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Yokohama
Japan
Erin Spence
Carli Capstone 2019

"Beginnings are sudden, but also insidious.

They creep up on you sideways,

they creep to the shadows,

they look unrecognised.

Then, later, they spring.

— Margaret Atwood, *The Blind Assassin*

MENU OF THE HANDBOOK

I. Appetizer - INTRODUCTION



II. Salads - RESILIENCE of the URBAN ENVIRONMENT



III. Soup - RESILIENCE of CULTURE



IV. Fish - RESILIENCE of RELATIONSHIPS



V. Entrée - RESILIENCE of the SELF



VI. Dessert + Coffee - CONCLUSIONS & THOUGHTS



I. INTRODUCTION

FOUR MONTHS FEELS LIKE BOTH A TERRIBLY LONG TIME, BUT ALSO DEVASTATINGLY SHORT. TIME FLIES, IT DRAGS, AND IT ALWAYS ELUDES US WHEN WE NEED IT THE MOST. THE FOUR MONTHS THAT I PASSED IN JAPAN WITH CITYNET YOKOHAMA PROJECT OFFICE WERE BOTH INCREDIBLY QUICK & LUXURIOUSLY LONG. IN THIS TIME, I LEARNED SO MUCH ABOUT THE ORGANIZATION, THE EXCELLENT and NECESSARY WORK THEY DO, JAPAN, and MYSELF. MOST IMPORTANTLY, I LEARNED ABOUT HOW PEOPLE ENDURE and ADAPT.

SO WHAT IS THIS HANDBOOK MEANT TO BE?
THERE ARE SEVERAL OBJECTIVES.

1. A DOCUMENTATION OF WHAT I SAW, LIVED, and EXPERIENCED
2. AN EXAMINATION OF HOW HUMAN BEINGS DEMONSTRATE RESILIENCY AS BOTH INDIVIDUALS & COMMUNITIES
3. A CONNECTION BETWEEN THE READER and the WRITERS.

WHAT I DESIRE MOST OF ALL IS TO HONESTLY & TRUTHFULLY CONVEY WHAT THIS INTERNSHIP WAS and the INDELIBLE IMPACT THAT IT HAD ON MY LIFE.

THANK You!



"IN MY DREAMS OF THIS CITY
I AM ALWAYS LOST."

- MARGARET ATWOOD, CAT'S EYE

II RESILIENCE of the URBAN ENVIRONMENT

A. CITYNET'S WORK

CITYNET YOKOHAMA PROJECT OFFICE ("CYO") IS AN ORGANISATION THAT FOCUSES ON THE DISASTER CLUSTER WORK OF ITS PARENT ORGANISATION THROUGH CITY TO CITY COOPERATION. ITS STAFF SPECIALISE IN CONNECTING MUNICIPALITIES & MUNICIPAL OFFICIALS TO SHARE KNOWLEDGE, ENCOURAGE BEST PRACTICES, & FOSTER DIALOGUE. CITYNET'S ACTIVITIES INCLUDE:

- Providing conferences + seminars to share knowledge
- Distributing surveys to assess municipal needs & progress towards international targets.
- Facilitating site visits to demonstrate different methods of education and organisation
- Connecting key members of international organisations, academia, science, industry, & government.

B. LIFE in YOKOHAMA.

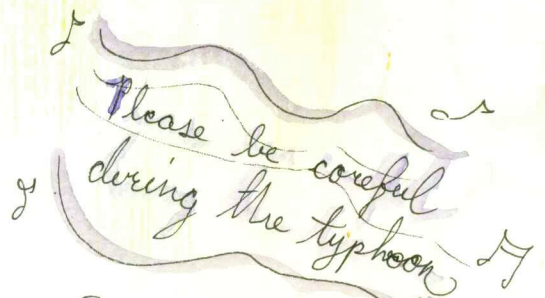
JAPANESE CITIES DEMONSTRATE AN INCREDIBLE RESILIENCE TO DISASTERS, EXTREME WEATHER, & THE POPULATION DENSITY THROUGH BOTH FORMAL & INFORMAL PRACTICES. HERE IS WHAT I OBSERVED:



PEOPLE REGULARLY STORING, EATING, & REPLACING EMERGENCY RATIONS



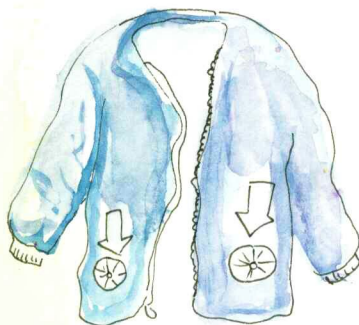
SAFETY HELMETS IN EVERY OFFICE



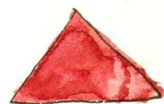
PUBLIC ANNOUNCEMENTS DURING EXTREME WEATHER



PEOPLE EXERCISING OUTDOORS - EVEN IN EXTREME HEAT!



JACKETS WITH BUILT-IN FANS FOR CONSTRUCTION WORKERS.



WINDOWS and DOORS THAT ARE MEANT TO BE BROKEN

THERE ARE A FEW KEY PRINCIPLES THAT GUIDE DISASTER RESPONSE —

I. Mutual Help

The idea THAT INDIVIDUALS, COMMUNITIES, and JURISDICTIONS / AUTHORITIES SHOULD COOPERATE + COLLABORATE BOTH IN PREPARATION FOR & AS A REACTION TO DISASTERS. THE IDEA OF KNOWLEDGE-SHARING AND AID as part of this CONCEPT IS CRUCIAL TO CITIES' WORK and forms the FOUNDATION OF SUSTAINABLE CITIES. THIS MANIFESTS IN NEIGHBOURS HELPING NEIGHBOURS, COMMUNITIES ORGANISING TOGETHER, AND CLOSE COLLABORATION BETWEEN INSTITUTIONS.

II. Self Help

While Self-Help IS CHALLENGING, IT IS CRUCIAL THAT CITIZENS ARE ALSO PREPARED TO SUSTAIN THEMSELVES IN THE EVENT OF A DISASTER. This idea STIPULATES THAT WE SHOULD BE ABLE TO FEED, CLOTHE, and PROTECT OURSELVES WHEN A DISASTER STRIKES. THIS MEANS INDIVIDUALS SHOULD HAVE ADEQUATE STOCKPILES OF FOOD / WATER / SAFETY SUPPLIES IN EVERY PLACE WHERE THEY REGULARLY SPEND TIME

III. Build Back Better →

IN ALIGNMENT WITH THE SENDAI FRAMEWORK, THE CONCEPT OF "BUILDING BACK BETTER" REFERS TO THE IDEA THAT COMMUNITIES RECOVERING FROM DISASTERS SHOULD TRY TO REBUILD IN A WAY THAT REDUCES DISASTER VULNERABILITY IN THE FUTURE & BUILDS RESILIENCE SOCIALLY, ECONOMICALLY, & ENVIRONMENTALLY. BY LEARNING HOW DISASTERS IMPACT OUR COMMUNITIES, WE CAN STRIVE TOWARDS A WORLD THAT CAN HANDLE OUR INCREASINGLY UNPREDICTABLE WEATHER & ENVIRONMENTS.

RESILIENCE of CULTURE

IN YOKOHAMA, I HAD THE PRIVILEGE TO LIVE IN YISH —
 THE YOKOHAMA INTERNATIONAL STUDENT HOUSE. THE STUDENTS CAME FROM
 A WIDE RANGE OF CONTINENTS AND COUNTRIES, AND EVERYONE HAD
 THEIR OWN METHODS OF HOLDING ON TO THEIR ORIGINS & CULTURES.
 JAPAN HAS A REPUTATION OF SAMENESS — A COHESIVE POPULATION,
 A SINGLE LANGUAGE, and a COLLECTIVIST CULTURE. HOWEVER,
 IF YOU DIG A LITTLE DEEPER, YOU WILL FIND LITTLE GEMS
 and FOOTHOLDS OF OTHER CULTURES, LANGUAGES, and WAYS OF LIFE

Japanese

Culture

Mosaic



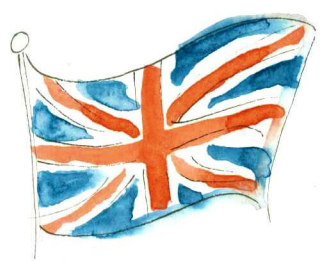
LANGUAGE

ONE OF THE REMARKABLE THINGS ABOUT THE JAPANESE LANGUAGE IS THAT IT IS REMARKABLY POROUS. FOREIGN WORDS SLOT SEAMLESSLY INTO THE REGULAR JAPANESE LEXICON THROUGH "KATAKANA" - A SCRIPT USED ESPECIALLY FOR FOREIGN WORDS AND NAMES. THROUGHOUT MY INTERNSHIP, I COLLECTED MY FAVOURITE TIDBITS OF EXAMPLES FOR THIS PHENOMENON, WHICH I SHARE WITH YOU NOW. MANY OF THESE ARE FOOD-RELATED, NATURALLY, BUT I AM ALWAYS SURPRISED BY WHAT WORDS MAKE THE CUT.

外来語 - GARAIKO
"foreign loan words"

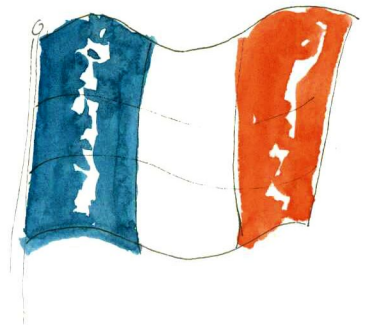
ENGLISH

Pool → プール
Swimming Pool
ICE → アイス
Ice creams
VIKING → バイキング
Smorgasbord



FRENCH

PAU AU MIE → パンオミ
French Honey Bread.
Café AU Lait → カフェオレ
Milk coffee
MARRON → マロン
Chestnut / Brown eyes



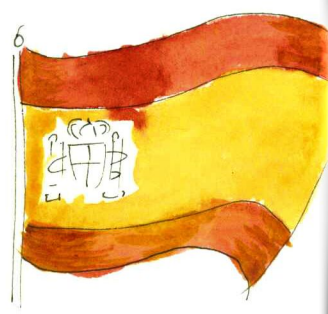
GERMAN

ARBEIT → アルバイト
"part time job"
ENERGIE → エネルギー
"energy"
RUCKSACK → リュックサック
Backpack



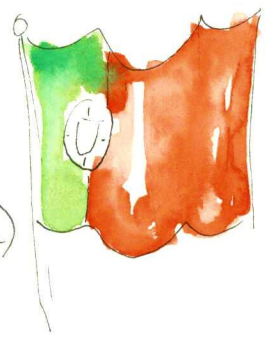
SPANISH

PAN → パン
Bread.
JALAPEÑO → ハルペノ
Jalapeno (popular in junk food)
MAMÁ → ママ
Mom!



PORTUGUESE

VIDRO DAMA → ビードマ
Mabhas (lils, for kids)
CASTELLA → カステラ
Sponge Cake (found everywhere)



RUSSIAN

IKRA → イクラ
Salmon roe
NORMA → ノルマ
Quota



"A word after a word after a word is power."

- Spelling - Margaret Atwood.

IV. RESILIENCE of Relationships.

One of THE MOST REMARKABLE THINGS THAT I WITNESSED WAS HOW EACH PERSON I MET TAUGHT ME A LITTLE LESSON ABOUT HOW TO SUSTAIN, NURTURE, AND VALUE CONNECTIONS, WHETHER THEY WERE ROMANTIC, FAMILIAL, OR SIMPLY FRIENDSHIPS. IT WAS AN EDUCATION IN DISCOVERING WHAT TRULY MATTERS - VULNERABILITY, HONESTY, and A WILLINGNESS TO PUT FORTH EFFORT INTO MEANINGFUL INTIMACY. THROUGH THEIR EYES, ACTIONS, and WORDS, I SAW DAILY DEMONSTRATIONS OF WHAT DEVOTION and LOVE CAN MANIFEST AS.

Small Demonstrations of Affection



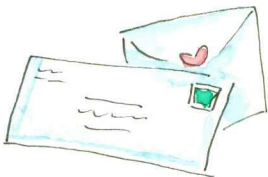
A photo peeling out of someone's wallet.



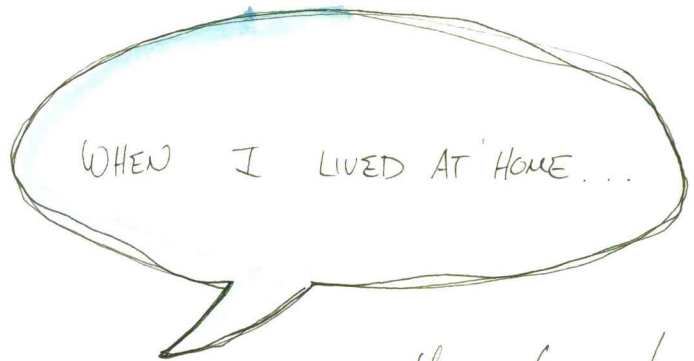
Bringing someone's favourite fruit

60:52 📞

Hour-long calls with long pauses - just spending time together



Handwritten letters.



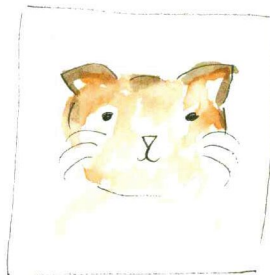
STORIES shared with a fond tone.



Sharing novels - holding a transactional book club



Calculating time differences.



Reconnecting over silly shared in-jokes.

Walling up do dozens of kind messages

ONE ART

ELIZABETH BISHOP

THE ART OF LOSING ISN'T HARD TO MASTER;
SO MANY THINGS SEEM FILLED WITH THE INTENT
TO BE LOST THAT THEIR LOSS IS NO DISASTER

LOSE SOMETHING EVERY DAY. ACCEPT THE FLUSTER
OF LOST DOOR KEYS, THE HOUR BADLY SPENT.
THE ART OF LOSING ISN'T HARD TO MASTER.


THEN PRACTICE LOSING FASTER, LOSING FASTER:
PLACES, AND NAMES, AND WHERE IT WAS YOU MEANT
TO TRAVEL. NONE OF THESE WILL BRING DISASTER.

I LOST MY GRANDMOTHER'S WATCH. AND LOOK! MY LAST, OR
NEXT-TO-LAST, OF THREE LOVED HOUSES WENT.
THE ART OF LOSING ISN'T HARD TO MASTER.

I LOST TWO CITIES, LOVELY ONES. AND, VASTER,
SOME REALMS I OWNED, TWO RIVERS, A CONTINENT.
I MISS THEM, BUT IT WASN'T A DISASTER.

— Even ^{losing} you (THE JOKING VOICE, A GESTURE
I LOVE) I SHAN'T HAVE LIED. IT'S EVIDENT
THE ART OF LOSING'S NOT TOO HARD TO MASTER
THOUGH IT MAY LOOK LIKE (WRITE IT!) LIKE DISASTER.

Pieces of Japan that I want to carry with me

- The RECOGNITION THAT I AM A PERSON WHO DESERVES WEEKENDS, EVENINGS, and HOLIDAYS — AND THAT THEY MAKE ME KINDER
- "DAMN, THAT ONE WILL HURT FOR A WEEK!" "ACTUALLY, I THINK IT'S OKAY —" "NONONONO, A WEEK FOR SURE!"
- A WILLINGNESS TO SPEND MONEY MORE LIBERALLY, ESPECIALLY ON EXPERIENCES.
- The REALIZATION THAT, SOMETIMES, IT REALLY ISN'T JUST YOU THAT'S THE PROBLEM — SOMETIMES IT REALLY IS THE JOB, THE CITY, THE PEOPLE.
- AN APPRECIATION FOR PUBLIC PARKS, RECREATION CENTRES, and COMMUNAL SPACES
- A DEEP LOVE FOR SOY-BASED ICE CREAMS! 
- A DESIRE for FINDING my OWN LITTLE NICHE that FEELS just RIGHT.
- The KNOWLEDGE ~~that~~ I TRULY DO NOT NEED ANYONE UNLESS I CHOOSE.
- AN ARDENT LOVE FOR THE PATH and PROCESS.

V. RESILIENCE of the SELF

IN OUR very first meeting, ROBYN, the GUIDE and MASTERMIND THAT IS THE CAPI INTERNSHIP PROGRAM'S MANAGER. SHE EMPHASIZED THAT THIS EXPERIENCE WOULD TEST US TO OUR VERY MAXIMUM — THE LANGUAGE, THE HEAT, THE FOOD, and the COMMUNICATION WOULD TEST US DAILY, RELENTLESSLY, & STRONGLY.

AT THE TIME, I WAS ABSOLUTELY TERRIFIED. "HOW CAN I DO THIS?" I ~~THOUGHT~~ "EVERY DAY CAN ALREADY BE SUCH A STRUGGLE!"

BUT I WENT ANYWAYS, ALONE AND WHILE THERE WERE INDEED DIFFICULT TIMES, IT WAS A LABOUR THAT I WAS HAPPY TO TOIL FOR. EACH DAY WAS SUCH A TREASURE, BECAUSE I WAS FORCED TO LIVE, FEEL, and INTERACT WITH EVERYTHING. My EXPERIENCE IN JAPAN REAWAKENED PARTS of MYSELF THAT I THOUGHT HAD BEEN LONG DORMANT. THE PART THAT WAS BRAVER, WILDER, & MORE CONFIDENT — SOMETHING THAT HAD BEEN LOST IN MY DAY-TO-DAY LIFE.

THERE IS SOMETHING ABOUT KEY LIFE EXPERIENCES THAT STRIPS AWAY ALL OF the UNNECESSARY CHAFF from US — LIKE PEELING CEDAR BARK FROM A BOUGH OR SLOUGHING SCALES OFF A FISH BELLY. IT IS NOT PAINLESS, BUT IT REVEALS THE TENDER HEART OF WHAT WE TRULY ARE.

is like a small sandstorm that keeps changing direction
change direction but the sandstorm chases you. You turn again, but the
adjusts. Over and over you play this out, like some ominous dance
leath just before dawn. Why? Because this storm isn't something that bleat
for away something that I have nothing to do with you. The storm
you. something inside of you. So all you can do is give in to it,
side the storm, closing your eyes and plugging up your ears so
it doesn't get in, and walk through life, step by step.
no sun here, no moon, no direction, no sense of time
fine white sand swirling up into the sky like pulverised bones
the kind of sand storm you need to imagine. And you really will
make it through that violent, metaphysical, symbolic storm. No matter
metaphysical or symbolic it may be, make no mistake about it —
it cut through flesh like a thousand razor blades. People will bleed there
you will bleed too. Hat, need blood. You'll catch that blood in
hands, your own blood and the blood of others. And
the storm is over you won't remember how you
if through, how you managed to survive. You
t even be sure, in fact, that the storm is really over.
one thing is certain. When you come out at the storm
won't be the same person who walked in the storm
what the storm is all about. That's
Hindi, Mulla, Kapha or the shoe

II. CONCLUSIONS + THOUGHTS

WHEN I REFLECT BACK ON MY TIME AT CITINET, I FIND MYSELF OVERWHELMED WITH DEEP GRATITUDE FOR ALL THAT IT BROUGHT ME. THERE ARE SOME LIFE EVENTS THAT SEQUESTER YOUR STORY INTO SECTIONS OF "BEFORE" and "AFTER" - JAPAN WAS ONE OF THEM. I AM WRITING FROM THE DEPTHS OF THAT AFTER - IN MY TINY RICHMOND RENTAL, ON THE PASSENGER DECKS OF FERRIES, AND THE WARM LIGHT OF MY PARENT'S KITCHEN TABLE. IT HAS BEEN DARK, RAINY, and DIFFICULT AS I TRY TO RECONSTRUCT WHAT I HAVE FOUND DURING THE INTERNSHIP BACK HOME - THE GROUND IS SOFT, IT SEEMS LIKE THE INFRASTRUCTURE WOULDN'T TAKE.

YET HERE I AM, STILL BUILDING. SO MUCH OF WHAT I THOUGHT I WANTED WASHED AWAY IN JAPAN - TENURE, STABILITY, DENTAL, CLOCKING OUT. THESE ARE NO LONGER GUIDING MY PERSONAL and PROFESSIONAL LIFE. INSTEAD THERE IS THE FRIGHTFUL RESPONSIBILITY THAT COMES FROM KNOWING EXACTLY WHO YOU ARE. I NOW KNOW PRECISELY WHAT I WANT TO GET OUT OF THIS LIFE WITH A FOGGY IDEA OF THE METHODS TO PURSUE IT.

BUT THIS INTERNSHIP, THIS PLACE, THESE PEOPLE TAUGHT ME HOW TO ENDURE. AS INDIVIDUALS and AS a COLLECTIVE, WE PERSIST. WE ARE SUCH STUBBORN and ENDURING CREATURES. DISASTERS WASH AWAY OUR HOMES, WE ARE SEPARATED FROM OUR FAMILIES, WE BECOME STRANGERS IN A STRANGE LAND. YET, THROUGH ALL THIS STRUGGLE, I WATCH PEOPLE PICK THEMSELVES UP, DUST THEMSELVES OFF, and REBUILD. I WILL NEVER FORGET WHAT IT FEELS LIKE TO BE UNMOORED, NOR WILL I EVER REGRET THE DIFFICULTIES. EVEN NOW, I KNOW THAT EVEN THE HARDEST OF TIMES WAS NECESSARY, BECAUSE IT BROUGHT ME TO THIS PLACE, WHERE YOU NOW CAN READ MY CLUMSY HAND - REACHING BEYOND THIS PAGE and THIS TIME.

Acknowledgments

→ CITYNET

KENDRA, FUNAKI-SAN, OKI-SAN, —
OHTAKE-SAN

CITYNET
YOKOHAMA



THANK YOU FOR YOUR ENDLESS PATIENCE and KIND WORKING AT CITYNET SHOWED ME THAT IT IS INDEED POSSIBLE to FIND DEEP MEANING IN DAILY WORK. I SAW and LEARNED SO MUCH with YOU — Thank you FOR the OMIYAGE, the SITE VISITS, and all of the LEARNING. I HOLD IT IN MY HEART DEARLY.

→ CAPI

ROBYN — THANK YOU FOR BEING A SPIRITUAL GANGSTER, for CHOOSING ME in this PLACEMENT, and ALL OF the GENTLE GUIDANCE. YOU PREPARED US, GUIDED US THROUGH the INTERSHIP, and GAVE A GIFT BEYOND COMPARE. I AM SO GRATEFUL EVERY DAY FOR the JOY you BROUGHT TO MY LIFE. Thank you FOR BEING BRUTALLY HONEST and TERRIBLY KIND.

CAPI INTERNS — THANKS FOR the ADVICE, DIAPER JOKES, and SUPPORT. SPECIAL Thanks to MEGHAN FOR MAKING the LAST FEW WEEKS EXTRA FUN + SPECIAL

→ YISH

JOE — IS! THANKS FOR THE DINNERS, ADVICE, and SWIMS.

MITCHI — THANK YOU FOR BEING SO DEEPLY KIND, FUN, and WILD. KISS the DOGS for ME!
YUKI — Best Pho ever. I'll BE SEEING YOU IN FRANCE/SWITZERLAND FOR SURE — Thank you FOR BRINGING ME INTO the FOLD.

MATT — My VOIC COMRADE and PAL — I'm SO GLAD YOU CAN STAY IN JAPAN. Thanks FOR SINGING KARAOKE & CHATTING ABOUT GREAT BIG SEA w/ ME.

IVAN — FOR BEING the VERY BEST and TEACHING ME HOW to BE A KINDER, more PATIENT PERSON

→ MY FAMILY — FOR BRINGING ME and BEARING ME, ALWAYS.