

災害時多言語サポート 英語講座(一関) テキスト

October 29, 2022

INTRODUCTION

Quote

“While it is difficult to make a direct link between an individual extreme event and climate change, it is clear that we need to be prepared to face more intense and more frequent extreme hydro-meteorological events due to climate change.”

- Pascal Peduzzi, United Nations Environmental Programme (UNEP)

*hydro-meteorological: 水文気象学

Examples of hydro-meteorological events: flood, droughts, rain, etc.

Flood safety tips in different countries

- Notice what's common and what's unique to the country/region.

Better safe than sorry

- Based on an actual case from last year, learn to be prepared to take action and set an example for non-Japanese speakers.

PART I. Administrative Procedure

Objective: Understand how to explain administrative procedures to non-Japanese speakers

1. Types of administrative procedures

Procedures non-Japanese people may have to follow:

- Lost passport/residence card

Report loss at a police station, contact embassy for reissuing a passport

Contact the immigration office for reissuing a residence card

- Extending period of stay

Contact the immigration office for a visa extension

- Disaster victim certificate

Contact a local government office to obtain a disaster victim certificate

- Claiming insurance, pension

- Bank/money related matters

2. Administrative procedure – Example

遺族年金 - How would you explain this? Who can receive this?

年金請求書 – Practice together using an actual form (handout).

3. Administrative procedure - Practice

Exercise – pair work

- (1) Reissuing a bank book (handout)

Person A helps a non-Japanese speaker (Person B) fill out a form to reissue a bank book.

Switch roles

- (2) Disaster victim certificate (handout)

Person B helps a non-Japanese speaker (Person A) fill out a form to obtain a certificate.

PART II. Psychological First Aid

Objectives:

- Understand the psychological impact of disasters.
- Learn what Psychological First Aid is.
- Prepare to provide support to non-Japanese people experiencing disaster-related stress.

1. Psychological impact of a disaster

People may lose their homes or loved ones, be separated from family and community, or may witness violence, destruction, or death.

Everyone will experience the same event in different ways and have varying capacities to cope.

Common reactions

Behavior	Emotion	Physical
Isolation	Stress	Headaches
Violent behavior	Grief	Stomachaches
Disorientation	Irritability	Fatigue
Drug/alcohol	Anger	Difficulties sleeping/eating
Anxiety	Fear	Inability to accept
	Despair	Nightmares
	Feeling guilty	
	Numb	
	Disconnected	
	Overwhelmed	
	Confused	

2. What is Psychological First Aid? Why is it important for language supporters?

Psychological First Aid is a humane, supportive response to a person who is suffering and who may need support.

Psychological First aid is:

- Providing practical care and support
- Understanding needs and concerns
- Helping people with basic needs
- Listening to people without pressuring them to talk
- Comforting people and helping them to feel calm
- Connecting people to information, services, and social support
- Protecting people from further harm

3. Action principles of Psychological First Aid

LOOK

- Check for immediate safety.

- Check for people with obvious urgent basic needs.
- Check for people with serious distress reactions.

LISTEN

- Approach people who may need support.
- Ask about people's needs and concerns.
- Listen to people, and help them to feel calm.

LINK

- Help people address basic needs and access services.
- Help people cope with problems.
- Give information.
- Connect people with loved ones and social support.

4. Help responsibly

- (1) Respect safety, dignity, and rights.
- (2) Adapt what you do to take account of the person's culture.
- (3) Be aware of other emergency response measures.
- (4) Look after yourself.

5. Prepare to support

People who have been through a crisis event may be very upset, anxious, or confused.

Tips for communication

Do say/do:	Don't say/do:
<p>“It’s normal to feel this way.”</p> <p>“I’m so sorry. I can imagine this is very sad for you.”</p> <p>“I’m here to help you if I can.”</p> <p>“Can we talk about what happened?”</p> <p>-Respect privacy and keep the person's story confidential.</p> <p>-Be patient and calm.</p> <p>-Be honest about what you know and don't know. “I don’t know, but I will try to find out about that for you.”</p> <p>-Allow for silence.</p>	<p>“It’s God’s will.”</p> <p>“Don’t cry, cheer up.”</p> <p>“I know what it is like.”</p> <p>“You shouldn’t feel so bad.”</p> <p>-Don’t pressure someone to tell their story.</p> <p>-Don’t interrupt or rush someone’s story.</p> <p>-Don’t act as if you must solve all the person’s problems for them. (Help them connect to services related to their needs)</p>

Practice!

Roleplay #1

There was a strong earthquake and a tsunami warning was issued. You are at an evacuation center as a language supporter. Suddenly, another earthquake hit the area and caused a blackout. It's getting dark. You notice one of the evacuees, Nina from Pakistan is wandering around the hall and shaking. Calm her and offer help while paying attention to her background (Muslim, woman, etc.)

Roleplay #2

There was a fire at a college dormitory. Two students were killed and one of those victims was Bill's roommate. Bill managed to escape but his roommate couldn't.

You see Bill in the corner of a room crying. Calm and comfort him.

A few minutes into the conversation, Bill tells you "I can't take all this anymore. I just want to die."

What is your next step?

PART III. Practice

Objective: Understand feelings of a person under stress after a natural disaster and learn to listen to them by playing their roles.

See handouts (roleplay)

- Work in pairs.
- One is a survivor and the other is a supporter.
- Follow the example conversation and try to imagine their feelings.
- Switch roles.