地域の一員として

As a member of the community

　｢自助・共助・公助｣という言葉を聞いたことがありますか。災害への備えを考えるとき、よく使われる言葉です。

Have you ever heard the words ‘self-help’, ‘mutual aid’ or ‘public assistance’? These are words often used when thinking about preparing for disasters.

自助とは：災害が発生したとき、まず自分地震の身の安全を守ること。共助とは：地域やコミュニティといった周囲の人たちが協力して助け合うこと　公助とは：市町村や消防、県や警察、自衛隊といった公的機関による救助・援助のことを言います。私は，学校で防災学習を始めるまでこれらがどんな意味なのか、このような言葉があることさえわかりませんした。

What do these words mean? Well, ‘self-help’ is protecting and keeping yourself safe. ‘Mutual aid’ is when the people and community around ourselves work together to help each other. ‘Public assistance’ on the other hand; is when people are assisted and helped by the city and government, such as through the fire department, police, and the Self-Defense Force. I did not understand what these words meant before I started learning about disaster prevention at school.

　私が幼い頃に住んでいた街は東日本大震災の脅威にさらされました。特に大津波による二次災害の被害は深刻なものでした。しかしまだ幼かった私には，当時の記憶が全くといっていいほど残っていません。しかしながら近年、地震だけでなくゲリラ豪雨や土砂崩れなどの自然災害が毎年のように日本各地を襲っています。私の住む大河原町も例外なく，様々な災害により大きなダメージを受けてきました。

When I was little, the city where I lived was threatened by the Great East Japan Earthquake. The tsunami that followed caused extremely serious damage. However, I was still really young then and have almost no memories of that time. But in the following years, all over Japan there have been not only earthquakes but other numerous natural disasters such as guerrilla rainstorms and landslides. Even in Ogawara, the town where I now live, has been severely damaged by various natural disasters.

　私の学校では，二年前から｢防災学習｣に力を入れてきました。地区毎に避難場所を確認したり、防災マップを作成したり、地域のために中学生の私たちができる活動を行ってきました。これらの活動を通して，地域危険箇所の理解や地域の人たちとつながることの大切さに気付くことができました。同時に、わたし自身が知る地域の情報がいかに少なく狭い範囲の情報であるか，思い知らされました。もっと地域について知りたい

For the last two years I have been focusing on “disaster prevention learning” at my school. Together with my schoolmates, we have been conducting various activities that are possible for junior high school students, such as checking evacuation sites and creating disaster prevention maps. From these activities I have come to realize the importance of connecting with local people, and also understanding where the local danger points are. At the same time, it made me realize how little and narrow the information I know about my area is.

もっと地域の役に立ちたい。そういう衝動に駆られ，まずは自分の住む街を歩いてみることにしました。そこには壊れかけたブロック塀があったり，狭く見通しの悪い道があったり、白石川の河川敷には、川が氾濫したら危険だと思われるところがあったり。私が知らなかった危険箇所をたくさん見つけることが出来ました。改めて，私の町の防災への知識の浅さに気付くとともに，もっと地域について知りたい、地域防災のための活動に携わりたい。そんな気持が芽生えてきました。｢プロジェクトMAS｣ への加入を決めたのも、そんな気持ちからでした。

I want to know more about my area and I want to be of more help to the community. Driven by this urge, I decided to first walk around the city where I live. I discovered there are many places with problems and dangers that I previously did not know about. There are broken block walls, narrow roads with poor visibility, and there are places that are considered dangerous if Shiroishi River overflows. As I once again noticed my lack of knowledge about disaster prevention for my city, I felt I wanted to know more about this area. I wanted to be more involved in activities for regional disaster prevention. This motivated me to join “Project MAS”.

プロジェクトMASとは，防災に関する更に専門的な知識を身に付け、実際に学校が避難所になった場合の避難所開設等のノーハウについて学ぶ生徒が組織する有志団体です。体育館に何十張ものテントを設営したり，これまで避難所開設を想定し、訓練してきました。今後、実際に町民の方に参加していただいて実際の訓練を行う予定です。それらの訓練を重ねることで見えてくる課題や新しい発見など、さらにレベルアップできるよう努力していきたいと思います。これまでMASで学んだことは私にとって新鮮で，とてもやりがいのある活動でした。しかしながら、私の『防』に関する活動はまだ始まったばかりです。

Project MAS is a volunteer organization that is run by students who wish to acquire more specialized knowledge about disaster prevention, as well as learn about how to open and operate a school to become a shelter in the case of a disaster. Under the assumption that the school will be able to be opened in the case of a disaster, we have done drills such as setting up dozens of tents in the gymnasium. From now on we also plan to invite townspeople to participate in the training, too. By repeating these training drills, I would like to make further efforts to improve and fix any issues that are discovered. The things I have learned from participating in Project MAS have been both eye-opening and rewarding for me. However, I feel my "defense" activities are only just beginning.

　私は，これからもMASの活動を通して様々な知識を身に付けていきたいと思います。そして、危険箇所の情報交換や避難所開設訓練などを通して，家族や友人、地域の人たちなど一人でも多くの人に学んできたことを伝えていきたいと思います。それが地域の一員としての私の使命だと思うからです。「共助」できる社会を目指して、将来の大河原町のために頑張っていきたいと思います。

I wish to continue to acquire and hone various knowledge through the activities of Project MAS. Through information exchanges about dangerous areas and evacuation shelter training I also wish to convey everything I have learned to as many people as possible, including friends, family, and local people. That is my mission as a member of this community. I will continue to do my best for the future of Ogawara, with the aim of having a society where we can provide "mutual aid".