



# HAPPY NEW YEAR!

**CityNet-Plus Arts Center for Creative Partnerships  
wishes all CityNet members, partners and friends a  
progressive 2024!**

## **Coming up this year:**

February 15-17: Workshop on Psychological First Aid, Lalitpur

June: Monitoring of disaster prevention education activities, Nepal

June 16: Understanding Risk Forum, Himeji, Japan (Organized by GFDRR)

September 18-21: 16th CityNet Disaster Cluster Seminar, Taipei

October 14-18: Asia-Pacific Ministerial Conference on Disaster Risk Reduction,  
Manila (Organized by UNDRR)

The above programs are scheduled to be organized this year where CityNet Disaster Cluster or its member(s) plan to take part in organizing sessions with the host institutions. Detailed announcements will be circulated when confirmed.

Aside from the above, other programs and activities are still in planning and will be announced in due course.



# 1. DRR LEARNING CENTER IN LALITPUR CONTINUES TO ATTRACT MORE VISITORS

Around 90 students made a study visit of Mitra Disaster Risk Reduction Learning Center (MDRRLC) on 18th and 19th of December. The students from Occidental Public School in Kathmandu visited the center for two consecutive days bringing three groups.

The secondary level students were first given opportunity to practice earthquake drill on the premises of MDRRLC. They were first briefed about the origin, objective and activities of the the center. IN the adjoining room, they were then introduced to the time line that represents major disasters in Nepal. In the same room, exhibit about the ‘before’, ‘during’ and ‘after’ disasters like fire, thunder and storm, earthquake, rain and flood has also been displayed in the form of posters.

Other practical activities included first aid protocol for fractures and bleeding. The exhibit room of the center includes Nepal made disaster prevention education tools on earthquakes and fires which were developed as a part of the JICA grassroots cooperation project since 2017. The exhibit also showcases household items that are used for disaster prevention and during disasters in Japan. The center was established in 2019 with a private initiative.



## Experiencing board games

Students try out various board and card games that were produced by the Nepali teachers to help understand disasters in an interactive way. The teachers were trained through the project supported by JICA.



## Physical learning

Alongside the printed learning material, physical exercises were also developed to incorporate specific action-based learning. The picture on the left shows students practicing exercises that teach people to embrace others to help support mental health during difficult times.

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Follow DEPO Nepal for more updates!

## 2. STUDENTS PRACTICE NEW ACTIVITIES LEARNT FROM TEACHERS VISITING JAPAN

In October 2023, teachers from Nepal visited Japan to undergo a week-long training as a part of the project to further enhance their understanding on disaster education and its related initiatives. Upon return, the teachers have actively replicated the learnings into their schools to disseminate the knowledge and practice.

Among them, activities to teach students on ways to escape from a smoke filled room as well as conducting the efficient way of doing bucket relay to extinguish fire have been practiced in many schools.



A teacher at Prabhat Secondary School in Kathmandu demonstrates proper way of passing the bucket.

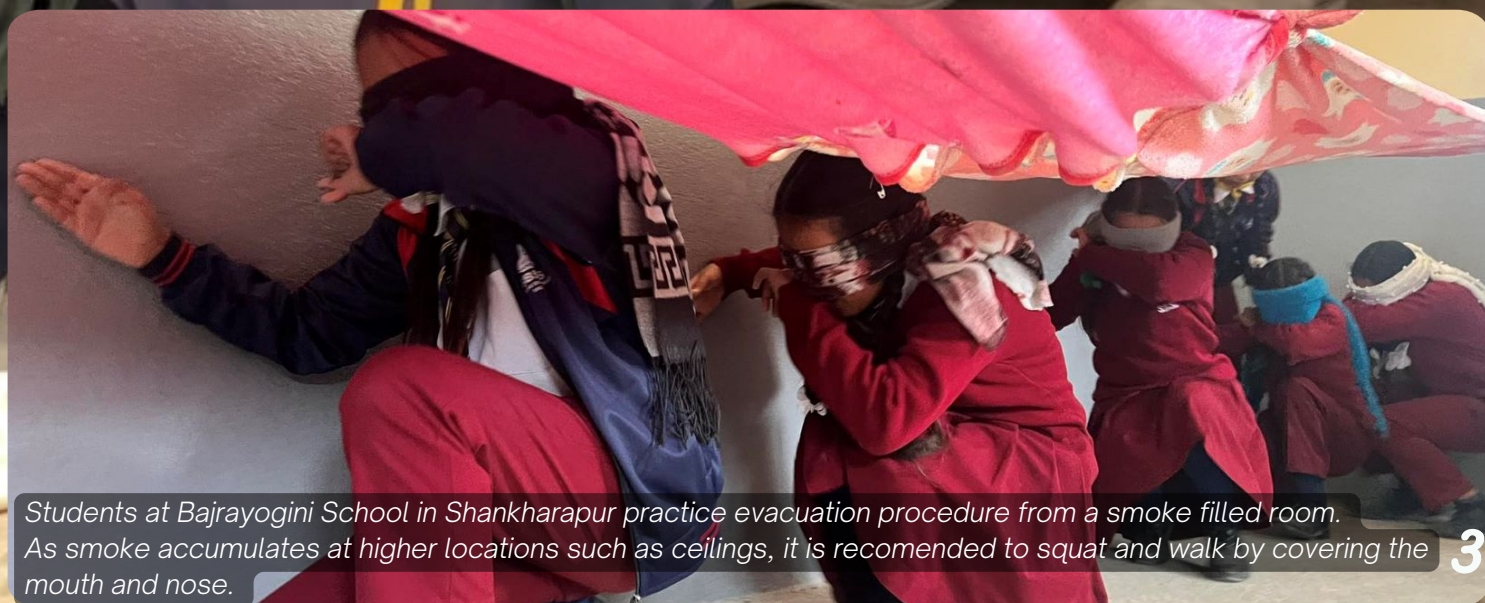
Check out project activities on UNDRR's Sendai Framework Voluntary Commitment.

[https://sendaicommitments.undrr.org/commitments/20231120\\_002](https://sendaicommitments.undrr.org/commitments/20231120_002)

### Evacuating from smoke:

1. Lower yourself as much as possible to avoid inhaling.
2. Cover nose and mouth with cloth or by using arm.
3. Feel the wall using back of your hand if dark.
4. Wear shoes when evacuating.

*\*Crawling should be avoided if possible to prevent injuries from fallen debris including broken glass.*



Students at Bajrayogini School in Shankharapur practice evacuation procedure from a smoke filled room. As smoke accumulates at higher locations such as ceilings, it is recommended to squat and walk by covering the mouth and nose.

# BOSAI TIP OF THE MONTH

Doubling a garbage bag (20L) and filling a quarter of it by shredded newspaper can act as an emergency toilet. The bag can be placed inside the commode and replaced after each use. Alternatively a cardboard commode can be made for the purpose. This greatly improves sanitary conditions.

## 3. LESSONS TO LEARN FROM NOTO PENINSULA EARTHQUAKE IN JAPAN

The first day of the year is supposed to be a celebration to start off a new year. Instead, on **January 1, 2024**, a strong **M7.6** earthquake at **16:10** badly shook Noto Peninsula located on the Japan Sea coast. The earthquake also caused tsunami waves up to 5 meters in some locations washing away homes and properties. The fire following the earthquake at a shopping district also completely incinerated many homes and buildings. The casualty as of this writing is more than 235 with several still missing.

The pictures from ground zero shows this was hardly a usual earthquake. Collapsed structures, badly damaged roads, landslides and tsunami have severely hampered search and rescue missions as well as relief work. As a result, **deaths resulting from secondary disasters are rising**. This was exactly the scenario 29 years ago in Kobe during Hanshin Awaji Earthquake.

Despite high levels of public awareness and preparedness on disasters, this disaster questions whether the preparedness and countermeasures were sufficient from the national authorities and if response could have been expedited with more professional manpower on the ground. This incident has proven that **action-based preparedness plans customized against multiple disasters, weather and mobility conditions are critically important particularly in rural areas**.

### Questions for contingency planning:

1. Is your building built with safety standards and in a safe location?
2. Is there an evacuation area equipped to handle long-term stay nearby?
3. Is there enough alternate sources of food, water and medicine?
4. Are there alternate routes for reaching remote locations?
5. Is there enough stockpile of fuel for cooking, heating and transportation?
6. Are there alternate sources of electricity?
7. Is the Business Continuity Plan well practiced and secure including risk communication?
8. Are there enough equipment and resources?
9. Is there a crisis management system at household levels?
10. Is there enough investment from the government for your community?



Photo courtesy: Mainichi

People, mostly senior citizens affected by the Noto Peninsula Earthquake take shelter in a green house as roads to the evacuation shelter has also been damaged. Temperatures have dropped to below zero in the region and immediate transfer of these people to a secure building with heat is at stake.



## Impacts of Noto Peninsula Earthquake

Loss of lives, collapsed structures, liquefaction, landslides, tsunami, severely damaged infrastructure, and lack of supplies are just some of the multiple impacts caused by Noto Peninsula Earthquake.

The earthquake was in the making over the past 3 years with increased seismological activity causing frequent but smaller earthquakes. A question remains as to whether there could have been something done to prepare better for the impending crisis. This is yet another example of the need to invest seriously for future calamities.

### Useful information and products:

[Preparing stockpiles](#)

[Preparing an emergency bag](#)

[Disaster learning center](#)

[Preparing an evacuation shelter](#)

[Disaster Preparedness Actions](#)

[Countermeasures to take](#)

