

○(役所の方)徳島から来ました。10日のサイクルで交代で来ている。東北は初めて。(他の徳島の市役所の方と高1の男の子と談笑)この避難所はみんなが温かく迎え入れてくれるのでまた来たいと思っている。ここに泊まらせてもらいたい松島の宿泊先に行ったりしている。(5月28日石巻市 30代 男性)

I'm a civil servant from Tokushima. I come here on 10-day rotations. It's my first visit to the Tohoku area. People here at the evacuation center welcome us warmly, so I want to come back again. I usually stay here or go back to my accommodation in Matsushima. (Man in his 30s, Ishinomaki, May 28th, 2011)

○鳥取から支援のため16時間かけて、バスで来ました。24時間体制で避難所に寝泊まりしています。お風呂も2日に1日くらいしか入れない。この炊き出しの食事、量が多いでしょう？足湯は初めてで、全身が温かくなってきて眠くなってきた。(5月28日石巻市 40代 女性)

I came from Tottori to volunteer. It took 16 hours by bus. I stay at this evacuation center to be able to provide support for 24 hours a day. I can take a bath only every other day. But the quantity of the meal service here is a lot, isn't it? It's my first time receiving this *ashiyu* (foot bath) service. It's making my whole body warm, and making me sleepy. (Woman in her 40s, Ishinomaki, May 28th, 2011)

○いつもここ(避難所)で人の世話ばかりだから、こういうのやってもらえるのうれしいですよ。子供たちがミサンガくれたから、腕につけてるんだよ。最近あったかくなってよかった。(6月3日気仙沼市 30代 男性)

I'm always looking after other people here, so I'm happy to receive a service like this for a change. I am wearing this misanga, which the children gave me. I am happy that it is getting warmer these days. (Man in his 30s, Kesenuma, June 3rd, 2011)

○(近くに住む被災者ボランティア)中で引きこもってる人が多いから、各地から来られているボランティアの方々ともっとふれあって欲しいわー。声はかけているんだけど、きっかけがないとなかなか大変よね。(6月3日石巻市 年齢不明 女性)

Many people stay in their homes and are socially withdrawn. I want them to have more contact with the volunteers coming from various areas. I try to get them to come out, but it's difficult to do without a clear reason or opportunity. (Woman age unknown, Ishinomaki, June 3, 2011)

○(石巻の支援団体スタッフ)女川第2小で、絵本の図書館(5000冊)を作ったんです。よかったら見に行ってください。心のケアに大人の方にも絵本を読んでもらいたいと思っています。(6月4日女川 60代 男性)

We built a library that holds five thousand children's books at Onagawa second elementary school. Please visit there to see them, if you can. I want not only children but also adults to see these picture books for their psychological care and healing. (Man in his 60s, Onagawa, June 4, 2011)

○私は韓国からのボランティアなのにやってもらっていいのか？日本では足湯はいつからあるのか。足湯もなかなかいいですね！(6月5日 気仙沼市 50代)

Is it okay that I receive such a service even though I am a volunteer from Korea? When did *ashiyu* (footbath) start in Japan? This is quite nice! (Person in his/her 50s, Kesenuma, June 5, 2011)

○東京からボランティアで来たよ。足湯初めてだけど気持ちいいですね。マッサージの仕事をした後だから、特にいいですね。(6月15日 石巻市 20代 男性)

I've come from Tokyo to work as a volunteer. This is the first time for me to receive *ashiyu*, and it feels very nice. It feels especially good since I just finished giving other people massages. (Man in his 20s, Ishinomaki, June 15, 2011)

○ボランティアなんだけどねーありがとうございます。気仙沼の、ちょっと高台の方に家があってね、無事だった。やることないんでねー。1,2ヶ月は、避難所の面倒見てたんだけどね。えらいですね、東京から、学生さん。ありがとうございました。(6月26日 気仙沼市 70代 男性)

I am a volunteer. Thank you for this *ashiyu* service. My house is located on a hill in Kesenuma, so it was safe. But I have nothing to do now. I was helping out at an

evacuation shelter for one or two months, but not anymore. You come from Tokyo? A student? I'm impressed. Thank you for coming. (Man in his 70s, Kesenuma, June 26, 2011)

○(介護ボランティアの方)これ見た目より気持ちいいね～。(7月8日 気仙沼市 30代 男性)

This feels a lot better than it looks! (Man in his 30s, Kesenuma, July 8, 2011)

○避難しながら、Bホールの喫茶ボランティアしてんだ。今日アロママッサージの人来てて気持ちいいんだ。雨は嫌でね。地震で屋根が崩れて雨漏りするようになっちゃって。雨が降るたび、今日も雨漏りしてるのかと思ってるんだよ。アパート借りてね。もうすぐビッグパレットから出ていくんだ。(7月9日郡山市 年齢不明 女性)

I'm an evacuee myself, but I am volunteering at a café in Hall B. Today an aroma massage therapist came and gave us a massage. It felt good. I hate rain, though. The roof has been damaged by the earthquake and now it leaks when it rains. Every time it rains, I worry about the roof leaking again. But I rented an apartment. So I will leave this evacuation center soon. (Woman age unknown, Koriyama, July 9, 2011)

○(「こういうボランティアに来るタイミングって難しいですね」という私に)でも僕来てわかったのは、好きなタイミングで行った方がいいなって。行きたくても行けない時が多すぎる。職場からこういうボランティアに送っていただけるのはありがたい。(7月15日 気仙沼市 30代 男性)

(In response to the question, “To find a good time to come for this kind of volunteering is difficult, isn't it?”) But I have found out that you had better go when you can. Most of the time, you just can't go when you want to. I appreciate that my company allows us to go on leave for volunteer activities. (Man in his 30s, Kesenuma, July 15, 2011)

○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 is no store in my neighbourhood. My motorcycle was swept away by the tsunami. Now, I go shopping by bike or my daughter takes me to some stores. (Woman in her 80s, temporary housing at Yamamoto)

○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)

I lost my car in the tsunami, too, so I have to be given a ride by somebody who owns a car to go shopping. I can go shopping about twice a week that way. (Woman in her 80s, temporary housing at Rikuzentakata)

○買い物に行って帰ったところ。買い物は大船渡まで行かないと欲しい物が買えないから不便だ。8月上旬に近くにスーパーができるから助かる。(陸前高田市仮設 70代 男性)

I went shopping and have just come home. I have to go shopping to Ofunato because I can't get anything I want in my neighbourhood. It's inconvenient. Thankfully, a new supermarket is going to open nearby at the beginning of August. (Man in his 70s, temporary housing at Rikuzentakata)

○車が5台あったけど、5台とも流されちゃった。長男が一台くれたので、買い物は今はそれを使っている。30分かかる。(陸前高田市仮設 60代 女性)

I had five cars, but they were all swept away by the tsunami. My son gave me a car, so now I can use that to go shopping. It still takes me thirty minutes to get to the shops, though. (Woman in her 60s, temporary housing at Rikuzentakata)

○バスは本数が少ないし、時間が分からないから使わないよ。(陸前高田市仮設 80代 女性)

I don't take a bus because the service is limited and I don't know the time schedule. (Woman in her 80s, temporary housing at Rikuzentakata)