



COPE

.....  
Make the Difference.  
Be Ready!



GET UP TO  
HIGH GROUND

COMMEMORATING  
THE WORLD TSUNAMI  
AWARENESS DAY:  
5<sup>TH</sup> NOV

Today is 5<sup>th</sup> November 2018,  
World Tsunami Awareness Day. COPE's mission  
is to prepare children and their families for  
tsunamis. Listen carefully!



---

## *Grand Mistress Fu*

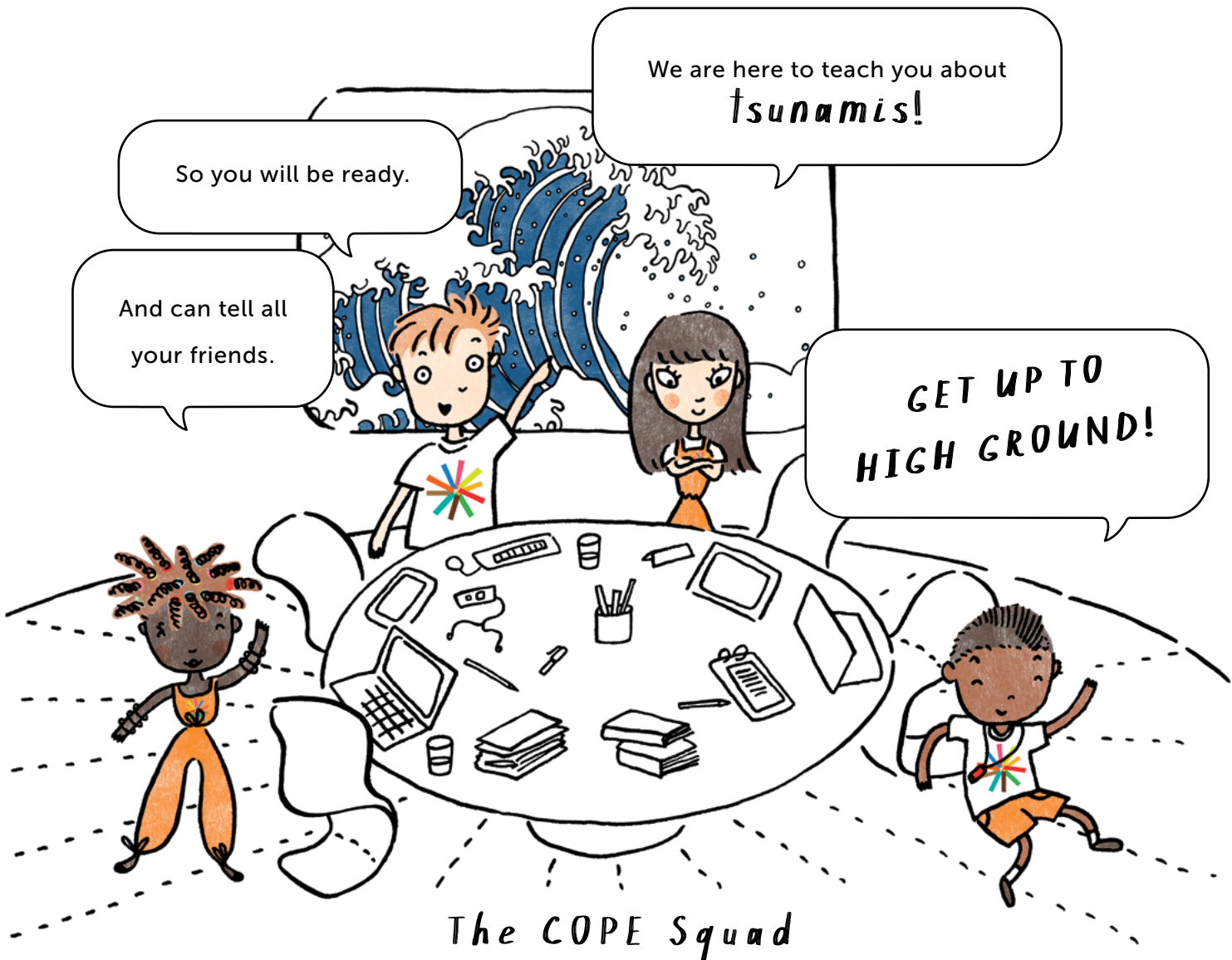
Distinguished, strict martial arts teacher and founder of The COPE Academy, where The COPE Squad are trained up as special disaster risk reduction agents.

## *Rescue*

Huge, hectic Kunming wolf dog who tracks missing people.

## *Sense*

Beautiful, wise royal python who forecasts disasters.



**C**

*Candy*

As the Carer, Candy is kind, lively and loves hula hooping.

**O**

*Ollie*

As the Scientist, Ollie is clever, sporty and loves astrology.

**P**

*Ping*


As the Networker, Ping is chatty, practical and love Wushu.

**E**

*Eddy*

As the Engineer, Eddy is curious, chilled out and loves Lego.





## WHAT IS A TSUNAMI?

A large ocean wave, or series of waves, caused by an underwater earthquake or a **volcanic explosion**.





Tsunamis can travel at an incredible **970kmh**, as fast as an airplane.

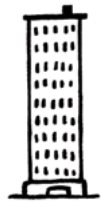


The word tsunami means "Harbour Wave"

津波

in Japanese.

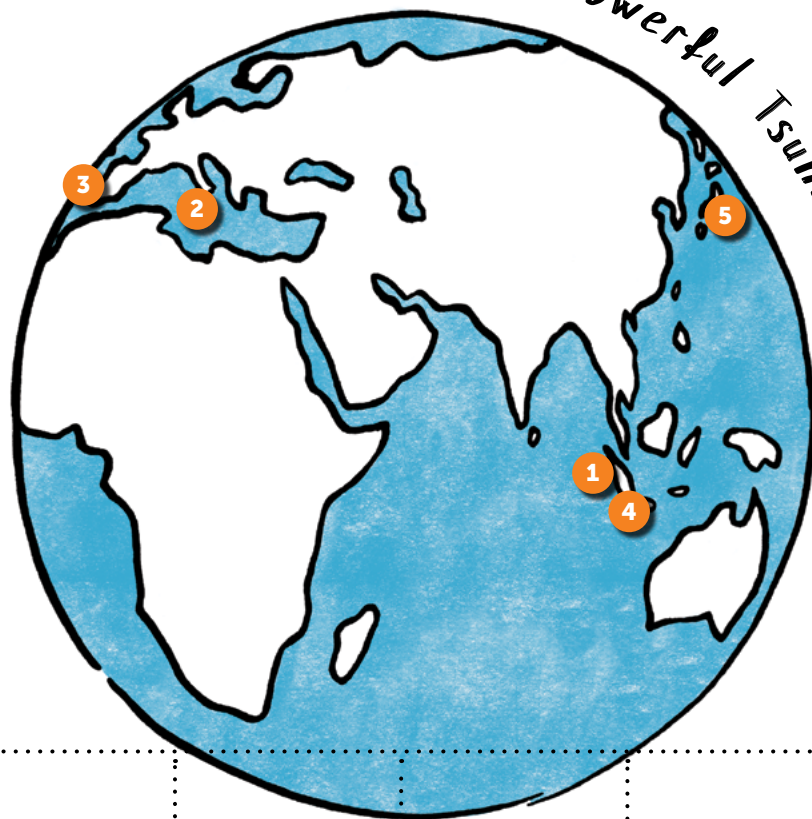
Tsunamis can reach 35m, as high as a **10-floor block of flats**, with a wavelength of up to 1,000km.



Tsunamis can speed across the ocean, **swallowing up** islands and wiping out villages.



## 5 Most Powerful Tsunamis



29th  
SEP  
1498

**5**  
**Enshunada  
Sea, Japan**  
31,000  
casualties

1st  
NOV  
1755

**3**  
**Lisbon,  
Portugal**  
60,000  
casualties

27th  
AUG  
1883

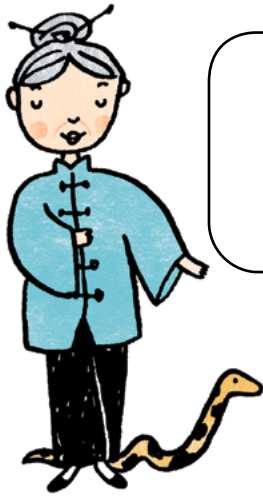
**4**  
**Krakatau,  
Indonesia**  
40,000  
casualties

28th  
DEC  
1908

**2**  
**Messina,  
Sicily**  
120,000  
casualties

26th  
DEC  
2004

**1**  
**Indian  
Ocean,  
Sumatra  
Indonesia**  
230,000  
casualties



HOW DO YOU KNOW IF  
A TSUNAMI IS COMING?

Strong ground *shaking*  
for 10 seconds or more.



The sea *moves rapidly away*  
from the shore, like the tide going out,  
but much faster

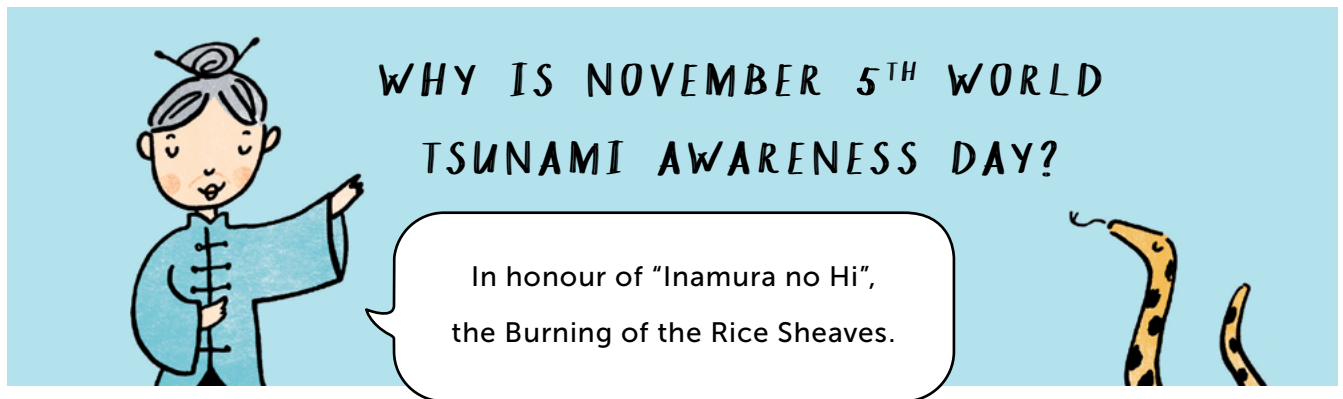


A loud ocean *roar!*

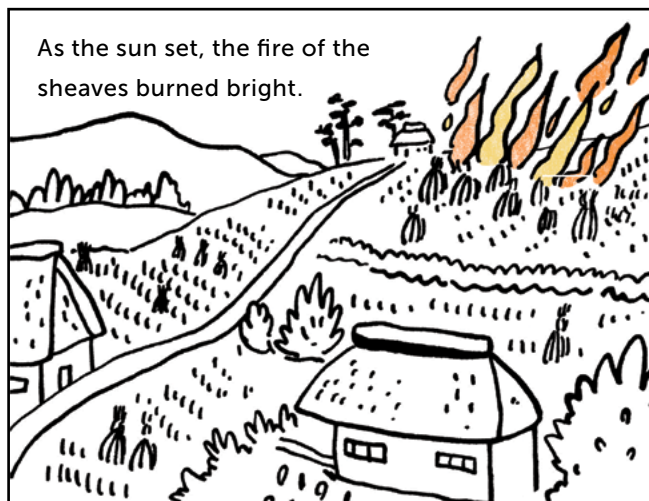
As the sea pulls back, the ocean floor  
(sand, fish, corals) may be exposed.







**1854** One night in Hiromura, Japan, 150 years ago, there was a huge earthquake.



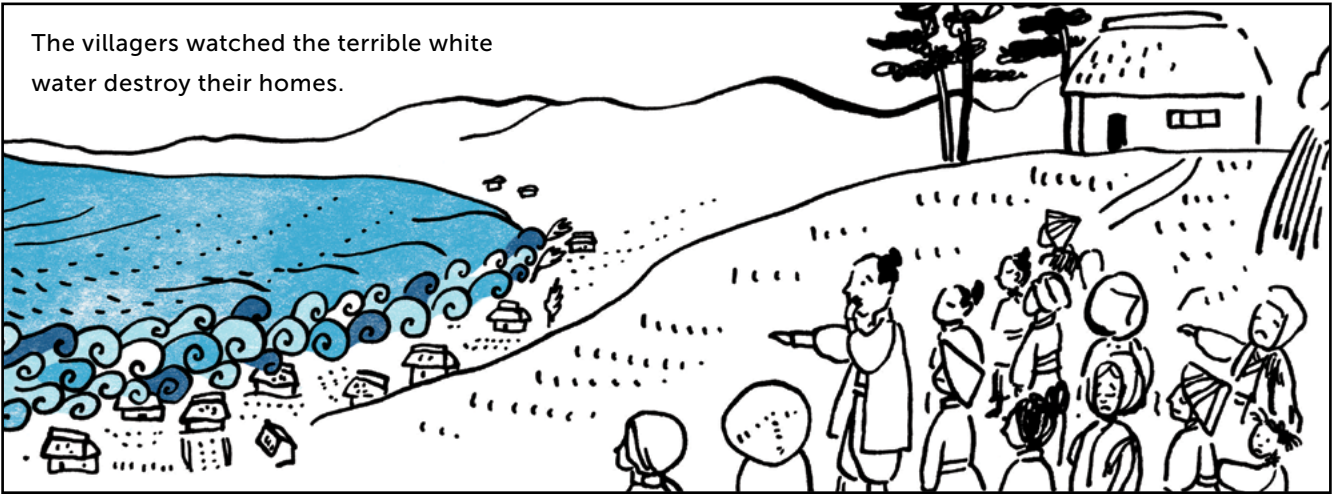
They ran up the hill to put out the fire.



Leave it. A tsunami is coming. Tell everyone to hurry up the hill!



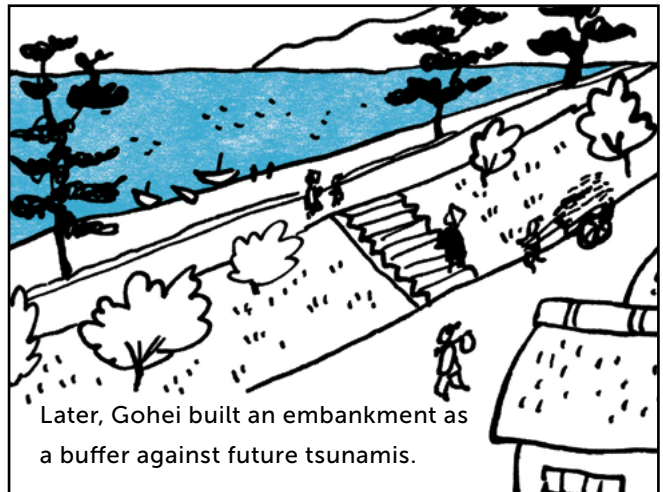
The villagers watched the terrible white water destroy their homes.



But the fire had saved their lives.



Later, Gohei built an embankment as a buffer against future tsunamis.





WHAT SHOULD YOU DO  
IN A TSUNAMI?



If the tsunami is caused by an earthquake,  
***drop, cover & hold***  
to protect yourself from the earthquake first.



If on a boat, face the  
direction of the waves  
and head out to sea.





When the shaking stops, immediately

*get up to high ground  
or a tall building.*

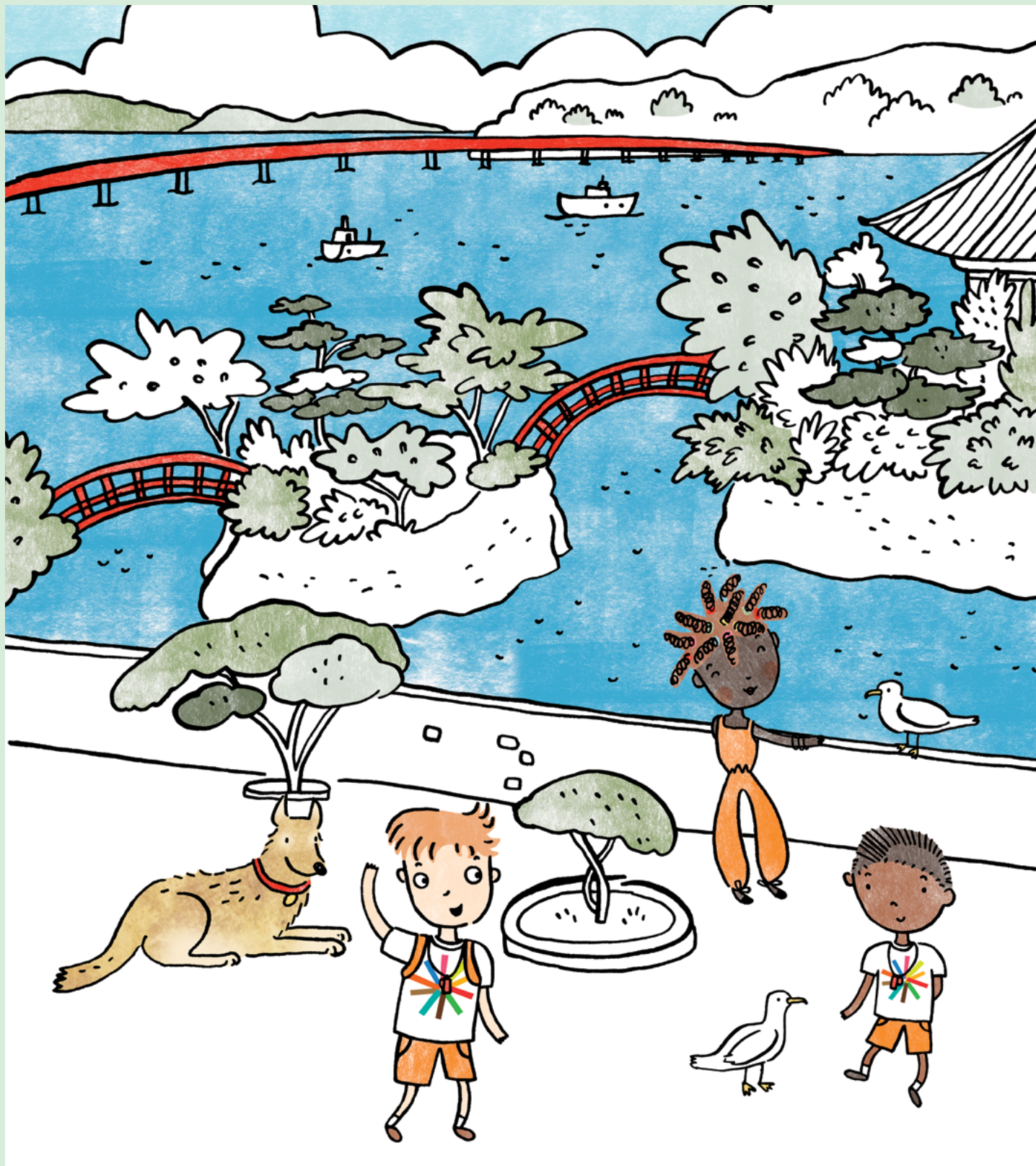
Run inland as fast as you can,  
for 3 kilometres or  
30 metres above sea level.

# GET UP TO HIGH GROUND!

Stay on high ground. Tsunami waves  
may continue for hours and the first  
wave may not be the largest.

Do not return home  
until it is safe.







During a mission  
in Japan on  
**March 11<sup>th</sup>, 2011,**  
COPE visited the  
beautiful town of  
**Matsushima.**

WHAT WOULD COPE DO  
IN A TSUNAMI?





March 11<sup>th</sup>, 2011 Matsushima

Tsunami! Quick!

GET UP TO  
HIGH GROUND OR  
A TALL BUILDING!

This way!





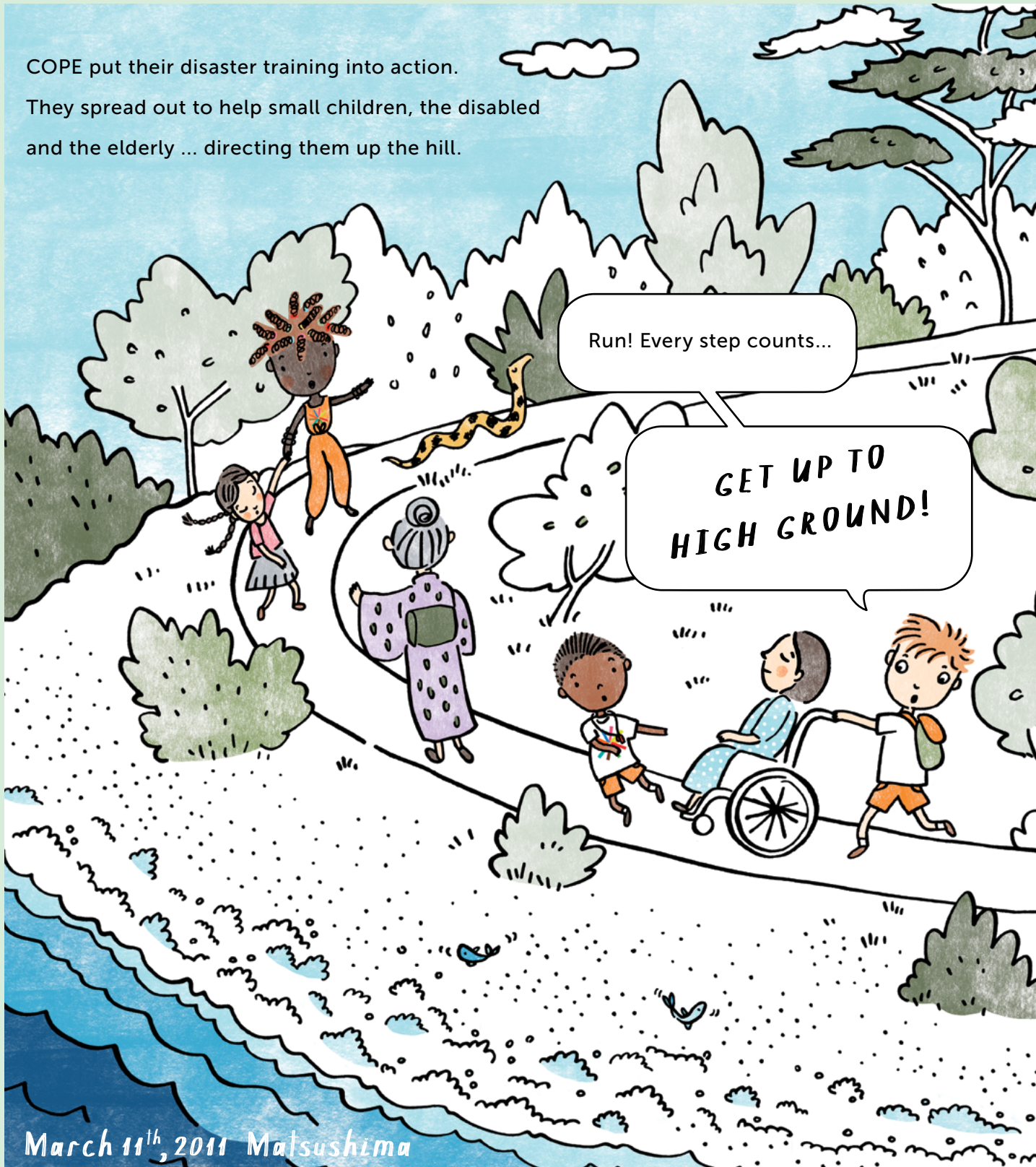
COPE put their disaster training into action.

They spread out to help small children, the disabled and the elderly ... directing them up the hill.

Run! Every step counts...

GET UP TO  
HIGH GROUND!

March 11<sup>th</sup>, 2011 Matsushima







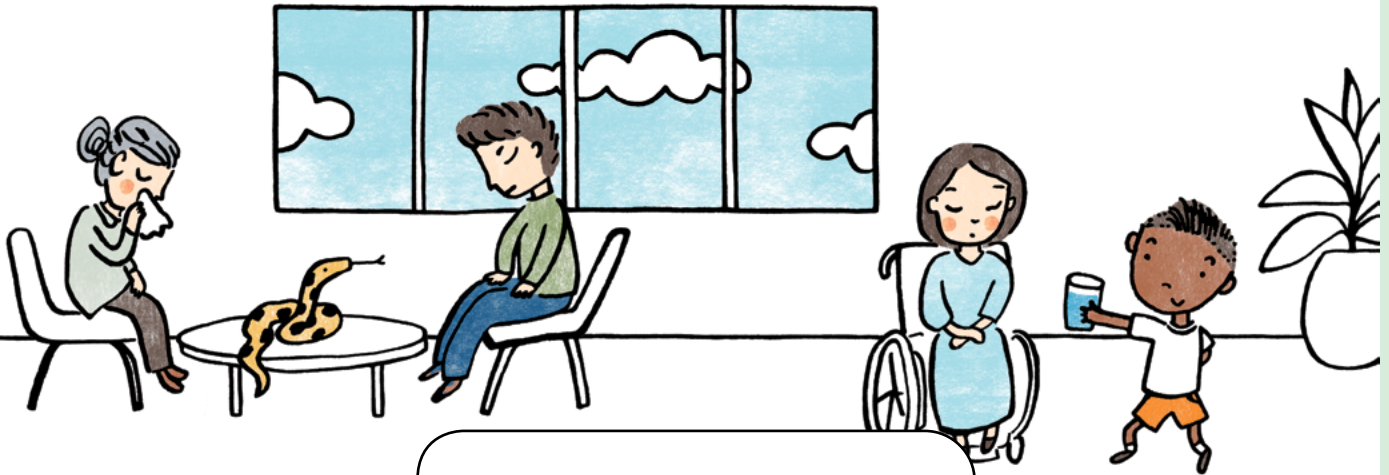
Ping noticed a boy also guiding people away from the water.

Luckily the bay of Matsushima had been protected from the tsunami. The waves had reached only 3.8 metres instead of 15 metres waves, which swept through other coastal towns.



Survivors gathered on the eighth floor of a hotel, checking each other for injuries and waited, calmly.

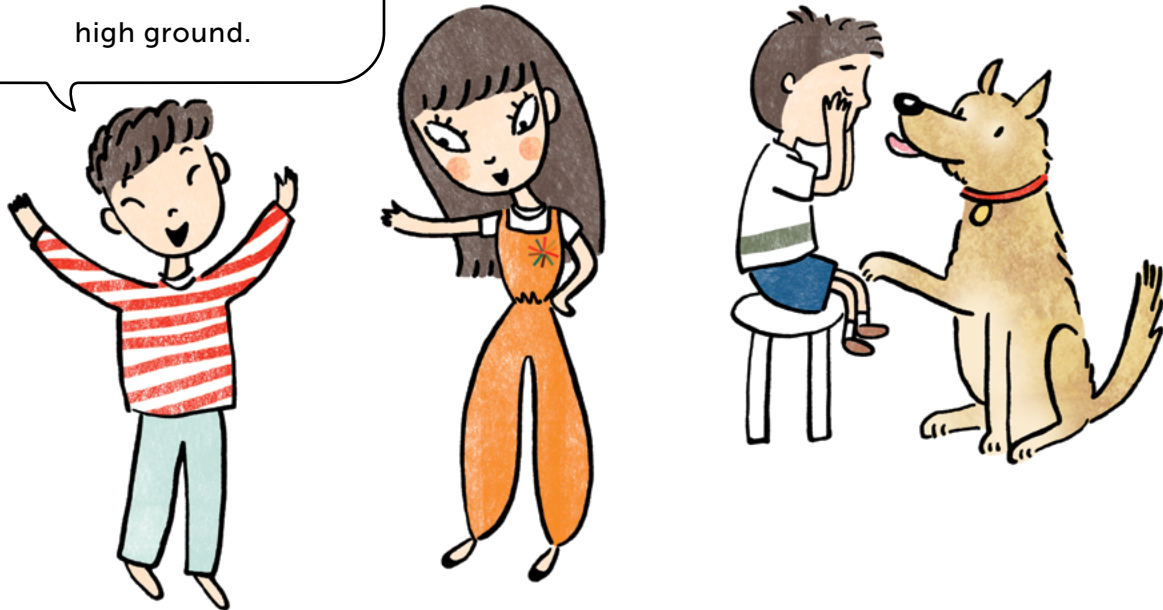
March 11<sup>th</sup>, 2011 Matsushima



Ping congratulated the boy she had seen earlier.

You are a hero! Do you remember *Tilly Smith*, the brave girl who saved a village in the 2004 Indian Ocean Tsunami?

Yes, I read all about Tilly. She taught me to get up to high ground.







WHO IS TILLY SMITH?



### **On December 26th 2004,**

Tilly Smith, then a 10 year old British girl, was on holiday with her parents in Phuket.

During a walk along the beach, *Tilly noticed the tide was rushing out, the sea was fizzing and a log was spinning in the water.* These signs reminded her of a video about tsunamis she had watched during her geography lessons.

Tilly soon realised a tsunami was really coming. *She screamed at people to get off the beach, to run and stay up on high ground.*

Tilly's smart thinking saved her family and hundreds of lives.

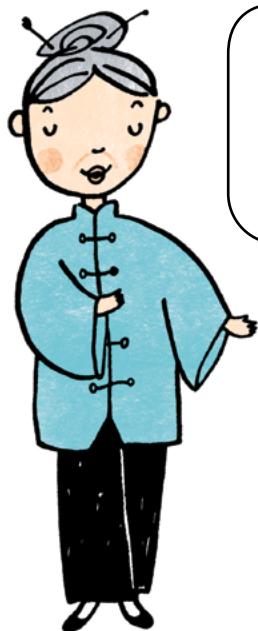


The United Nations later invited Tilly Smith to meet President Clinton, then UN Special Envoy for the Tsunami Recovery.

And she has won many awards.





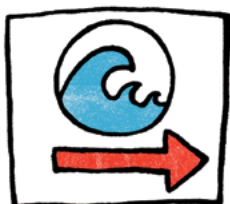


HOW CAN YOU BE A COPE TSUNAMI  
CHAMPION, AND BE READY?

Pack a **survival bag** (phone, water, snack, torch, first aid kit). Make a **contact plan** with your family. Stay tuned for warnings on the TV, Radio and Internet.



Become role models in your community – host a high ground hike or put on a play at your school.



Find the nearest emergency shelter to your home, school or tsunami risk places.

**Plan your evacuation route.** Do practice drills.



Spread the word...

GET UP TO  
HIGH GROUND OR  
A TALL BUILDING!





COPE Tsunami Champions are COOL!!



COPE

#### COPE Contributors

**AUTHOR** Martha Keswick  
**ILLUSTRATOR** Mariko Jesse  
**EDITOR** Timothy Sim  
**DESIGNER** Sandy Lui

#### Special thanks

Prof Philip England, *University of Oxford*;  
 Dr Wang Dongming, *National Disaster  
 Reduction Centre of China*

Copyright © 2018 Martha Keswick,  
 Mariko Jesse, Timothy Sim

The information and advice contained in this document do not necessarily reflect the views of UNISDR or of the United Nations Secretariat, partners, and governments, and are provided as general guidance only.

[www.cope-disaster-champions.com](http://www.cope-disaster-champions.com)



SENDAI FRAMEWORK FOR DISASTER  
 RISK REDUCTION 2015-2030

**WORLD  
 TSUNAMI  
 AWARENESS  
 DAY**  
 5 NOVEMBER  
 2018

