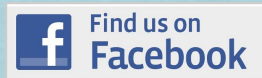


## ABOUT US

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Tom Tom English (Kinshicho)  
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# TOM TOM ENGLISH



## Do you have an emergency kit? What's in it?

### VOCABULARY

#### Assemble =

To make or put  
together

#### Designate =

To appoint, assign, or  
give a special meaning  
to something or  
someone

#### For ages =

For a long time

#### Keep =

Stay fresh, not go bad

#### Go Down =

Stop working or go  
offline

### Discussion questions

1. Do you have an emergency kit at home?  
Why? Why not?
2. If you have a kit, what's in it? Do you  
think you should add any items to it?
3. If you have a kit, did you assemble it  
yourself, or did you buy it as a package?
4. What do you think about the emergency  
items on this list? Are they good? Why?  
Why not? What items do you think should  
be added?
5. Have you ever had to use your emergency  
items? What happened?
6. What do you think are the most  
important items to have in an  
emergency? Why? Do you have them in  
your home?
7. How did you experience the

### VOCABULARY

#### Insulate =

To prevent heat loss

#### Dispense =

To distribute or to give  
out

#### Dispatch =

To send

#### Mugger =

A person who attacks  
and robs another person  
in a public place

#### Potable

Safe to drink

In 1923, the Great Kanto Earthquake struck the Tokyo area, killing about 140,000 people. In 1960 the Japanese government **designated** September 1 as Disaster Prevention Day, and this year we **assembled** a disaster kit from items you can buy at the 100-yen store.

Some of the items you may wish to pack in a disaster kit are expensive. So we tried to make our survival pack from 100 yen items. We visited branches of three large 100-yen chains: Daiso, Can Do, and 100-Yen Lawson. Below are our top six items. Some are officially **designated** disaster preparedness items, and others are our own recommendations.

#### **6. Sugar cubes (100-Yen Lawson)**

If electricity **goes down**, the food in your fridge will spoil. Sugar cubes are not part of a balanced diet but your body can quickly and easily convert them to energy. They're also easy to transport and will **keep for ages**.

#### **5. Chalk (Daiso)**

If telephones or the electricity supply **go down**, you're not going to be able to contact family or loved ones by phone or email. If you use chalk you can turn any flat surface into a message board. You can leave instructions about where or how to meet people.

#### **4. Rescue sheet (Can Do)**

This is a 213 x 137-centimeter sheet of thin aluminum. It's large enough to easily use as a ground covering. You can also wrap yourself in when you need an **insulating** blanket. It folds up, so its

easy to carry if you need to move to another place.

#### **3. Emergency water pouch (Can Do)**

We talked about using sugar cubes as an emergency food substitute above. Your body also needs water to survive. In emergencies, water-**dispensing** trucks are often **dispatched** to disaster areas, but you'll still need a container to store it. Try this collapsible five-liter plastic water pouch.

#### **2. Anti-crime buzzer with light (Daiso)**

These are mostly sold to women and children who are worried about being attacked by **muggers**. They can also help if you are trapped inside your home or under collapsed debris, and unable to call loudly enough for help. The piercing sound of the buzzer can help attract rescue workers. It also has a light.

#### **1. Long-storage water (100-Yen Lawson)**

The water in these two-liter bottles has had all of its minerals removed. This means it will remain **potable** for about three years. You won't have to restock your kit so often.

These are just our favourite 100 yen items. If you look in these stores you will find many more items such as raincoats and dried food. Disasters regularly hit Japan, so a few things from the 100-yen shop is a small price to pay to keep yourself safe.