

# Ms. Sayoko Murakami (Japan)

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I was born in Kobe and grew up there. When I was in the first year of elementary school, 6 years old, I had the experience of the Kobe earthquake of 1995. When I was a university student I studied Disaster prevention and society for 3 years. I was interested in volunteer activities and helping people.

So when I was a university student I joined some volunteer groups. For example to go to the disaster area, and take footbaths and hand massage to Victims at the Temporary housing and some other meeting spaces, such as Noto Peninsula. Another activity is visit to elderly people who live alone in areas with reconstruction of housing, and talk with them.