

○津波の後から、体調が悪い。元気が出ない。海の仕事(アワビなどの養殖)を毎日していたときは、元気だったのに。津波で全てが流された。

(8月29日 陸前高田・仮設 70代 男性)

I have not been feeling very well after the tsunami. I feel down. When I was working at sea, such as for abalone fishery, I used to

feel more energetic. But everything was literally washed away by the tsunami. (A man in his 70s, temporary housing in Rikuzentakata, Aug 29, 2011)

○自律神経を患っているから、足湯がいいって聞いてきた。子供が2人いるからゆっくりお風呂にも入れない。また来ます。

(8月29日 山元・仮設 30代 女性)

As I heard that the footbath is good for autonomic ataxia, I came here. I have two children so I cannot even take time for a nice long bath. I will be back again (for this footbath). (A woman in her 30s, temporary housing in Yamamoto, Aug 29, 2011)

○心臓が悪くなると体のあちこちがダメになる。30分運転してるだけで目がかすむようになった。今は家でテレビみでゴロゴロしてる。

(8月30日 陸前高田・仮設 70代 男性)

Because of my heart problem, I have aches and pains all over. My vision has also weakened such that it becomes blurry just after 30 minutes of driving. Nowadays, I hang around the house watching TV all the time. (A man in 70s, temporary housing in Rikuzentakata, Aug30, 2011)

○津波で先祖の墓が流されちゃったからねえ。ご先祖に申し訳ないねえ。

(9月2日 山元・仮設 60代 女性)

My family tomb was washed away by the tsunami. I'm sorry for my ancestors.

(A woman in her 60's, temporary housing in Yamamoto, Sep 2, 2011)

○お父さん(夫)がね、津波で死んだの。だからねー、なかなか寝れないね、10時ごろに寝るんだけど、夜中に何回も起きちゃって。

(9月2日 山元・仮設 70代 女性)

My husband died in the tsunami. So it's hard to sleep. I usually go to bed around 10 o'clock, but I wake up several times during the night.

(A woman in her 70s, temporary housing in Yamamoto, Sep 2, 2011)

○津波が来ても何も思わなかったなあ。葬儀とかいったって、涙は出てこねえもんだ。後になってから分かって来るけどね。私なんかは波見て逃げたから、おつかねえもんだ。(9月2日 山元・仮設 70代 女性)

I didn't feel anything during or after the tsunami. Even going to funerals didn't make me cry. Of course, I have some realizations later. I barely ran away from the tsunami when I saw the waves. How frightful. (A woman in her 70s, temporary housing in Yamamoto Sep 2, 2011)

(震災の時)6ヶ月の時だったですけど、逃げなきゃ！逃げなきゃ流される！って走った。あ、走れるんだって思った。母乳で(育ててる)ですけど、出ています。着る物とか貰うんですけど、入れるところがなくて。引き出し一杯で聞けるのも大変。冬になったらどうしよう。

(9月13日 陸前高田・仮設 20代 女性)

I was 6 months pregnant at the time of the earthquake and tsunami. I had to escape otherwise I would be swept away. That thought enabled me to run. I am now breastfeeding my baby without a problem. I receive a lot of clothes but I don't have space to put them away. The drawers are full of clothes already and are even difficult to open. When winter comes what should I do? (A woman in her 20s temporary housing in Rikuzentakata, Sep 13, 2011)

・今日は朝から家で休んでいた。MAIYAがすぐ近くにあるので便利。暖房はエアコンがついているが、あんなもの使っていたら電気代が高くなる。

(9月14日 陸前高田・仮設 70代 男性)

I have been resting at home all morning. There is a supermarket nearby so it is convenient. I could use the air conditioner to heat my room, but it would increase my electricity bill.

(A man in his 70s, temporary housing in Rikuzentakata, Sep 14, 2011)

・今日は寒かったなあ。最近は朝起きるのが辛くて。ビッグパレットに居た時は、コンクリートの上で寝かされていたから、腰が痛くて痛くて。でも仮設に来てからは、布団も貰ったから大丈夫。週に1回野菜売りに来るから助かってんだ。

(9月25日 郡山・仮設 60代 女性)

It was really cold today. Recently, it is difficult to wake up in the morning. When I was staying at the Big Pallet evacuation center, I had to sleep on the concrete floor so my lower back was very painful. But since I moved into this temporary housing unit, I got a futon mattress so I'm OK now. Once a week, they come to sell vegetables here, too, which is very helpful.

(A woman in her 60s, temporary housing in Koriyama, Sep 25, 2011)

もう冬だね、東北の冬は厳しいからね、仮設で冬を越すのは不安。2年かあ……。歩くとね、ぴしぴしいうのよ。笑っていないとねダメだよ。「じめじめしてもね、しょうがないよ。乗ってくれるとね、楽しくてどんどん話はずむのよ。楽しいよね。だから、笑ってね。

(9月5日 陸前高田・仮設 70代 女性)

Winter has already come. Since it gets very cold in this Tohoku region, I am worried about spending winter in temporary housing. To think that I have to spend at least two years here... The ground freezes here, so when you walk, it makes a sound. But we should keep smiling. It is no use being depressed. I love to talk when people are very responsive. It is fun, isn't it? So, please smile and engage with me.

(A woman in her 70s, temporary housing in Rikuzentakata, Sep 5, 2011)

・富岡に住んでいたんだよ～。ビッグパレットと、矢吹のホテルにもいたんだ。7月30日にここに来たんだ。富岡と比べると住みづらいねえ。夏は暑いし、冬は雪が降るみたいだしね。こういうところに来て、若い人と話すのもいいね。男性はなかなか話にくいけど、女性だったらいろいろ話せるからねえ～。今日はイベントやってたんだね。広告もらったかもしんないけど、忘れてたよ。

(9月1日 郡山・仮設 70代 女性)

I have lived in Tomioka. I have also stayed in the Big Palette evacuation center and in a hotel in Yabuki. I moved here on July 30. Compared with the life in Tomioka, it is uncomfortable for me to live here. It is hot in summer, and they say it snows in winter. It's nice to come here and talk with young people. It is hard for me to speak to men, but I can talk about various things with women. So there was an event here today, wasn't there? I might have received a flyer about that event, but I had forgotten about it.

(A woman in her 70s, a temporary housing in Koriyama, Sep 1,2011)

・地形の関係で日が当たらない場所、夏は涼しくすごしやすかったけど、冬が寒そうで心配。不便な場所だね、近くに店がないし、買い物は車で気仙沼まで行ってるよ。移動販売者も来るけど高いから魚しか買ってないよ。

(9月13日 陸前高田・仮設 70代 女性)

We get little sunlight here due to the landform, so it is cool and comfortable in summer, but I am worried it might be cold in winter. This is an inconvenient place because there are no shops nearby and I have to go shopping all the way in Kesennuma by car. Though grocery vans come here, I buy only fish from them because their other goods are expensive.

(A woman in her 70s, temporary housing in Rikuzentakata, Sep13,2011)

魚よりこっちがいい。今は1人で住んでる。お風呂が好きで、1人で長湯する。あの日は寒かった。今年の冬は初めてだから、寒いかどうかねえ。

(8月3日 陸前高田・仮設 60代 女性)

I prefer getting this foot bath service to getting free fish. Now I am living alone. I like hot baths, so I enjoy taking a long bath. It was very cold that day when the earthquake hit us. I wonder whether this winter, my first winter since the quake, will be cold.

(A woman in her 60s, temporary housing in Rikuzentakata, Aug 3, 2011)

・体育館で体操してきて、楽しかった。運動不足になるから今日はたくさん運動して足湯につかってよかった。夏服はいっぱいあるんだけど冬服がないんだよね。

(8月8日 岩沼・仮設 60代 女性)

I enjoyed the exercise in the gym. I had a lot of physical exercise today to try to compensate for a lack of exercise. It felt good to soak my legs in a hot bath afterward. I have many summer clothes, but I need more clothes for the winter.

(A woman in her 60s, temporary housing in Iwanuma, Aug 8, 2011)

・今日はいいい天気いいよ。この辺りの天気はこんなものでだいたいがからっとしている。冬は雪が降り、道路は凍結する。この辺りは西風の通り道なので、それが「西風(ならい)道」という地名の由来と言われている。
(8月29日 陸前高田・仮設 70代 男性)

It's nice that the weather is so good today. The weather here is generally dry as it is today. However, in winter we have much snow and the roads freeze over. A west wind flows through this area, so it is said that this area was named after it - *Narai* (west wind) *michi* (passage, or road).

(A man in his 70s, temporary housing in Rikuzentakata, Aug29,2011)