

# GANBATTE LETTERS

がんばって

## HEALING TO THE HEART

Send a letter of encouragement  
in Japanese to children in Japan!

Mercy Corps "Comfort for Kids Program"  
in partnership with Peace Winds Japan  
will distribute your letter to children  
in Northern Japan Evacuation Centers.

**Collection Through:  
Friday, May 31st**

Letter drop off or mail in locations:

Portland Taiko  
Ganbatte Letters  
3230 NE Columbia Blvd  
Portland, OR 97211

Konko Church of Portland  
Ganbatte Letters  
1330 SE 92nd Ave.  
Portland, OR 97216

*Download letter and  
guidelines template at:  
<http://www.portland-sapporo.org>*

*Use letter size paper.*

*Do not seal or use envelopes.*

*\*Letters will be screened.\**





GANBATTE



がんばって



Name/なまえ:

Grade/がくねん:

City/State:オレゴン州ポートランド市

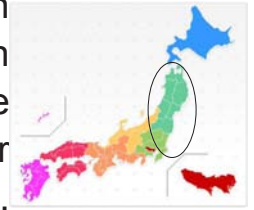
Message/メッセージ:

Tape Photo/Origami  
(Optional)

Contact Information (optional)/れんらくさき :



Thank you very much for your thoughtful gift to write those in evacuation centers in Tohoku, Japan. Tohoku is located in the northern part of Japan where many historical buildings were situated. Farming and Fishing are common industries in Tohoku and many have lived in the same areas for generation to generation—passing on their family history and tradition.



Unfortunately, this natural disaster took many of their treasures and memories away. Houses, offices, and schools where many students were at are now gone. Children's favorite toys and books, including school items are all taken by tsunami. People are now forced to live in evacuation centers, and many are places like schools where people have to eat, play and sleep together in the same room.

In considering above circumstances, I would like you to consider some of the things listed below in writing letters to people in Tohoku. We are certain that your letter will bring people joy and laughter and even a sense of hope—so again, we THANK you VERY much for taking your time to think about them, and write a letter!!

In writing a letter, please....

- 1) Send a person your support and thoughts by drawing them a happy picture or writing to them (see sample messages in romaji and hiragana on back page).
- 2) Feel free to write about yourself—such as where you are from, how old you are, what you enjoy most, even what you thought about this disaster.
- 3) Feel free to ask them questions. Though you may not hear from a person, it is still OK to ask them questions.
- 4) Feel free to attach a photo, write your full name and address to personalize your letter. It is NOT required, but if you feel comfortable with doing so, please do!
- 5) Please avoid political and religious message to respect personal preferences.
- 6) Do not glue food, candy, glitter or bumpy items to the card so that the delivery process can be done easily! We also don't want any of your letters to be destroyed by those glue-some items ;)
- 7) Please write by hand (instead of computer printing), this makes your letter special.

Again, please understand that you may NOT receive any responses from those who you will write to. I know people would LOVE to write you back, but the circumstances people are in right now makes it difficult to find a time to do so. Thank you all for your understanding! And again, THANK YOU VERY MUCH for your KINDNESS!!

**Here are a few sample phrases to copy:**

**Choose to write in Romaji (Roman letters)  
or Hiragana (Japanese characters):**

Ganbatte! / がんばって!

(Do your best! Hang in there! Persevere!)

Genki o dashite, ganbatte kudasai /

げんきを だして, がんばって ください!

(Please be energized/draw your energy/lift your spirits, and move forward/do your best.)

Yuuki o motte, gambatte kudasai /

ゆうきを もって がんばって ください!

(Please have courage and do your best!)

Nippon no minasama no koto o kangaete imasu /

にっぽんの みなさまのことを かんがえて います。

(We are thinking of all of you in Japan.)

Nippon no minasama no koto o, kokorokara inotte imasu /

にっぽんの みなさまのことを, こころから いのって います。

(We wish for the best/pray for all of you in Japan)