabo Nihongo* (Let's Speak and Learn Japanese for Living) course began. (Sundays, 10:00-11:30 until July 14. Ten classes in total)
- 13<sup>th</sup>- The first term of "Japanese Language Course for Foreigners" began.  
(Mondays, 18:30-20:00, until July 10, Ten classes in total)  
English conversation classes by native English speakers began (Introductory, Elementary, Intermediate and Kids courses). (30 classes on Mondays and Wednesdays)



### September

- 7<sup>th</sup> International Kids Club "Exercises for Children and Parents"
- 8<sup>th</sup> Free Consultation Service on Residential Status for Foreigners, *Hanaso, Manabo Nihongo* (Let's Speak and Learn Japanese for Living) course began. (until Nov 24)
- 13<sup>th</sup> Disaster Prevention Class for foreign students at Kwansei Gakuin University
- 19<sup>th</sup>- *Nihongo Oshaberi Hiroba* (Japanese Language Chat Square for Foreigners) began. (until Nov 21)
- 21<sup>st</sup> Chikyukko Club (Global Kids): "South Korea"
- 23<sup>rd</sup> NIA participated in "Nishinomiya Festival"
- 29<sup>th</sup> Cultural Exchange program: "Origami Experience"
- 30<sup>th</sup>- The second term of "Japanese Language Course for Foreigners" began. (until December 16)  
Introductory Chinese Conversation course began. (Mondays, 18:00-19:30, until Dec 16. Ten classes in total.)



### June

- 8<sup>th</sup> & 9<sup>th</sup> Homestay families accept foreign students (every weekend in June)
- 8<sup>th</sup> International Kids Club "Eurhythmics with Violins"
- 15<sup>th</sup> Cultural Exchange Program "What is the country of Bulgaria like?"
- Chikyukko Club (Global Kids): "Bhutan"
- 16<sup>th</sup> First Aid Workshop for Foreigners
- 29<sup>th</sup> Food Culture Exchange program "Turkish Dishes".

### July

- 7<sup>th</sup> Cultural Exchange program "Yukata Day"
- 20<sup>th</sup> Chikyukko Club (Global Kids): "Italy"
- 21<sup>st</sup> Free Consultation Service on Residential Status for Foreigners

### August

- 3<sup>rd</sup> & 4<sup>th</sup> NIA participated in the Takasu local Festival



# Nishinomiya City International Association Newsletter / *Fureai Tsushin*

## October

- 5<sup>th</sup> International Kids Club: "Halloween Party"
- 13<sup>th</sup> Chatting in Spanish Club: "Andalusia: Tradition, Culture, Charm."
- 21<sup>st</sup> Chikyukko Club (Global Kids): "Cyprus"
- 26<sup>th</sup> NIA participated in the 49<sup>th</sup> Nishinomiya Citizens' Festival



## December

- 7<sup>th</sup> International Kids Club: "Christmas party"
- First Aid Workshop for Foreigners



8<sup>th</sup> NIA Challenge Café (Café Katsu)



## November

- 1<sup>st</sup>-11<sup>th</sup> Londrina Week:
- 8<sup>th</sup> Enjoy in Portuguese
- 9<sup>th</sup> International Kids Club "Picnic"
- 9<sup>th</sup> & 10<sup>th</sup> Homestay families accept foreign students (every weekend in Nov)
- 10<sup>th</sup> Cultural Exchange program: "Japanese Flower Arrangement Experience"
- Food Culture Exchange program: "Turkish Cuisine"



- 16<sup>th</sup> Chikyukko Club (Global Kids): "China"
- 17<sup>th</sup> Free Consultation Service for Foreigners on legal and other issues
- 25<sup>th</sup>-Dec 2<sup>th</sup> Shaoxing Week with "Enjoy Chatting in Chinese" and special lectures

## February

- 8<sup>th</sup> The 29<sup>th</sup> International Exchange Day

## March

- 1<sup>st</sup> International Kids Club: "Let's enjoy beautiful sound of Koto"
- Lecture for International Understanding, "A Journey of Healing through Folk Music"
- 2<sup>th</sup> Disaster Prevention Class for Foreigners
- 15<sup>th</sup> Enjoy Chatting in Spanish "México Lindo y Querido (Beautiful and Beloved Mexico)"
- 16<sup>th</sup> Free Consultation Service on Residential Status for Foreigners

## 2025~

## January

- 18<sup>th</sup> Chikyukko Club (Global Kids) rehearsed for the 29<sup>th</sup> International Exchange Day, Food Culture Exchange program: "Setsubun Dishes"



- 19<sup>th</sup> Cultural Exchange program: "Kimono Day"
- 20<sup>th</sup> "Japanese Language Course for Foreigners" began.  
(Mondays, 18:30-20:00, until March 17, Eight classes in total)
- 25<sup>th</sup> International Kids Club: "Let's enjoy music with Robbin"
- 26<sup>th</sup> Free Consultation Service on Residential Status for Foreigners