南三陸在住、台北出身の佐藤金枝さん

有關南三陸的受災狀況以及復興的種種措 施,是由居住在南三陸的佐藤金枝女士擔 任說明。金枝女士出生於台北。留學時來 到仙台之後有緣嫁到南三陸。同學們也都 認真傾聽著金枝女士的講義說明。

Ms. Kanae Sato gives lectures on measures being taken for reconstruction of Minamisanriku. Kanae came from Taipei to study in Sendai, and later she got married and now lives in Minamisanriku





musummunu



things. I admired their spirit.

to convey my ideas freely to you



剛進到南三陸時因為有很多山覺得這裡是龍貓住的地方, anime character, would live. But when I entered central Minamisanriku, there were many 旦進入市區後, 卻看見很多挖土機, 才感覺到原來受災的情 dump trucks, cranes, etc. I understood how terrible the disaster was for the first time. I 況是這麼嚴重。但是這裡的每個人都抱著趕快重建家園的心 knew all the people here wanted to recover as early as possible and was very moved. 情,讓我非常感動。也覺得日本可以在這麼短的時間內做的 Moreover, the stricken areas in Japan were able to recover so quickly, I felt that they were singular in their aim to recover. I felt really sad that people in Taiwan quarrel over trifling 這麼好,每個人都很團結,想想之前在學校都會因為小事吵

架而覺得難過,很佩服大家的精神。 There was so much food in Minamisanriku, and I wish I had a large stomach. Although it 真的很後悔我的胃沒有很大,真的很好吃。雖然有點冷,但 was a little cold, I was impressed because the bedding had already been prepared. When I 是看到被子都已經鋪好,心裡很感動。希望能把日文學好, go back to Taiwan, I will study Japanese and when I meet you again I would like to be able 下次再見的時候可以很暢快地用日文告訴大家我的感受。

For me, Minamisanriku is a special and beautiful place. It was wonderful that the environment was so beautifully maintained. The toilets are beautiful and really wonderful.

I was really glad to have become acquainted with my host father and mother. Moreover, I had the pleasant experience of drinking powdered green tea at school. I don't want to leave here.

I was treated like a member of the host family, I was told how to make Japanese-style dishes, and there was so much food that I could not eat everything. It was really a pleasant experience.

く「民泊体験」を行っています。

らしを、家族の一員となって、それぞれ

家事や仕事を手伝いながら、見ず知ら

南三陸町の民泊体験学習

南三陸町では、小学生から大学生までの温もりや異文化に触れます。また、知

幅広い世代の児童生徒、学生のみなさんらない土地で過ごすことで自分の家族を

に、町の家庭にホームステイしていただ 振り返る時間にもなります。初対面の人

「民泊体験学習」では、この地域の普 ませんが、南三陸ならではの気さくで温

段のありのままの生活を体験します。農かいホストファミリーと会話するうち

林漁業を生業とする家庭、商工業に従事に、すぐに打ち解けることができます。

している方の家庭など、さまざまな家庭中には、たった一晩で、おとなになった

のルールを守りながら一晩を過ごしま組み合わせて、ニーズに合わせたプログ

〈車で来られる方〉仙台を含む各方面からのアクセスは下記高速経路図を参考にしてください。仙台南ICから南三陸町までの所要時間は約120分です。

(高速バスで来られる方) 仙台駅から南三陸町間を結ぶバスが一日4本出ています。柳津から南三陸町までの所要時間は約30分です。

 東北島東道 (106km)
 415米

 東北島東道 (106km)
 415米

 中田
 一般道

 一般道
 一般道

 東北島東道 (106km)
 地台南区

 (33km)
 (37km)

 本地市東道
 東江島東道(106km)

※柳津・気仙沼間の BRT は上記以外の時間にも運行しています。https://www.jreast.co.jp/railway/train/brt/pdf/data\_kesennuma.pdf せ 2016 年 3 月 26 日改正

桃生津山IC 45

が民泊を受け入れています。各家庭の暮と感じられる子どもたちも。

ずの家族と寝食を共にすることで、家族お問い合わせください。

很特別、很乾淨,對環境的 保持真的很不可思議。公共 廁所也保持的非常乾淨,真 的很厲害。

很開心可以認識民宿的 home 爸 home 媽, 還有在高校的抹 茶體驗,真的有點捨不得離 在民宿家就把我們當成家人

一樣看待,還教我們做日本 的美食,食物真的多到讓我 們吃不完, 真的很開心。

の家に泊まるのは緊張を感じるかもしれ

防災研修や町内でのさまざまな体験と

どうぞお気軽に南三陸町観光協会まで

ラムを構成することができます。







銀ざけまつり福興市

9:00-13:30 (予定)

銀ザケが南三陸に夏を告げます。梅雨を

志津川湾夏まつリ福興市

南三陸キラキラうに丼が旬を迎えます。大

輪の花火が次々と夏の夜空を焦がします。

歌津復興夏まつり

ステージ・パフォーマンスや盆踊り、そし

第6回三陸海の盆と

かがリ火まつリ福興市

岩手・宮城の沿岸被災地から郷土芸能団

体が集まり、競演する三陸海の盆と、か

がり火まつり福興市が同日開催されます。

南三陸町へのアクセス

て夜は夢メッセージ花火です。

12:00-21:00(予定)

10:00-20:30 (予定)

10:00-21:00 (予定)

旧志津川仮設魚市場跡地(予定)

歌津・伊里前商店街(予定)

旧志津川仮設魚市場跡地(予定)

吹き飛ばす福興市です。

旧志津川仮設魚市場跡地(予定)





高枝さん宅の朝食。生徒たちのリクエストで 肉と魚が同時に並ぶ。

つきたてのもちをちぎって、摺った クルミの中に投入。一緒に台所に立

ち、朝食を準備する。

高枝さん作の

花をかたど

登美子さん宅の朝食。大きな丼型の器に 自家製野菜や新鮮な魚がぎっしり。



さまざまな味付けのもちが並ぶ登美子さん宅の朝食。おもてなしは おもちで、という宮城ならではの豪華なもち膳。

## Breakfast with a host family

Tomiko prepares a big breakfast. She wants the students to experience food that is unique to Miyagi, and she sometimes serves rice cakes for breakfast. The rice cakes are flavored with sweetened red bean paste, walnut paste, or roasted soybean flour. Sometimes the rice cakes contain shrimp usually eaten at celebrations or are put in a vegetable broth usually eaten at New Year's.

popular. When the students from Taiwan come, she cooks okowa (steamed glutinous rice). Some of the students have said to her, "I would like to bring back this okowa as a souvenir. This flavor is something Taiwanese children would love." Furthermore, Takae likes surprises, and she sometimes makes vividly decorated rolled sushi.

登美子女士家的早餐可是份量十足。為希望能夠讓大家品嚐到各種非 宫城才有、口味豐富的麻糬飲食文化,有的時候也會在早餐時提供。 桌上擺滿了紅豆麻糬、核桃麻糬、蝦子麻糬、黃豆粉麻糬、煮年糕等食物。

高枝女士家的早餐所準備的調味飯更是人氣鼎盛。每當有台灣的學生 們來訪的時候,就會準備這糯米飯。還有人說著要當成土產帶回家, 可以想像這是台灣的孩子們所喜愛的口味。當然還會加上平常就喜歡 驚喜的高枝女士所親手調製、色彩鮮豔的卷壽司。

# Bonds cherished with young people in Japan and the world

Before the Great East Japan Earthquake, junior and senior high school students all over Japan stayed at homes of host families in Minamisanriku, and helped with chores around the house. Although this educational homestay project was interrupted for about three years due to the disaster, after that many foreign students, including those from the USA and Taiwan, have visited Minamisanriku. At present, about 40 families are hosting students for this educational homestay project.

With the disaster as a turning point, Taiwan and Minamisanriku have forged especially close ties. Minamisanriku lost the Shizugawa Hospital, the most important medical institution in the area, in the massive tsunami. Although "we were in the depths of despair, people around the world gave us enormous support."

"Among these, Taiwan held fund-raising campaigns for us all over their country. For presentation of our new hospital construction plan, the Republic of China Red Cross Association contributed 2,220 million yen. Thanks to this extraordinary support, on November 25, 2015, the Minamisanriku Hospital with its adjoining Comprehensive Care Center (that includes a Health & Welfare Division, Health Center, and Community Comprehensive Support Center), was completed in the Numata district on high ground. Outside the hospital, a monument commemorating the friendship between Taiwan and Minamisanriku was built and a plum tree which is the national flower of Taiwan was planted. Moreover, since a regular direct flight began service in June 2016between Sendai Airport and Taiwan, 6 days a week, many high school

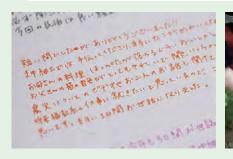
the videophone," says Ms. Takae Abe who is one of the host families, looking pleased. In February 2016, the Southern Taiwan Earthquake struck Tainan City. Takae contacted the high school students in Tainan right away, via SNS and sent the words of encouragement, "Fund-raising for Taiwan has started in Minamisanriku!"

praise them recklessly. I just continue talking with them and have them do some chores. And then, they will open up to me." "Many children ask me, 'Is there anything I can do to help?' I have them help me with what they can, such as rolling up and putting away

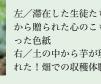
happy face gives me great pleasure." students. When viewing the screen, Tomiko smiles and it seems as if she is talking with her child $_{\circ}$ 

her house, which she is skilled at making. Tomiko realizes that the students' curiosity and volition swell by various new experiences. "Also children who had disliked vegetables would eat them all saying, 'Yummy! Yummy!' once they harvest the vegetables themselves and remove insects and know the vegetables are safe. This is the moment

A homestay with an unknown family gives young people an opportunity to take another look at their own daily lives and family again. Even if the students spend only one night with the host family, some of them shed tears and hug the host family at the farewell party. The families of Minamisanriku have begun to strengthen the warm bonds with young people in Japan and the world.

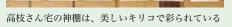




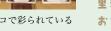




















吉 4



The joy of living with young people like a family

minimum minimu







浦和IC 東北自動車道(329km)

■高速バス 宮城交通 仙台-南三陸線 (自由乗車制・予約不要)

(JR・BRTでこられる方)











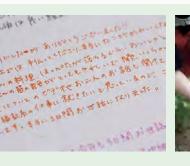
students have visited here." "After returning to Taiwan, some students were crying, 'I miss you!' on

"I don't treat them like guests. I talk with them in earnest, and do not

the bedding and helping with cooking. When seeing a beautiful sashimi platter or rolled sushi, they smile and their eyes shine. To see such a Ms. Tomiko Yamauchi in Iriya also uses SNS to communicate with the

Tomiko has the students harvest vegetables on the fields near her house and have them make unique cocoon-shaped New Year's decorations at

when I feel honored and privileged as a host family."





右/土の中から芋が現 世界的孩子們熱情的牽絆。

amoramica and a second

Takae's rice seasoned and cooked with various ingredients is extremely

登美子さん宅の火鉢と銅製のやかん 與全國·世界的青少年們編織牽絆

> 體驗。因東日本發生大震災,約有3年中斷了這教育旅行措施, 但在震災後不僅是日本國內,來自美國以及台灣的眾多學生陸續 訪問此地。這次有40個家庭接受了這民泊體驗學習。 特別是台灣與南三陸町因震災而結上深厚的情誼。城鎮因受到 海嘯的影響,失去了地方上原有的町立志津川醫院這所核心醫療 設施,就在跌入失意的深谷裏時,世界各國伸出了各種援手。

其中,為了震災而展開了全民性的募款活動的台灣,就在聽取 完南三陸新醫院的建設計劃說明後,中華民國紅十字會決定支援 22 億 2 千萬日元。因這破格的支援,在 2015 年 11 月 25 日,這建 設在沼田地區高台上、結合了保健福祉課、保健中心、地方總括 性支援中心機能併設有綜合介護中心的新南三陸醫院終於竣工了。 除了在外圍的一地立有象徵台灣與南三陸町友好的石碑外,也在 一旁種植了台灣的國花梅花。此外,仙台機場與台北間將自 2016

年6月起,每週有6天的直航班機飛行,相信將會有更多的高中 生來訪南三陸町。 其中的一位住宿家庭阿部高枝女士, 帶著欣喜說道著「有個孩 子在回到台灣後,通過視頻通訊哭著邊說著「好想好想你啊一!」。」 今年2月,台灣的南部發生了地震。高枝女士立刻使用SNS與

台南市的高中生們取得聯絡,在詢問安否後並告知孩子們「南三 陸開始募款活動了!」,給予鼓勵。 「不把孩子們當成客人。真心地對待暢談,不說客套話。盡可能地 跟孩子們對話聊天。也積極地讓孩子們幫忙做家事。這樣一來就 不會感覺拘謹生硬了。」

很多孩子都會主動的問道「需要幫忙嗎?」。積極自動地收拾整 理被褥、幫忙做料理等,不管大小家事都讓孩子們幫忙嘗試。每 當這些孩子們在看到盛的漂亮無比的生魚片拼盤或是卷壽司時, 孩子們兩眼炯炯發亮的眼神以及笑臉,不由得油然升起無比的喜

們持續著交流。看著手機畫面臉上帶著笑意的登美子女士,就像 是在敘述自家的孩子般欣喜。 登美子女士家,不僅提供住家附近的菜圃進行蔬菜採收體驗、 還教授登美子女士拿手的蠶繭手工藝。對這些在平常無法體驗的 活動,孩子們滿懷著好奇心以及專心學習的樣子,讓登美子女士

入谷地區的山內登美子女士也是透過SNS、翻譯軟體與孩子

菜直說叫著「好吃好吃」一下子全部吃的精光。這就是感受住宿 家庭幸福感極致的瞬間。 離開日常,來到陌生的土地、陌生的家庭體驗一起生活的民泊, 正是給予這些正值青春感受性敏銳的年輕人們,有個反省自我的 左/滞在した生徒たち 日常生活以及對待家人的良機。就算是只住宿一個晚上,在與寄

就連不喜歡蔬菜的孩子們也會到田裡採收蔬菜,除去葉子上的 蟲子,在明白了有蟲子的蔬菜的安全性後,對呈現在飯桌上的蔬 から贈られた心のこも 宿家庭的家長們離別時,也會流著淚擁抱著寄宿家庭家長依依不 捨。南三陸的家人們,在這城鎮上,就這樣開始編織起與全國、

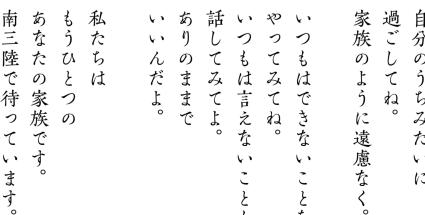






〒986-0768 宮城県本吉郡南三陸町志津川字御前下 51-1 TEL 0226-47-2550 e-mail: post@m-kankou.jp 公式 Facebook ペー





黄南三陸町 Minagi pte







