

○娘には気を遣うし。いろんな行事があるとこ連れてってもらったけど、やっぱ友達がい
ないとつまらないよ。だから友達がいる所に行きたい。(6月26日女性 80代 郡山)

I'm always trying not to bother my daughter too much. I was taken to many places to join various
events, but I could not enjoy myself without my friends. So I would like to go where my friends are.
(Woman in her 80s, Koriyama, June 26, 2011)

○俺はもう年だけど、俺にも夢がある。ある町に行って米を作ることだ。もう富岡には戻
れないかもしれないから、その町で米農家を続けたい。(6月26日男性 60代 郡山)

Though I've already gotten old, I still have a dream. I would like to move to a certain town and grow
rice there. Since I may never be able to come back to Tomioka, I would like to continue growing rice
in that town. (Man in his 60s, Koriyama, June 26, 2011)

○娘は原発事故で避難、失業し、家のローンが27年残っている。建てて3年しか経ってい
なかった。(7月2日 男性 60代郡山)

Because of the accident at the nuclear power plant, my daughter had to evacuate and lost her job.
She has 27 years of payment left on her housing loan. It had been only three years since the house
was completed. (Man in his 60s, Koriyama, July 2, 2011)

○仮設住宅はまだ決まらないんだー。申込みの書き方もよくわからなくて75歳過ぎたもん
だから入れると思ったっけー。(7月2日 男性 70代 郡山)

I don't have a place in temporary housing yet. I don't even know how to fill in the application form.
I had been assuming people over 75, like me, would be given housing automatically. (Man in his 70s,
Koriyama, July 2, 2011)

○息子、孫が東電に行っていて心配。(7月3日 女性 70代 いわき)

I am anxious about my son and grandson who are working at TEPCO. (Woman in her 70s, Iwaki,
July 3, 2011)

○仮設いても会話ないし、だからこうやってこっち(ビッグパレット)来てみんなと色々
話してる。(7月3日 男性 60代 郡山)

I don't have a chance to talk to anyone at my temporary housing unit, so I come here [to the
evacuation centre at the Big Palette] to talk about various topics with others. (Man in her 60s,
Koriyama, July 3, 2011)

○娘が2人 いるんだ。この震災でみんなバラバラになってしまったことがとてもつらい。
近くにいれば安心するけど...。(7月3日 男性 30代 郡山)

I have two daughters. It is very hard for me that my family has to live separately because of this disaster. At least if they lived near me, I would be at ease. (Man in his 30s, Koriyama, July 2, 2011)

○手芸など、趣味の事がやりたい。糸や布がほしい。(気仙沼避難所 60代 女性)

I wish I can do my hobby. I want yarns and fabrics for handicraft.

(Woman in Kesenuma 60's)

○スキーが趣味で、競技の指導員をやっていた。スキーや社交ダンスをしたいけど、辛い思いをしている人のことを考えると、不謹慎だと思ってしまう。(気仙沼避難所 60代 女性)

My hobby is skiing and I used to be an instructor of competitive skiing. I want to do things like skiing and ballroom dancing, but I feel that's inappropriate when I think about the people who are still suffering from the earthquake. (Woman in Kesenuma Shelter 60's)

○花が好きで以前華道もしていたときあったな。趣味があるっていいな。(いわき避難所 年齢不明 女性)

I love flowers. I used to do flower arrangement. It was nice to be able to enjoy my hobby. (Women in Iwaki Shelter, age uncertain)

○農作業も出来なくて暇だあー。色んな人が来てくれて感謝してるよ。(陸前高田仮設 年齢性別不明)

I cannot do farm work so I feel bored. I am grateful to all kinds of people who visit me here.

(Rikzentakada Shelter, age and sex uncertain)

○仮設はなんでもそろってる。新品。あとは車だ。置いてきちゃったから。一時帰宅したときちゃんとかかったから大丈夫だと思うんだ。(6月25日 男性 50代 いわき)

The temporary housing is equipped with everything, all brand new, too. Now what I need is a car. I had to leave it at home [when I evacuated]. When I was allowed to go home for a short visit, I checked the car and the engine started, so I think it still works. (Man in his 50s, June 25th 2011, Iwaki)

○家にどろぼうが入ってるのが多いみたい。地元のものが食べられないのが切ない。畑と田んぼやってたんだけど、機会の中にお米しまっていて。それも持って来て食べちゃダメなんだって。作ってあるのにね。うちの米が一番おいしいのにね。買って食べなきゃいけないのが悔しい。あと何年、作物を家で作れないんだろう。いつまで続くのかね。せめて見通しがつけばね。(6月25日女性 70代 いわき)

There seem to be burglars entering our homes [which we had to evacuate]. I am so sad that I cannot eat locally grown food. I was growing vegetables and rice. I had some rice stored in one of the machines, but they say we should not eat it, even though it'd already been harvested. The rice you grow yourself is the most delicious. It is frustrating that I have to buy rice to eat. I wonder how many more years it will take till I can grow crops myself. I wonder how long this will last. At least if I could see the light at the end of the tunnel. (Woman in 70s, June 25th 2011, Iwaki)

○人生すべて一からで、これからが一番大切だから。毎日ボランティアの方がきてくださり、気がまぎれて楽しい。(6月25日 女性 80代 いわき)

It will be a very critical time for us from now on, as we must start everything from scratch. It's very nice to have the volunteers come here every day as they provide a pleasant distraction. (Man in 70s, 25th June 2011, Iwaki)

○国の許可がないと住んでた町にも家にも帰れねえんだよ。(6月25日 男性 70代 いわき)

I cannot even go back to my own town or home where I used to live without permission from the national government. (Man in his 70s, 25th June 2011, Iwaki)

○東京にいたんだけど、だめね。2週間が限度だった。耐えられなくて。東京に行っても情報が全くないから。一時帰宅したら何も盗られてなかった。でも泥棒がひどくて。楢葉のまわりの富岡とかでも泥棒がひどくて。(6月12日女性 60代 いわき)

After the earthquake I stayed in Tokyo only for two weeks that I could put up with that life because, in Tokyo, I couldn't get any information I wanted. When I was allowed to go home briefly, I was relieved to find that nothing had been stolen even though there had been so many thefts around Naraha and Tomioka.(Woman in her 60s, Iwaki, June 12, 2011)

○内郷に遊びに行くの。ここにずっといたらよくないっぺ。27分のバスで。車は置いてきちゃったからね。(6月12日 女性 60代 いわき)

I am about to go to Uchigo for fun. I don't think it's good for me to stay here all the time. I'm getting on a bus that leaves at 27 minutes past the hour. I had to leave my car behind when I evacuated, you see. (Woman in her 60s, Iwaki, June 12, 2011)

○おれは1回東電に行って話してきたんだ。ここにいる人たちはストレスがたまっぺ。(6月12日 男性 40代 郡山)

I went to TEPCO once to talk to them directly. I couldn't help myself. Each and every one of us in the temporary housing is really stressed out. (Man in her 40s, Koriyama, June 12, 2011)

○向こうでは原発関係の仕事をしていたよ。今は仕事を探しているけど、なかなかないね。
(6月12日 男性 50代 郡山)

I worked at the nuclear power plant when I lived there. I've been looking for jobs here but they are not easy to come by. (Man in his 50s, Koriyama , June 12, 2011)

○富岡から避難してきて、両親の兄弟が千葉とか埼玉に住んでるんだけど、電車の乗り換えとか怖いから、そっちの方には住めないんだ。(6月12日 男性 50代 郡山)

I evacuated from Tomioka. My uncles are living in Chiba and Saitama [prefectures in the Kanto area, away from the disaster-affected region] but I am not used to the complicated train system in those cities. I am afraid of having to make train transfers and such, so I cannot live over there. (Man in his 50s, Koriyama , June 12, 2011)

○牛(食用)飼ってたんだけどみんな逃がしてきたよ。殺せないべ？(6月12日 男性 60代 郡山)

I used to raise cattle but I set all of them free. I couldn't just kill them for nothing, right? (Man in his 60s, Koriyama , June 12, 2011)

○一時帰宅で疲れちゃったよ。防護服に帽子に、暑くて暑くて。車しか取りに行けなかったんだよ。車に荷物載せとけばよかったよな。(6月25日 男性 50代 いわき)

I am exhausted from making the temporary visit back home, which was permitted. It was extremely hot from wearing the [required] protective gear and hat. I could only bring my car back. I wish I had loaded the car with my things. (Man in his 50s, Iwaki, June 25, 2011)

○電気代節約してるんだよー。畑とか花いじりとかすることが無くて暇だよ。隣の人見たこと無いんだよー。誰が住んでるか分からないよ。(陸前高田市仮設 年齢性別不明)

I'm trying to save on my electricity cost. I have too much spare time because I don't have my vegetables or flowers to tend to. I've never seen my next door neighbor, you know? I don't know who lives there. (Age & sex unknown, Rikuzen-Takata)

○看護の仕事長くやっていたの。一人ではぼーとする時間ができるのと、すぐフラッシュバックしちゃって。そのうちノイローゼになっちゃうんじゃないかってくらい…。だからこういうの(足湯)はいいわね。私、田んぼをやったり、習い事、先生、色々やっていたから、急に一日中暇になっちゃって、ほんとにねー。新聞端から端まで読んじやったりして。(石巻市避難所 60代 女性)

I've worked a long time as a nurse. When I'm alone and have nothing to do, I have a lot of flashbacks. I'm afraid I might have a nervous breakdown. So, this is nice [referring to the foot bath].

I used to keep myself busy with things like taking care of my rice paddy, taking classes, teaching, etc. But suddenly I have nothing to do all day. I even read all the pages of the newspaper. (Women in her 60s, Evacuation center in Ishinomaki)

第9号買い物に関するつぶやき

○買い物は移動販売があるし、車で送迎してもらうから。バスは使いづらいのよ。本数も場所もわからないから。(陸前高田市仮設 60代 女性)

There's a grocery truck that comes around and I also have someone to give me a ride to go shopping. I don't use the public bus service [provided after the disaster] because it's inconvenient. I don't know its schedule or where it stops. (Women in her 60s, Temporary housing in Rikuzen-Takata)

○自動車もなくなってしまったので、買い物は車のある人の乗せてってもらうのよ。週2回くらい買い物に行けるかしら。(陸前高田市仮設 80代 女性)

As I lost my car, someone who has a car gives me a ride to go shopping for daily necessities. I'm able to go shopping about twice a week. (Women in her 80s, Temporary housing in Rikuzen-Takata)

○日本舞踊が趣味だったけど、着物もテープも全部流されちゃったの。最近、きれいな浴衣を貰ったけど、ヒモがなくて着れないのよ。残念。(陸前高田仮設 80代 女性)

My hobby was classical Japanese dance. But all my kimonos and cassette tapes were swept away by the tsunami. Recently, I received a beautiful *yukata* [a light summer kimono made of cotton], but I can't wear it because I don't have a sash for it. What a pity! (Woman in her 80s, Temporary house in Rikuzentakata)

○仮設 は暑くて窓を全部開けて風を通してている。家も畑も流されちゃったから、畑いじりたくてもいじれない。趣味が無いから困っちゃう。(陸前高田仮設 80代 女性)

It's hot in the temporary housing unit, so I keep all windows open to let in air. My house and fields were swept away by the tsunami, so even though I want to work in the field as I did before, I can't. I don't know what to do because I have no hobby. (Woman in her 80s, Temporary house in Rikuzentakata)

○ネコ 50匹飼ってるんだー 趣味はねえ。いつもぼけーとしてるんだ。(郡山避難所 70代 男性)

I have 50 cats. I don't have any hobby. I always spend time doing nothing. (Man in her 70s, Shelter in Koriyama)

○趣味はなくて、仕事ばかりしていたんだ。色々な仕事をしていて、楽しかった仕事は特になかったな。(いわき避難所 年齢不明 男性)

I didn't have any hobby. All I did was work. I had various jobs, but none of them were particularly enjoyable. (Man, unknown age , Shelter in Iwaki)