

# Think About People's Relationship with Nature



## Disaster Prevention Training Program Guide Kochi Prefecture・Kuroshio Town





## Know the two faces of nature: beauty and disaster. Learn about people's relationship with nature

Kuroshio Town, which faces the Pacific Ocean, is filled with abundant nature brought about by the Kuroshio Current. From living things, like the whales, dolphins, and sea turtles that live nearby, to industry, such as bonito pole fishing and sun-dried sea salt making, our culture has been molded by the bounty from the sea. The town is also known for its nature activities, such as whale watching, surfing, sea kayaking, beach combing, fishing, and others. However, it is predicted that a 34m high tsunami, the biggest in Japan, will hit Kuroshio Town. In our town, we are aiming for “Zero people left behind; zero victims”. Every government official is in charge of a town district, so in this way, government support is spread throughout the town. Also, the government and the private sector have unified to continually hold workshops on disaster prevention. As a result, evacuation plans have been made for every resident who lives in an area that will be flooded, and evacuation routes and tours have been constructed based on those plans. Even now, starting with evacuation drills, we are working on various disaster prevention measures.

Nowadays, large-scale disasters like earthquakes, typhoons, landslides, volcanic eruptions, floods, forest fires, and others are occurring repeatedly not only in Japan, but throughout the world. In the present day, it may be that there aren't any completely safe places left. In this environment, it is our philosophy that we should all learn how to “think and act by ourselves” in order to “protect our lives by ourselves”.

In this disaster prevention training program, you will come to understand the two faces of nature: bounty and destruction, and learn the culture and wisdom necessary to have a good relationship with nature. Kuroshio Town recommends this training program.

From evacuation drills to habitual equipment inspection, learn about the hopes and efforts of residents who have a constant, high awareness of disaster prevention in this town that aims for zero victims. Also, by exchanging opinions about unsolved problems for various hypothetical situations, you can learn to think flexibly, which increases your possibility of survival.

We have prepared both nature activities, where you can experience the full beauty of the sea, and meals made with local ingredients for your enjoyment. We hope that participants can learn about disaster prevention while experiencing the charm of Kuroshio Town.





## Disaster Prevention Education

How Kuroshio Town, Kochi Prefecture, the town with the worst tsunami prediction in the nation, thinks about and acts on “disaster prevention”

The town with the biggest tsunami prediction in all of Japan: Kuroshio Town, Kochi Prefecture. The nearby sea, which provides for us, also occasionally brings about great disaster. This educational program focuses on understanding the two sides of nature, beauty and disaster, and recognizing that we are a part of that nature. That way, we can realize the importance of “protecting our lives by ourselves”.



### Program Flow

#### «Lecture»

Learn about the structure of tsunamis and the theory behind the prediction that Kuroshio Town will have the largest tsunami in Japan. We will also present on the town's countermeasures and residents' efforts from immediately after the prediction was announced.

#### «Workshop»

Using examples from various situations that occur in the event of a disaster, practice how you would think and make decisions in those situations. Furthermore, share your opinions from these exercises and discuss in groups.

#### «Fieldwork»

Experience commentary on stone monuments related to past tsunamis, an explanation of tsunami evacuation tower features, and a practice evacuation drill based on predictions for the actual evacuation. In addition, hear from local resident staff about how their hopes rest on the emergency tsunami evacuation towers.

## Saga Area Tsunami Evacuation Tower Tour

The largest class tsunami evacuation tower in the country, built according to the predictions for the largest tsunami nationwide.

Because Kuroshio Town is predicted to have the largest tsunami in the country at a height of 34m, six tsunami evacuation towers were built. Of the two evacuation towers that are open for tours, the “Saga Area Tsunami Evacuation Tower”, which boasts to be the tallest in the country, features a barrier-free design with both stairs and an adjacent ramp. From evacuation drills to supplementing and inspecting supplies, residents have a day-to-day high awareness of natural disasters. Learn about the people's hopes and efforts in the town that aims for “zero victims”.



### Program Flow

#### «Tower Tour»

Starting with the Saga Area Tsunami Evacuation Tower, hear an explanation of the features of the Saga Tower and the other five towers. You will get to see the indoor spaces and the supplies prepared by district residents. You will also get to hear about the “Daily Life Disaster Prevention” method, including actual examples. This method comes from the local, independent disaster prevention organization, which won the Kochi Prefecture Independent Disaster Prevention Organization Governor's Award in 2018.

#### «※ Tsunami Evacuation Drill With the “Nige-Tore” (Evacuation Training) App(Optional) »

Do an evacuation drill using the Nige-Tore smartphone app. Determine which route to use and how fast you have to go in order to evacuate from places like Shioya Beach in the Saga Area to an evacuation tower.

※“Nige-Tore”: Tsunami evacuation drill support app  
(Created by: Kyoto University Disaster Prevention Research Institute Yamori Laboratory)

## Creation of Disaster Preparedness Canned Food

Think about everyday disaster preparation with food!

One of the concerns when a disaster hits is the problem of people with food allergies not being able to find anything they can eat when they get to an evacuation center. In Kuroshio Town, we are tackling this problem by using mainly local ingredients to make various disaster preparedness canned foods without the 7 main allergens. We recommend always being prepared by keep a rolling stock that is regularly consumed. That way, canned foods aren't only for emergencies, and by eating them, people can regain a sense of normalcy even in emergency situations. We enjoy creating recipes that make our canned foods even more delicious.



ex) Western-style lunch set



### Program Flow

#### «Creation of Disaster Preparedness Canned Foods»

Learn the story behind the creation of Kuroshio Town's disaster preparedness canned foods and eat a meal that includes disaster prevention canned food. You can choose between Japanese style and Western style sets. Being prepared in everyday life (rolling stock) and eating canned food under normal circumstances is connected to being able to return to normal life in an emergency. Think about disaster prevention from the perspective of food and learn a practical approach to dealing with disaster.

## Training Program List

Program Content	Time	Cost	Group Size	Notes
Disaster Prevention Education	2 hours	¥2,000/person	5~100 people	As a rule, there is a guide for the Disaster Prevention Education Program, as well as for the Tower Tour.
Saga Area Tsunami Evacuation Tower Tour	30 minutes	¥500/person	5~50 people	Tsunami evacuation drill with a smartphone (Tower Tour optional program) ※“Nige-Tore”: Tsunami evacuation drill support app (Created by: Kyoto University Disaster Prevention Research Institute Yamori Laboratory)
Tsunami Evacuation Drill using the app “Nige-Tore” (Fieldwork)	30 minutes	Free	5~50 people	
Disaster Prevention Canned Food	1 hours	¥2,000~ ¥3,500/person	4~50 people	At the Nest West Garden Tosa Restaurant (Japanese style or Western style set) ※Lunch ¥2,000, Dinner ¥3,500
Tsunami Evacuation Tower Tour + Meal(ex: Seared Bonito set)	1.5 hours	¥1,600~ ¥2,000/person	5~50 people	Roadside Station Nabura Tosa Saga: ¥1,100~¥1,300(year round) Kuroshio Ichibankan: ¥1,500(February~November)
Tsunami Evacuation Tower Tour + Bounty of the Sea Experience	2 hours~	¥2,000~ ¥6,500/person	5~50 people	Sun-dried sea salt making:¥1,500~¥2,000 Seared bonito making:¥3,500 Whale watching:¥6,000



## Example Training Plan

### Day Plan Time required: approx.5~6 hours (cost: ¥5,500/person)

10:00 - 12:00



**Furusato Sogo Center**

Activity

Disaster Prevention Education

12:30 - 13:30



**Kuroshio Ichibankan**

Lunch

Seared bonito set meal

13:50 - 15:20



**Saltbee**

Activity

Sun-dried salt-making

15:45 - 16:15



**Saga Area Tsunami Evacuation Tower**

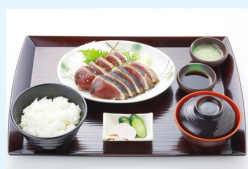
Activity

Tour + Q&A session

### Overnight Plan Time required: 1 night 2 days (cost: around ¥24,000/person)

#### Day 1

11:30 - 12:30



**Roadside Station Nabura Tosa Saga**

Lunch

Seared bonito set meal  
※The picture is of lunch

13:00 - 13:30



**Shioya Beach**

Activity Evacuation Drill "Nige-Tore", Tour + Q&A session

13:30 - 14:00



**Saga Area Tsunami Evacuation Tower**

14:30 - 16:30



**Furusato Sogo Center**

Activity

Disaster Prevention Education

17:30 - 19:30



**Nest West Garden Tosa**

Dinner

Featuring disaster preparedness canned food  
※The picture is of lunch

Stay

#### Day 2

8:00 - 12:00



**Irino Fishing Harbor**

Activity

Whale watching

12:15 - 13:15



**Roadside Station Bios Ogata**

Lunch・Souvenir shopping

13:30 - 15:00



**Saltybe**

Activity

Sun-dried salt-making

## Participant Testimonials

Independent disaster prevention organizations from around the country and overseas send 80 groups a year (around 1000 people) of trainees and students to participate in the disaster prevention training program (since its inception in 2014).

The group work was interesting. I realized that, even with concepts that I thought were obvious, each person has different ways of thinking and feeling, and I felt that it wasn't good to be fixed on a certain idea. I want to have a high daily awareness of disaster prevention.

【Woman from Kagawa Prefecture in her 30s】

I thought I had a general awareness of tsunamis, but at the workshop in the evacuation tower indoor space, I was forced to realize that there are still a lot of situations that can occur at disaster sites that I hadn't thought of. I also deeply felt the necessity for disaster prevention education.

【Man from Kochi Prefecture in his 50s】



## Kuroshio Town Sogo Center

### Available times

9:00~23:00 (Times are negotiable)

### Closed

New Year's Holiday (12/29~1/3)

### Capacity

Training rooms (2 rooms): 18 people,  
Main Hall: 120 people



## Ogata Akatsuki-kan

### Available times

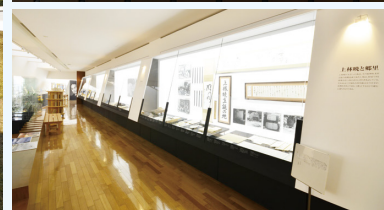
Weekdays: 9:30~18:00; Saturday, Sunday: 9:00~17:00

### Closed

Thursdays and National Holidays (For holidays that fall on a Thursday, also closed on the following Friday),  
New Year's Holiday (12/28~1/4),  
Monthly stocktaking (Last Friday of the month)

### Capacity

Meeting room: 40~60 people, Lecture hall: 210 people



## Furusato Sogo Center

### Available times

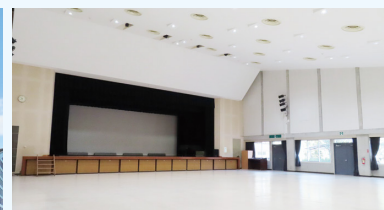
8:30~17:00 (Times are negotiable)

### Closed

New Year's Holiday (12/29~1/3)

### Capacity

Main Hall: 500 people, Multipurpose room: 70 people,  
Meeting room: 70 people, Japanese style room: 30 people



## Tosa Seinan Great Park

### Available times

8:30~21:00 (Times are negotiable)

※Prior reservation necessary for night use

### Closed

Tuesdays, New Year's Holiday

### Facility details

Multipurpose field (artificial turf), Ball ground, Gymnasium,  
Multipurpose grass field (soccer field, track and field),  
Baseball field, Tennis courts, Park golf course

### Website

<https://sunabi-sports.com/>





## Example Facility Uses

The facilities in Kuroshio Town are not just for the disaster prevention training program, but are used for a wide range of things, like visitor observations, meetings, international conferences, trainings, and other events. Nearby is a large exercise facility where national-scale soccer tournaments and Shikoku Island League (baseball) games are held. Also, at the nearby beach, events with some tens of thousands of visitors from all over the country are held every year. What makes these facilities special is their wide variety of uses.

### Meetings and Conferences



#### Observing Disaster Prevention Practices and Government Operations

Because the tsunami evacuation tower is nearby, people come from around the country to observe our disaster prevention practices. Also, many regional NPO's and other groups use the facilities to have conferences and meetings.

### Trainings and Seminars



#### JICA Training

JICA takes in talented people from developing countries who are responsible for their country's growth and trains them so that they can acquire related skills and knowledge. The program has been run every year since 2011 and has trained various people from all over the world.

### International Meetings and Academic Conferences



#### World Tsunami Awareness High School Summit

As a part of the activities inspired by "World Tsunami Awareness Day", young people from 30 countries gathered to present on and discuss disaster prevention at the "High School Summit". We also conducted fieldwork through activities such as visiting tsunami evacuation towers.



#### Driftological Conference

An academic conference where participants discuss and conduct fieldwork and give research presentations from different points of view. These research presentations concern how the ocean current disseminates plants, the current situation surrounding plastic bottles that drift ashore, and other topics related to objects drifting in the ocean.

### Events and Exhibitions



#### The Mizuno Cup

Sponsored by the Mizuno Corporation, 16 high school soccer teams (around 500 people) from all over Japan are invited to participate in this tournament. The goal is to popularize regional soccer and to develop physically and mentally healthy young people.



#### The T-shirt Art Exhibition

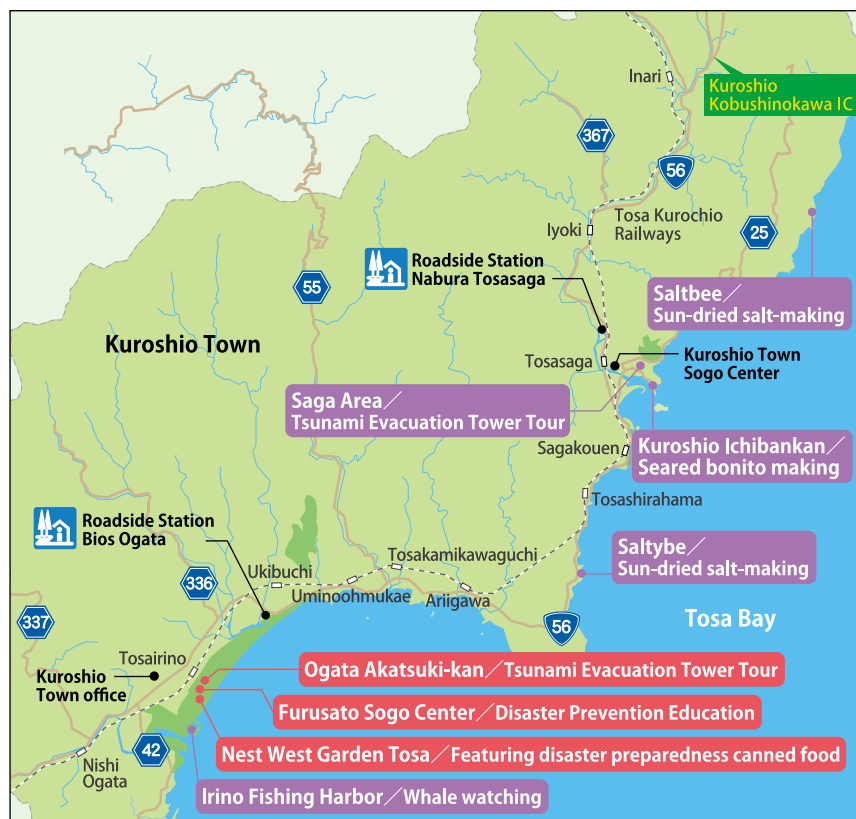
At the nearby beach, we exhibit around 1000 T-shirts gathered through contributions from the public. Sponsored by the Seaside Gallery, a local NPO, around 35,000 people from all over Japan visit every year to see this popular art exhibition.



## Getting to Kuroshio Town



## Directions to Facilities in Kuroshio Town



### By car

Kochi Airport ⇒ Kuroshio Kobushinokawa IC 91km / 1 hour and 30 minutes

Kuroshio Kobushinokawa IC ⇒ Roadside Station Nabura Tosasaga 8.4km / 12minutes

Kuroshio Kobushinokawa IC ⇒ Roadside Station Bios Ogata 22.1km / 26minutes

Roadside Station Nabura Tosasaga ⇒ Roadside Station Bios Ogata 14km / 19minutes

Roadside Station Nabura Tosasaga ⇒ Saga Area Tsunami Evacuation Tower 1.5km / 5minutes

Roadside Station Nabura Tosasaga ⇒ Saltybe 6.2km / 9minutes

Roadside Station Bios Ogata ⇒ Saltybe 7.8km / 11minutes

Roadside Station Bios Ogata ⇒ Furusato Sogo Center 2.5km / 6minutes

Roadside Station Bios Ogata ⇒ Saga Area Tsunami Evacuation Tower 3.5km / 9minutes

## Contact Us · Reservations

### By Kuroshio Town Tourism Network

Tel: **0880-43-0881** | Fax: **0880-43-1527** | Email: **ktn@sunabi.com**

3573-5 Ukibuchi, Kuroshio, Hata District, Kochi 789-1911 (Inside the Bios Ogata Information Center)