

## Appendix A

### Find Your Partner

Sentence strips adapted from Sendai Tourism, Convention and International Association (2019) *Advice for protecting yourself in an earthquake*

<http://int.sentia-sendai.jp/e/life/bousai.html>

(The author has received written permission from SenTIA to use sentences from their safety guide for multilingual volunteer training purposes.)

Group A	Group B
If there is no furniture under which to hide, (A)	protect your head with a cushion or other object. (B)
After tremors have weakened, (A)	secure an exit as soon as possible by opening a door. (B)
If a tsunami is coming, (A)	get away from the ocean and escape to a safe place immediately. (B)
If you see someone who needs help, (A)	please help them. (B)
If you are unable to contact your family and friends, (A)	post a memo stating where you are going on your front door. (B)

## Appendix B

### Listening Activity – When the Earth Shakes

**Instructions:** First, read the passage with your partner and discuss possible phrasal verbs that could be used in the blanks. Listen to the audio and check your answers.

Narrator: When the earth shakes, the ground moves, and things start to fall, you'll ask yourself, how prepared, or unprepared, are you?

Have you removed objects from over the bed and over your head? Anchored your possessions securely to the wall. It won't be a pain, and you're not doing it in vain. Are your emergency kits packed? What about your family? Your friends? Do they know what to do? How to get in touch and where to meet? Do you know how to drop, cover, and hold on, covering your head and neck? What if you're outside? Or in a car?

After the shaking stops, 1) \_\_\_\_\_, 2) \_\_\_\_\_ what to do.

3) \_\_\_\_\_ from damaged areas. 4) \_\_\_\_\_ a radio.

5) \_\_\_\_\_ for help. And if you're trapped, do not move about. Stay calm, only shout as a last resort.

Once everything and everyone is safe, get prepared; an aftershock could be on its way.

So, before the earth shakes, the ground moves, and things start to fall, get prepared, make a plan, practice what you know, because an earthquake can happen anytime, anywhere. You never know.

## **ANSWERS**

Narrator: When the earth shakes, the ground moves, and things start to fall, you'll ask yourself, how prepared, or unprepared, are you?

Have you removed objects from over the bed and over your head? Anchored your possessions securely to the wall. It won't be a pain, and you're not doing it in vain. Are your emergency kits packed? What about your family? Your friends? Do they know what to do? How to get in touch and where to meet? Do you know how to drop, cover, and hold on, covering your head and neck? What if you're outside? Or in a car?

After the shaking stops, **1) look around**, **2) figure out** what to do.

**3) Stay away** from damaged areas. **4) Turn on** a radio.

**5) Reach out** for help. And if you're trapped, do not move about. Stay calm, only shout as a last resort.

Once everything and everyone is safe, get prepared; an aftershock could be on its way.

So, before the earth shakes, the ground moves, and things start to fall, get prepared, make a plan, practice what you know, because an earthquake can happen anytime, anywhere. You never know.

### **Reference**

FEMA. (2020, February 2). *When the Earth Shakes* [Video].  
<https://www.youtube.com/watch?v=MKILThtPxQs>