

## Audio file

[Fukushimapart1-1.mp3](#)

## Transcript

Friday in March 11th、2011 started as a very ordinary day。

世の中がシーンとしているような感覚は静かな感じがしましたね。嵐の前の静けさのような感じですかね。

There was this big deep base rumbling。 We had no idea what was going on.

その揺れが収まらないということが本当に怖かったです。

And then we were just watching this wave thinking,oh my goodness,this is really bad.

ああ、これはもうダメだと思いましたね。

At the Fukushima Digi nuclear power plant,one of the workers was handling redirective,wheat,and all the lights got.

原発に対する影響っていうのはないことを祈っている状況でしたけども。

Suddenly we were at the center of

So yeah,I matched to find my portfolio,25th of January,2011,so about two months before it happened.I was nine years old,I was born in Japan.So even though my mom and dad are French in English,I would say sort of in my heart,because I lived there for 13 years I was born there,I grew up there,I would say at heart and Japanese.

Why was the Tokyo Bureau Chief for the Financial Times newspaper?I'd been working there for a few years having been a correspondent in China and Taiwan in the region as well.Japan has a very distinct and very interesting society and a very rich culture,so it's a great place to live work.

Around 300 kilometers north of Tokyo lies the coastal city of Ishina Maki.Richard Alberstat taught English at the university.

I was born in Redding in the UK,but I've lived in Japan for over 30 years now here in Ishna Maki City. is the very typical small city.It's main industry as fisheries.And the reason I came to like it is not so much because of the place,but because of the people who were really warm and welcoming.

Rio Coendo was a nursing assistant.

私の出身は東京都の中野区というところですよ。就職で来ていた夫と東京で知り合って結婚しました。結婚後の十年後ぐらいに、石巻に夫の実家に帰る形で引っ越しをしました。海から数百メートル離れた、本当に海に近いところに夫の実家がありました。夫と私、そして夫の母親、それから子供たち3人と一緒に住んでいました。

March the 11th spring vacation for the university so we weren't teaching or anything like that. but for some reason I don't know why when I woke up I didn't really have much to do at the university but thought I'd go in anyway.

市内の病院に勤務をしていて、私、多分子供が起きる前に出なきゃいけない日で、子供の多分寝顔を見たまま出勤をして、その後子供たちはおばあちゃんたちとかの力を借りて学校にそれぞれ行ったと思います。

私は、私は、私は、私は、 three years old,I think,so then he was still going to no three.I was getting ready for primary school.And my mom would cycle me.I loved school a lot.We had karaoke Friday,which was a thing we had only afternoons.That was really looking forward to.It was really fun.It had

Actually been a fairly quiet period for news in Japan and one of my colleagues was wondering when things would heat up again and we'd start getting articles and decent places in the paper.We had no idea what was going to happen next.

Along the coast,40 kilometers west of Ishinomaki is the sprawling city of Sendai.Where Yumuroga was preparing for an afternoon,delivering medical supplies.

家がすごく近いので、お昼を自宅で撮っていて、ご飯が終わったので仕事に戻ろうと出発したというところですね。仕事中に停車している時に車にいたずらをされたんですね。それを防止するために24時間常時録画できるようなシステム、なおかつ高画質なものということで、家庭用のビデオカメラを設置することにしました。最初の信号の交差点を突入した時に、なぜか車がガタガタと揺れて車自体のエンジンのノッキングが起きたような感覚で

I was sitting at my desk in our office building on the 21st floor in the Hebier business district and something that felt the rattling in the beginning of the sway.

It started to tremble.It started to shake.All the way from nursing,we would do drills.We'd practice going underneath the tables,going to frames,like door frames,as a way to protect.Teacher just said,oh,everyone,there's no desk,no tables in that room.So just huddle together in the middle of the room and we'll just wait for it to pass.

When the shaking started,then it was just so bad that I had to just clutch hold of my desk to just stay standing.All the books were flying off my shelves,which was pretty terrifying.

And when it goes why. And it still continued to shake, and then the trembling gets worse and worse and stronger. I had a fan that was above my head and a screw king loosen, so it was just flinking on this, that one screw that was left. And I was thinking for myself, I hope that doesn't fall on me.

It was very quickly apparent that this was a powerful earthquake, and it was growing in power.

The magnitude 9 earthquake was the strongest ever recorded in Japan. Local government officer Teru O Kano was working near Ishinomaki.

えっと、北上総合所っていう、あの市役所の文書っていうところで、あの地域振興のお仕事をしていました。中にいたスタッフの女性スタッフがあまりにも悲鳴が大きくて、机をしがみついて、最終的にはしゃがみ込む状態。ちょっともう経験したことない揺れで、時間的には多分3分以上は続いていた揺れかなと、自分自身はその時思っていました。

That's when I think when everything just got worse, it started to drag on for a while, and the shaking became much worse, and then we could see our teacher's expressions that that's when I think we knew something was wrong. We didn't realize how bad this was, and how bad it was going to be. Of course, I worried about my mom and my dad, but I remember I mean, worry at the time was my brother, because he was at nursery. And just, you don't know how your family is. You don't know if they're safe, if they've been injured.

I mean, the power of the earthquake was extraordinary, and we in Tokyo felt it as something extraordinary, but if you were along the coast much closer to the epicenter, it was for many people absolutely terrifying.

And right on that coast, set one of the world's largest nuclear power stations.

Rukushima 第一 decontamination worker Yukio Shirahige was in a building at the edge of the site.

放射能を測ることがメインの仕事になってきました。その時は客先の資材倉庫の中の棚卸しをやっていたと思います。その時に地震が発生したんですね。あの地震の延長とかそういうものは全くなくて、いきなり揺れが来ました。福島県は時々地震はありますので、あ、またかっていう感じの意識です。そのうち収まるだろうという形でいたわけですけども、ところがだんだんひどくなってきて、地上に立っていてもちょっと立ってられないような状況で。

When the earthquake hit, safety systems automatically shut down the three active reactors.

So very crudely, the earthquake caused damaged to the plant, but nothing that alone would have caused a crisis. For example, one part is that it destroyed a pylon and broke

the connection that the plant had to the national grid. And it's one of the features of nuclear power plants of the type used at Fukushima Daiichi that they need electricity to keep the reactors and the spent fuel that's kept in cooling ponds cool.

After the chain reaction has stopped, it needs to be cooled down for a long time. Even though there was no power coming in from outside, there were emergency generators starting to kick in and providing an electricity to pump the coolant of the reactor. With diesel generators keeping the fuel cool, plant operators hoped the worst was over. But the six-minute long quake left the whole country on edge.

When the shaking eventually stopped, I think the teachers are trying to figure out what to do. I'd ask my teachers if I could be let go at least that, yeah, that's fine. So I got my bicycle and I started to cycle to my mom's office to try and find her. As I'm trying to get up this hill, I just remember feeling this panic of it doesn't matter. If something falls on me, it falls on me. I've got to get to my mom's office. I wasn't sitting on my bicycle. I was standing, trying to get there as quickly as possible. To dodge through people who are coming out into the streets as well, and just feeling this feeling of panic, and I need to get to my mom, I need to

Get to my mom. 300 kilometers north, in coastal Sendai City, Yu Maruga was still on the road.

あの時の地震だけは今まで体験することがないような、経験したことない未曾有の揺れでした。その時、えっと、道路も大きく崩れて陥没して、まだ地震も少し余震もあって、大きな地震の後も少しグラグラグラグラずっと揺れてるような感じではありませんでしたので、不安といえばかなり大きな不安はやっぱりありましたね。

We didn't have any news that we had no idea what was going on. And I didn't really have a chance to be worried about anyone because everything was just happening all at the same time. And it was all so surreal that we were kind of just more occupied with coping for ourselves.

Rio Coendo was on the fifth floor of the hospital.

大きな揺れで、ええ物もたくさんこう壊れましたし。あと、患者さんがあの、大変怖がっていたので、私たち自体も怖かったですけれど、いろいろ患者さんの対応であったり、落ちたものを片付けたり、ええ、きっと断水するだろうからということで、空いた容器にあの水を溜めたりっていうことを、ほぼきっと一時間ぐらいは行っていたんじゃないかな。みんなも大変な状況でした。

My mum's office is on the fourth floor of the office building, but the lifts aren't working, so I was running up the stairs. And I remember just bursting into her office. It was such a relief to see her. I just ranched right into her arms, and I think I just cried. We cycled

home together. And I remember seeing my brother, and that feeling of thank goodness, he's all right.

The earthquake's epicenter was traced to the ocean floor around 80 kilometers east of Ishino Maki.

So the immediate aftermath of the earthquake for us was realizing that we were actually knocked at the center of it. And as soon as the Japanese television was reporting as they did quite quickly that the epicenter was off the coast, then it became possible that a damaging tsunami could be on the way.

We were all gathered together first in the university campaign. And then when the tsunami warning was issued, then that meant we should get to higher ground. So we all moved to a big classroom on the third floor. There was so much happening that it wasn't really my head couldn't cope with everything that was going on really.

ここからは一斉メールとして、子どもたちは体育館に避難していますということだったので、あのあ、無事にきっと体育館にいるんだろうなというふうに思っていました。情報を得ようとしたのですが、あの、それができない状態が続きました。

As a journalist, I don't want bad things to happen. I like reporting good news. But it was always in the back of my mind that it might be on my watch that a very large disaster might happen. One

Of the first things we did was to switch on the television and see what an earth was going on, because for all we knew in that moment was that we had an earthquake, but what we didn't realize was that it was so big, that then it had caused a tsunami. And that's when I remember just seeing the wave, making its way to that northern coast, thinking, oh my goodness, this is really bad.

津波情報第3号,現在大津波警報が

In Cindai, Yumarogo was driving across town more than two kilometers from the coast.

初めて津波目にしたのはバックミラーで後ろから来た津波が最初でしたね。ミラーで確認して、後ろを振り向いてカメラで撮っていました。先に。その後、前からも津波が来て、ただ、その時は道路が浸水する程度ぐらいの波が来たのかなと思って、まだ最初の数秒間は大丈夫なのかなとは思ってたんですけども、それがもう数秒も経たないうちに徐々に車が流され、自分の車も後ろから押し出されて、前の車に衝突するぐらいの勢いだった時は。死ぬ可能性もあるんじゃないかという死の恐怖を感じましたね。あ、これはもうダメだと思いましたね。非常に怖かったですね。

The tsunami struck a long swave of Japan's East Coast,swamping harbours,rivers,and low lying areas.

I was still thinking we might be reporting mainly on deaths from falling buildings.But from the reports that were coming through from Japanese media,it was clear that Tanami was likely to be the real killer here.

Near Aishinomaki,Teru O'Cono was sheltering in his office,a few hundred meters from the coast.

私の執務室からは、実は海、川は見えない状態のエリアに執務室があったために、外の状況がなかなか把握することができなかったというのがあります。ちょっと異常な音がしてきたなということで、外を見たら、小さな川を津波が遡上する光景を見て、あ、津波が来たっていうのを、まあ初めて認識。

役所

自体がきしみ音がすごくて、屋根のパネルは折れる、割れる、蛍光灯が切れる。建物が異常な振動をし始まって、そうしているうちに、実は我々は逃げようと思った瞬間に、その真正面の実はドアのところから水が2回襲ってきた。大きな黒い波が我々に迫ってきた時に、自分が役所から投げ出されて、津波の中に巻き込まれるっていうところは、今でもコマ送りに、自分がどのような体制で入っていたかというのは、今でも記憶しています。

私の車は重量バランスがちょうど50対50で良かったので、ちょうど船のように置いていたので、しばらくは私の車に関しては中に浸水はほぼなかったですね。車の中で車という鉄の箱の中で守られていた方がいいのか、それとも。上に乗った方がいいのかと、頭の中でこうぐるぐるぐるぐると考えが錯綜してるっていうか、迷ってましたね。車がああ後どんどん流されていって。で、バックして流されているような状態で、建物の中、倉庫の中に突入して、窓から開けた窓から水がもうドバツと入ってきましたので、あ、もうこれは車の中での待機は無理だと思って、窓の枠を掴んで後方に流されてしまって、単身で窓からこう。脱出するような形で水の中に出ました。あっけないなと思って。人生ってこんなに突然、朝あんなに穏やかだったのに、急に水に流されて、こんなところで海水飲んで窒息して流されて死ぬんだなと思って。ああ、もうダメだと思った時に、水飲みながら手が水面に出る感覚があったんですよ。それで、ああ。もうちょっとだけ頑張ろうと思って、もう一掻きだけして、なんとか顔を水面に出すことができましたんですよ。飲んだ水も吐き出して、とりあえずなんかしばらく5分、10分ぐらいとかずっと息ハァハァしながら、その場でこう、なんだろう、四つん這いになってうずくまったような感じですね。

上に行かなきゃ全然ダメだよ。これ死人が出るね。ちなみに揉まれてる間はもう真っ黒の中なんで、もう何もわからない。洗濯機の中で自分がこう回されてるよう

な。ただ、そこから手の指も足も体も何一つ動くことできなかったです。本当に苦しかったです。で、このまま多分自分は死んでしまうんだらうなということで、実は本当に家族に対してごめんねっていう言葉をその時話してます。で、その家族の顔を思い浮かべていて、ごめんねって言った瞬間、なんかこう、自分の指が動かし、体も動くってなって、そこからあと、自分の体を必死にもがきあがいて、水面まで出てきたっていう形。最終的には屋根の一部のようなものが流れてきて、それにちょっとつかまって。津波の流れのままに徹したっていう形ですかね。そうしたら、そこから「頑張れ」っていう声が聞こえてきたんです。その声で、自分は目を覚ましたというか、意識を取り戻して、私の元同僚っていうか、保育所の先生の鈴木先生のうちだなというのは分かって、鈴木先生が「頑張れ、頑張れ」っていう言葉に合わせて、その屋根が鈴木先生のうちにだんだん近づいていくんですよ。本当に鈴木先生の励ましの言葉で、自分も本当に頑張れたんですけど、その「頑張れ、頑張れ」って言って、本当に奇跡的に鈴木先生のうちの玄関のところに私の乗っていた屋根が個人と接続したんです。

Thousands had drowned and thousands more were missing.

There are many stories of people who had lost loved ones, very likely because those loved ones had been trying to look after each other or trying to find them rather than just fleeing. And that's a kind of very human dilemma. There were people who works having to stand by very close to their neighbors. Sometimes it loved ones being washed out to see without anything that you could do to save them.

Rio Coendo hadn't heard from her husband or her three children since before the earthquake.

帰っていいよっていう風に言われて。ええ、病院を後にするんですが、結局途中であの感染がひどいところがあって、足止めをされて、その後2日間。石巻市役所に避難をしていたということになります。私、その市役所で自家発電がついていたので、他の地域の津波のニュースをテレビで見ることができていました。メールが1回だけ見ることができて、その後も電話が全然通じなくなったので、何度も何度も家の方にかけていました。

While Rioko waited for news further south. Kashima Daichi was also directly in the path of the tsunami. Yuki yoshirahige was sheltering on the land side of the side.

35m の場所にいると津波は確認できていません。誰かのスマホかなんかの動画です。津波が来ているのを見たぐらいですね。おお、津波の影響とか、地震の原発に対する影響っていうのは、全く現場、あの、私自身は確認できていないし、まあ、あのないことを祈っている状況でしたけれども。

Fukushima daichi was protected by a five and a half meter high tsunami defense wall. You know, Tsunami is not just like a wave. It is like a rise of the sea level with a very

strong force. So Tsunami came over the defense shield, floating to the power plant, pushed away all the cars and the other installations around the reactor, and then it hit the reactor buildings. No one knew if the plant could survive a direct hit. Meanwhile, the extent of the damage to coastal communities was dawning on residents, like social worker Missoui Cano.

大熊町原発から4キロぐらいのところで働いていました。大変なことになってるんだということを実感した頃に、集会所が津波で持っていかれたという情報が入りました。で、すべての電話線が、あの電柱が倒れてしまいましたので、電話ができなくなる。で、恥ずかしいことに、すぐそばにある原発のことについて大丈夫かって思っていませんでした。

100 kilometers north, residents of coastal cities like Sendai and Ishinomaki were facing a freezing night without power.

The whole... Central area of the city had been flooded. And that meant I couldn't get back into the central area either to where I live or to anywhere else I wanted to go. So I ended up just sleeping at the university with many of the other staff.

Yu Maroga took refuge in a warehouse above his wrecked van.

震度5前後ぐらいの揺れがずっともう1日中揺れてましたので。12人が集まって一夜を過ごしました。でもそれでもやっぱり寒かった。流されたものとか家とか車とかそういうのとかの話がずっとしてましたね。窓の方に自分いたんですけども、外は赤く赤く燃えてましたね。あと叫び声ですね。皆さんのうん、助けてくれっていう声だったりとかと、ライト持ってる人がこうなんだろう、へりに向かってライトで照らして助けてくれみたいな感じだったんですけども。

Hated sleeping and going to sleep because at least if I were awake, then I could quickly move or find my parents or get the safety. And so when after shocks had happened in the middle of the night, I'd have to run down the corridor to find my parents, but I always had this sense of anxiety, and it starts to get worse and worse. And even through all of that, I've always wanted to protect my brother. I think with our, he's Even though I've ever come like all the events thinking about him there's still a thing that gets me the worst upset I think

Terra Okano woke up in the house where the tsunami had dropped him.

その時の朝のあの静寂の恐怖っていうのは今でも頭の中であって、なかなかこうフラッシュバックしてしまうんですけど、あの静寂。僕の中のあの恐ろしさっていうのが怖くて体がもう震え始まってました。何一つ音がしなかった。自分の中ではそう思ってるんですが、間違いなくいろんな小鳥のさえずりとか多分あったと思うんですけど、私の耳に聞こえてくるのはもう無音の世界。荒れ果てたもう風景。その

中でもやっぱり自分の家族を探しに行く人たちがやっぱり多く行ったっていうのがあります。やっぱりあれだけの津波に来ると家族とは離れ離れになってしまうので、朝になった時には、腰よりちょっと下ぐらいまで水が少し引いてましたので、下半身水に浸かりながら 12 人みんな建物から出て歩き始めました。瓦礫だらけで道も分断されて、どこが道かもわからず、その後は各々みんなバラバラで、をつけて帰るよみみたいな感じで皆さんで帰りましたけれども。

Financial Times Bureau Chief Muer Dicky headed for the disaster zone.

We have a responsibility as a journalist to report the big stories as best we can and I felt that we needed to go to the area was very challenging to get there but that was proud to be on the ground to see what's really happening to people。 Here behind me is a sign with there to show visitors and residents of this area that beyond that point is in risk of tsunami flooding. But the waters this time came far, far further. The earthquake had caused relatively little damage to property, but it was of relative normality compared to the sunshock as you came down off the hills towards the coast. You could see a line drawn across the land. And on one side of it where the tsunami had hit, just absolute devastation. It looked to me and to many other people who saw it, as if we had walked into the kind of scene that you see an old newsreel of the Hiroshima or Nagasaki after nuclear bomb and that kind of leveling of whole towns. The evidence is everywhere of the incredible power of the tsunami. Buildings have been mashed and mangled beyond repair, trucks picked up carried distances and then dropped and piles of debris. Those who didn't flee in time had a little chance.

Those who could fled the devastation、 including Missouri who was heading for her family farmhouse in the hills

で一本しか道がないので、そこにたくさんの車が押し寄せて、しかもあのガソリンを入れられませんでした。余震がずっと続いておりましたので、電線がたわんで道にかかっているんですね。先生がもう倒れかかっている。山から溢れ出した水が凍ってしまって、坂道全部がアイスバーンで、でも本当に怖い思いをしながら。

Finally、 Mizui reached the safety of her farmhouse、 but the nightmare was far from over。

ものすごく大きな音が響きました。遠くで。でも、その時はまだ何が起こったかわかりませんでした。で、すぐにテレビをつけました。でもテレビ、そういう情報を何も流していませんでした。

My colleague and I were driving into southern Fukushima prefecture we weren't actually in communication with the outside world and we went through an area which did have mobile signal, and I saw my Blackberry light up with multiple messages from editors in Hong Kong, saying call, call, call. So I rang and I heard the language felt like something

out of movie,they said there's been an explosion at the nuclear plant,turned the car around and drives out.

It was a sort of a cheer novel moment.My view was that,oh,this is not the worst case yet.

There was a lot of fear in Japan.People were scared.The Prime Minister were scared.

未だ見たこともないガスマスクをしてる。すごい防護服。もうきっちりとした防護服を着ておりました。

If this were to be a really significant release of radio activity,would you have to evacuate Tokyo?The news on the radio was talking about the Fukshima Reactor,but we were so busy trying to look after ourselves.

She was just crying and shoulding,and I couldn't do anything for him.

小学校に着きましたが、そこに子供たちの姿はなくて、いろいろな人にうちの子供を見なかったかということを知って歩いたんですが、誰も分からず。

Supports information for any of the issues raised can be found online at [Channel 4.com/Support](http://Channel4.com/Support) and you've more from Fukushima days that shopped the World Half 10 tomorrow night。 Super Sergeons is next tonight。