



**TSUNAMI
UNITED**

***"Be Tsunami Ready:
Resilience Begins with You"***

**Tsunami United
2026 Crew.**



BEGINS WITH YOU

OPEN MIC
OPEN VIDEO
AND SAY
SOMETHING



**TSUNAMI
UNITED**

Connecting the Next Generation to Build Coastal Resilience

WELCOME

BEACH CLEANUP
OCT 12

***"Be Tsunami Ready:
Resilience Begins with You"***

SESSION 2

**THE RESILIENT YOU: FROM AWARENESS
TO PREPAREDNESS**

TIDE
CHARTS

SURVIVAL KIT
CHECKLIST



Real Talk, Right Now: Have you ever felt an earthquake or had a tsunami warning?

Yes,

|||||

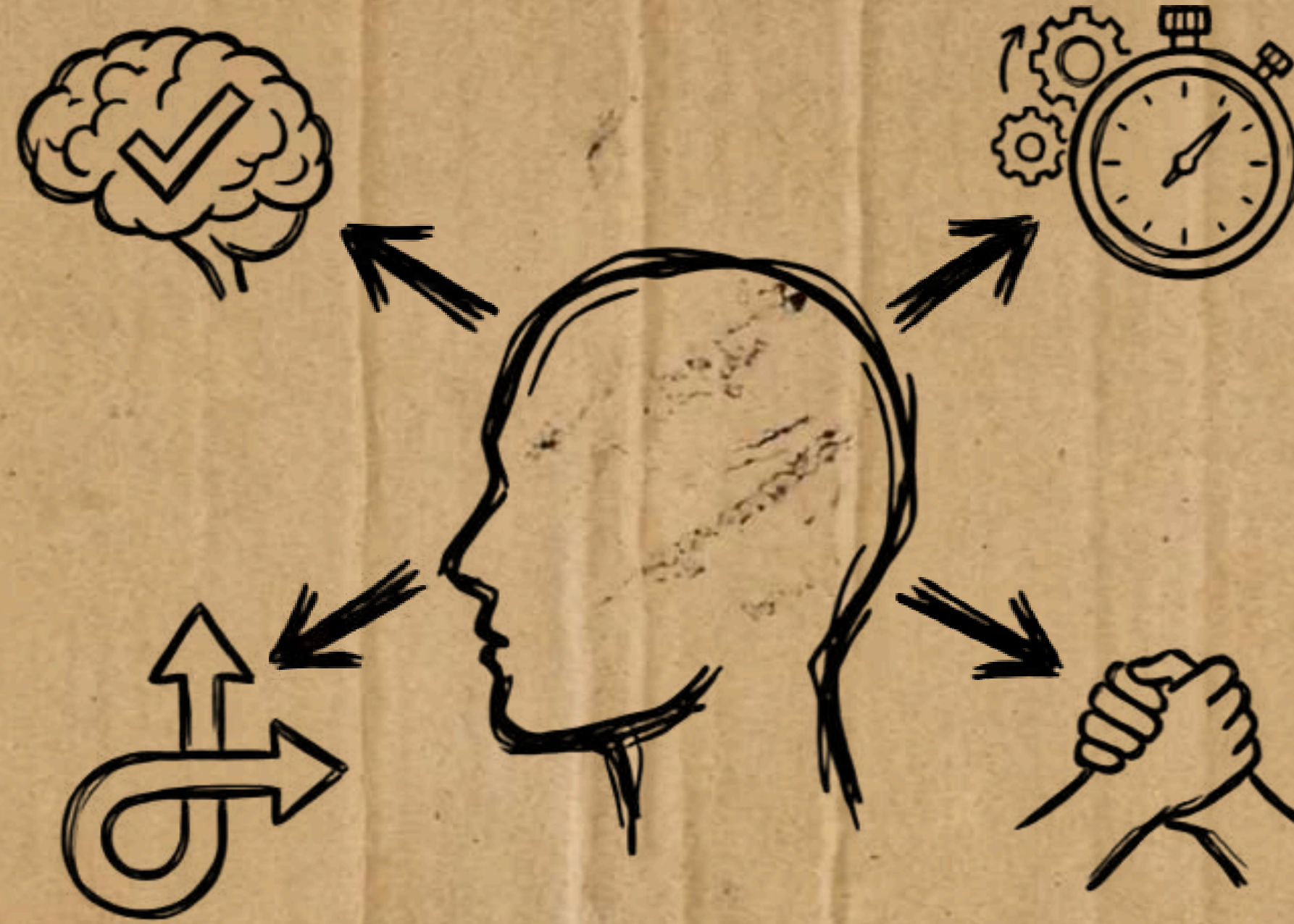
No...

|||||

Not sure

|||||

**Drop your answer
in the chat —
let's see what this
group has already
lived through.**



Based on your experience (or experience from others), what is Resilience

**Calm:
Plan before.**



**Able to decide
and act fast.**

**Adaptable
You know
what to do next.**



**Very confident
with your own
action.**



Resilience is NOT being superhuman.
ability to prepare for, withstand, adapt to, and recover.

AWARENESS

PREPAREDNESS

RESPONSE

RESILIENCE

AWARENESS

PREPAREDNESS

**SHOUT IT
OUT: WHERE
DO THESE GO?**

RESPONSE

RESILIENCE

1: WHEN TSUNAMI HAPPENS,
WE ARE OK AND ABLE TO
CONTINUE WITH OUR LIFE
BECAUSE WE PRACTICE AND
DID OUR PLAN

2: I KNOW MY
SCHOOL IS IN
TSUNAMI HAZARD
ZONE

3: THE GROUND
JUST SHOOK HARD –
I'M RUNNING TO
HIGH GROUND NOW.

4: MY FAMILY
ALREADY PICKED A
MEET-UP SPOT IF ALL
OF US EVACUATED.

AWARENESS

(KNOWING THE SIGNS.)

2: I KNOW MY
SCHOOL IS IN
TSUNAMI ZONE

RESPONSE

(WHAT YOU DO WHEN IT STRIKES.)

3: THE GROUND
JUST SHOOK HARD –
I'M RUNNING TO
HIGH GROUND NOW.

PREPAREDNESS

(PACKING & PLANNING.)

4: MY FAMILY
ALREADY PICKED A
MEET-UP SPOT IF ALL
OF US EVACUATED.

RESILIENCE

(BOUNCING BACK STRONGER.)

1: WHEN TSUNAMI HAPPENS,
WE ARE OK AND ABLE TO
CONTINUE WITH OUR LIFE
BECAUSE WE PRACTICE AND
DID OUR PLAN

(0 = Nope, 1 = Kinda, 2 = Absolutely)

A. I know the safest place to evacuate from where I live.

☐ 0 ☐ 1 ☐ 2

B. I know the route to my nearest evacuation shelter.

☐ 0 ☐ 1 ☐ 2

C. I know tsunami natural warning sign are.

☐ 0 ☐ 1 ☐ 2

D. My household has an agreed meet-up spot in emergency

☐ 0 ☐ 1 ☐ 2

(0 = Nope, 1 = Kinda, 2 = Absolutely)

A. I know the safest place to evacuate from where I live.

0 1 2

B. I know the route to my nearest evacuation shelter.

0 1 2

C. I know tsunami natural warning sign are.

0 1 2

D. My household has an agreed meet-up spot in emergency

0 1 2

If you scored a 0 or 1 on anything, that's something you want to improve



The Miracle of Kamaishi.

3,000 students self-evacuated from elementary and junior high schools in Kamaishi, Iwate Prefecture.

Not miracle but from practiced habit.

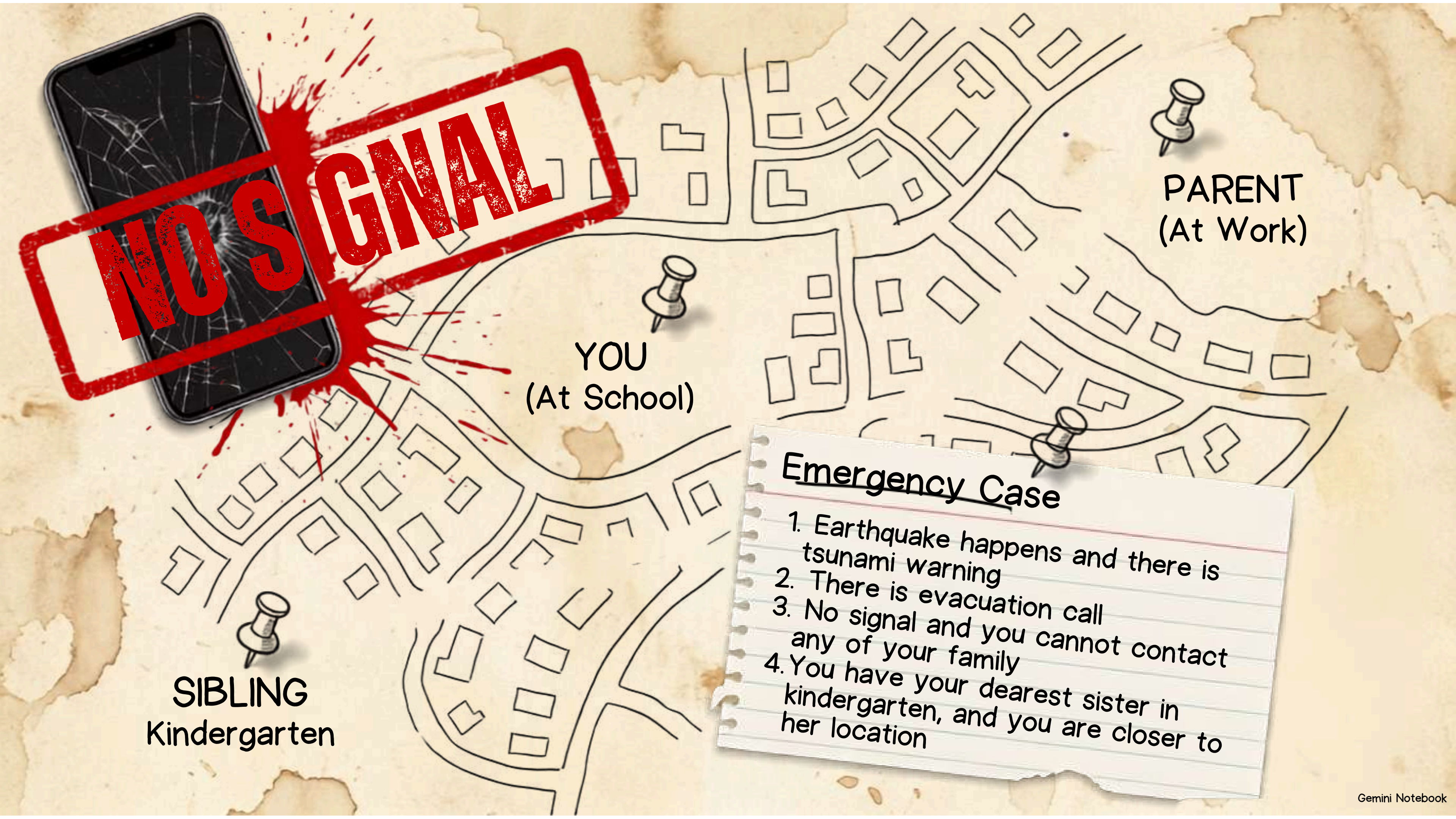


The Miracle of Kamaishi.

1. Don't trust assumptions. (Hazard maps can be wrong; water goes further).

2. Do your very best. (Don't put perfect information).

3. Be first to move. (One person moving gets the crowd moving).



NO SIGNAL

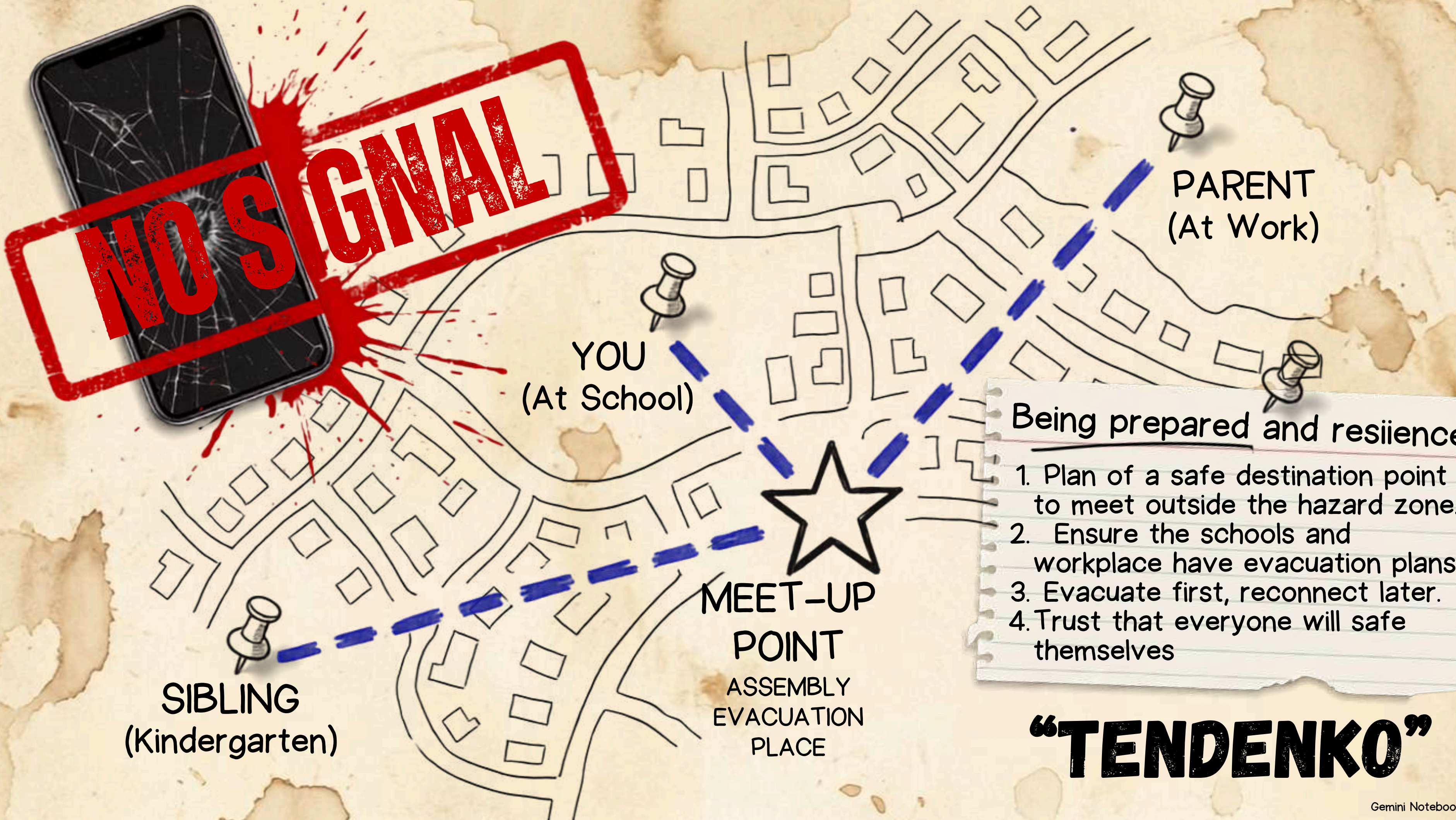
YOU
(At School)

PARENT
(At Work)

SIBLING
Kindergarten

Emergency Case

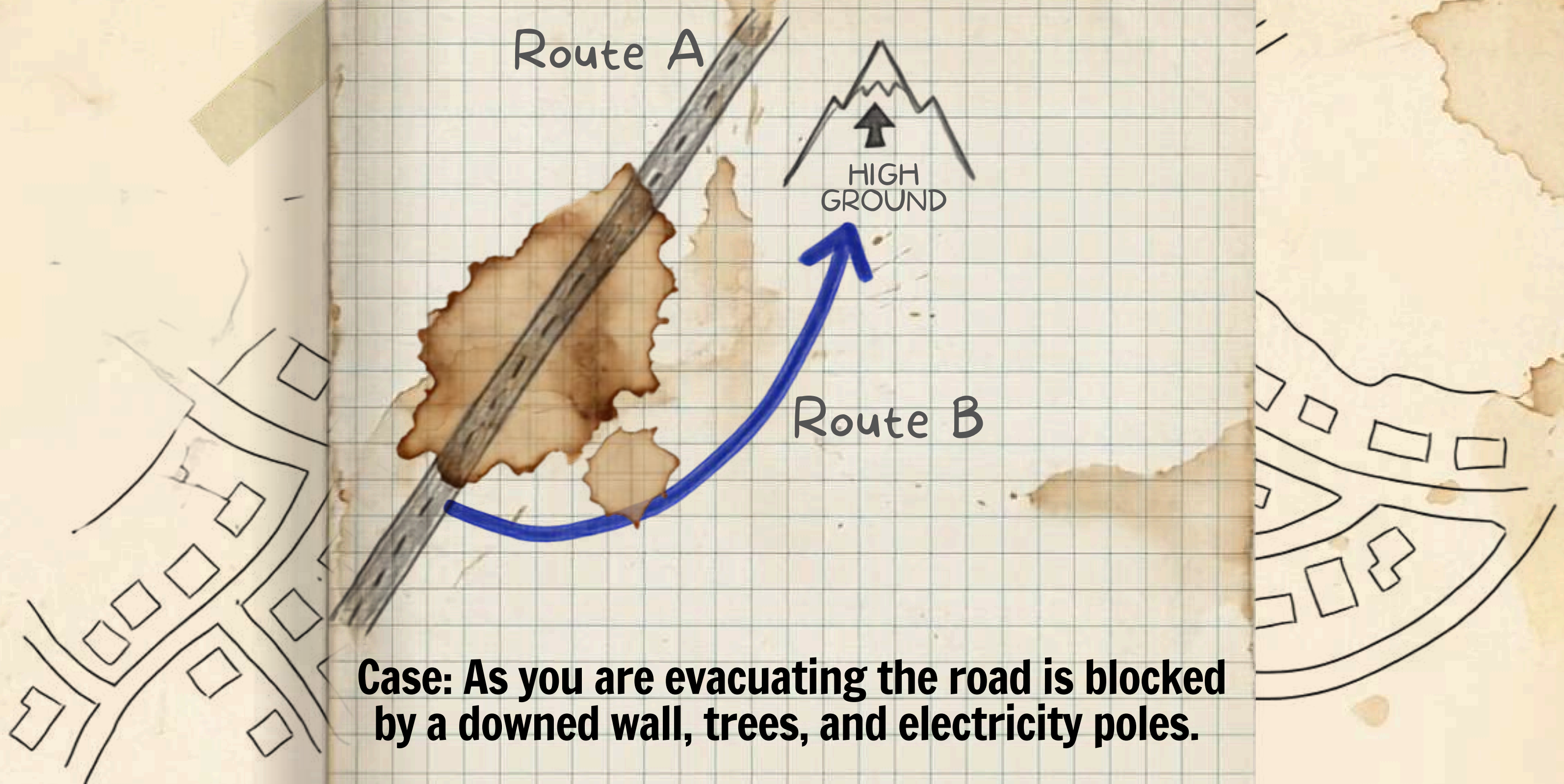
1. Earthquake happens and there is tsunami warning
2. There is evacuation call
3. No signal and you cannot contact any of your family
4. You have your dearest sister in kindergarten, and you are closer to her location



Being prepared and resilience

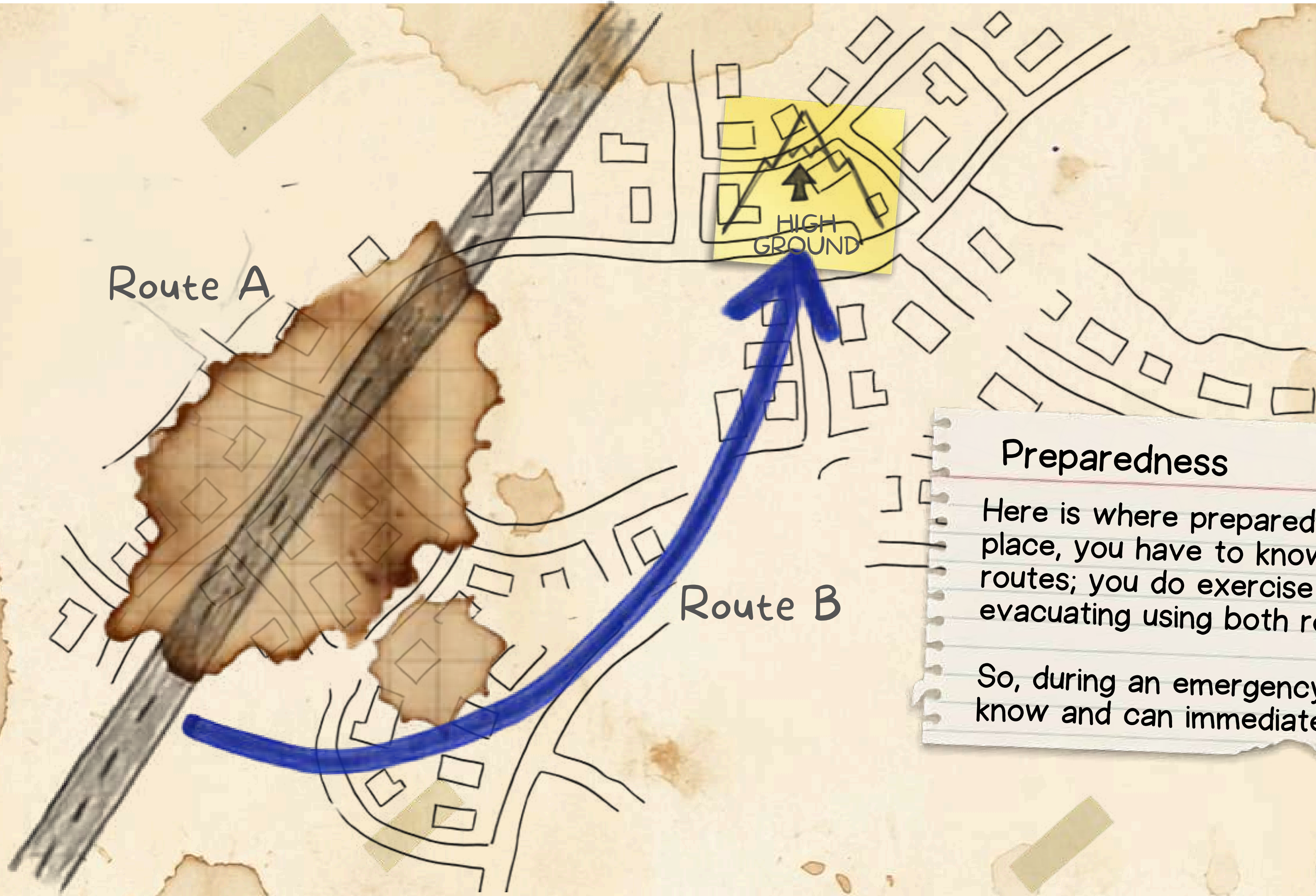
1. Plan of a safe destination point to meet outside the hazard zone.
2. Ensure the schools and workplace have evacuation plans
3. Evacuate first, reconnect later.
4. Trust that everyone will safe themselves

“TENDENKO”



Case: As you are evacuating the road is blocked by a downed wall, trees, and electricity poles.

Do you wait, help and follow the crowd, or take an alternate route (B) that in a normal situation takes 4-5 minutes longer compared your original route?



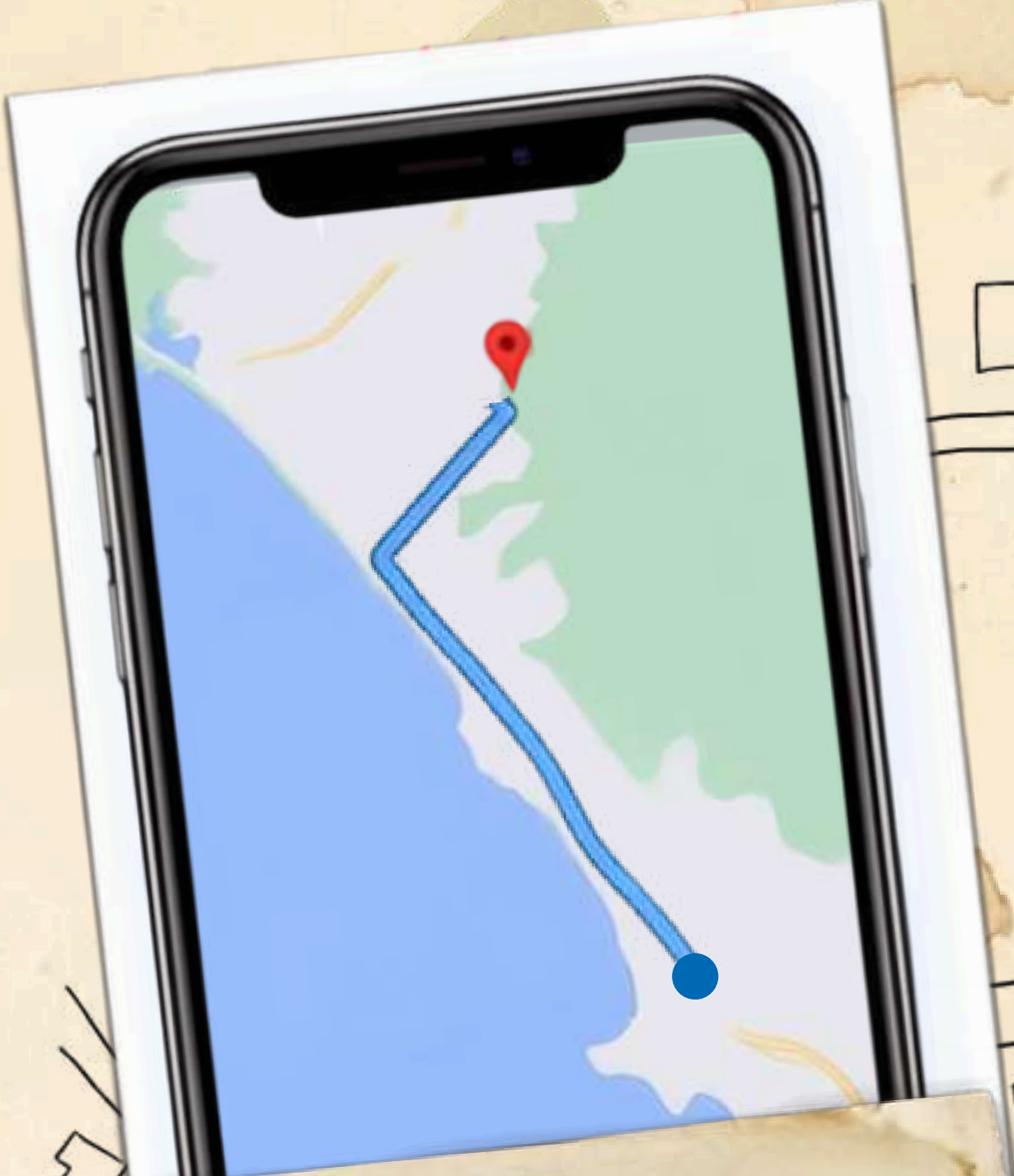
Preparedness

Here is where preparedness take place, you have to know both routes; you do exercise evacuating using both routes.

So, during an emergency, you know and can immediately decide.

A smartphone is shown at an angle, displaying a map application. The map features a blue line representing a route, starting from a blue dot at the bottom and ending at a red pin at the top. The background of the map is light green and light blue. The phone is placed on a piece of torn, aged paper. To the right of the phone, there is a hand-drawn street map with various rectangular buildings and winding roads. The entire scene is set against a larger background of torn, aged paper with some brown stains.

**This online map shows
you the fastest route.**

A smartphone screen displays a map with a blue route. The route starts at a blue dot at the bottom and ends at a red pin at the top. The map shows a body of water on the left and a green area on the right. The phone is placed on a larger map background with street outlines.

**This online map shows
you the fastest route but
might not save you.**

A smartphone screen displays a map with two routes. A blue route starts at a blue dot at the bottom and ends at a red pin at the top. A red route branches off from the blue route, goes around a green area, and then rejoins the blue route. The phone is placed on a larger map background with street outlines.

**Look for alternate route,
it might be longer but is
more save to evacuate**

Rank & Compare what you can Grab-and-Go.
**You only have 10 seconds, and you can only carry 3.
Which Items are in your top essentials? and why?**



Preparedness gear
should help you
move, not become a
heavy suitcase.

THE 10-SECOND 'GO-BAG' SPEEDRUN

If the earth shakes, you don't have time to pack. What goes in the bag right now?



Water



Non-perishable food



Flashlight



Whistle



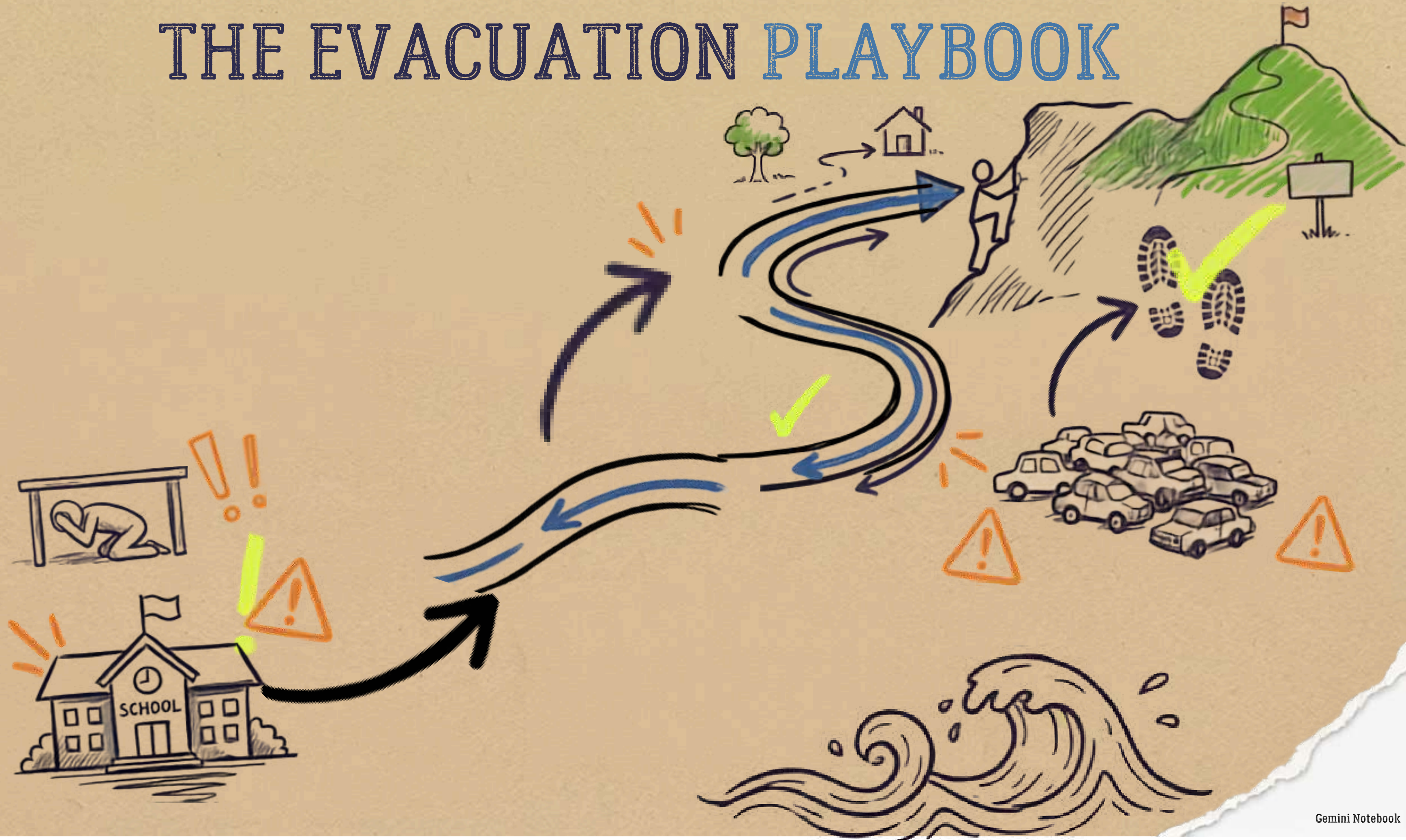
First-aid kit



Battery Radio

Where to put this bag

THE EVACUATION PLAYBOOK



THE EVACUATION PLAYBOOK

1

Step 1 (If Earthquake):
Drop, Cover, and Hold
On first! Protect your
head from falling debris.



Step 2: After the shaking
stops, evacuate to
school assembly area

2



Step 3: Evacuate!
If you can't go high,
go further inland.

3



Walk, Don't Drive! Roads will
gridlock instantly. Your feet
are your best escape vehicle.



EXERCISE: PERSONAL PLAN

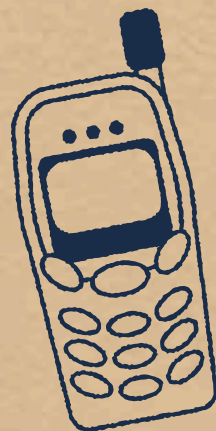
Resilience begins
with you.



Prepare your
personal Go-Bag.

As a start you can
create your
personal plan!

Review your
evacuation route
from your house,
from schools, etc.



Create emergency
contact list of your
family, school, and
officials

Agreed on Meet-Up
Place in case there
is evacuation call.

Tsunami United 2026 Tsunami Awareness and Preparedness Campaign

Song Lyrics

Tsunami, Tsunami

Let's us

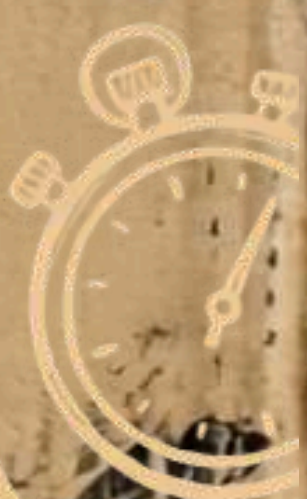
Be Aware

Be Prepared

Be Tsunami Ready

Because

Resilience begins
with us.....



Tsunami United 2026 Project

Project Title:

Tsunami Awareness Campaign through Lyrics, Songs, or Jingles.

Project Deadline:
Sunday, 18 October 2026
at 24:00 midnight.

Project Format:

- Lyric: in Pdf or MsWord
- Song or Jingle: in MP3 (only Audio)
- Song or Jingle: in MP4 (Video)

Submission Place

- Put in your shared Drive (i.e. google drive) and share the link with us.
- Send by email to iotic@unesco.org

Submission requirement.

1. Each Student fill in and have a guardian sign the Form AM 17-2 (Minor - Under 18).
2. Submit the list of name of student(s) and teacher(s) involved in the project.

Language

- It can be in your national or local language
- Submit the name of language and the English translation of the Lyrics.

Originality

UNESCO recognises and appreciates human creativity and ingenuity. Original work created by people will be valued more than work created using AI.

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**TSUNAMI
UNITED**

Connecting the Next Generation to Build Coastal Resilience

**END OF SESSION 2
THE RESILIENT YOU**

THANK YOU

