



FUKUSHIMA

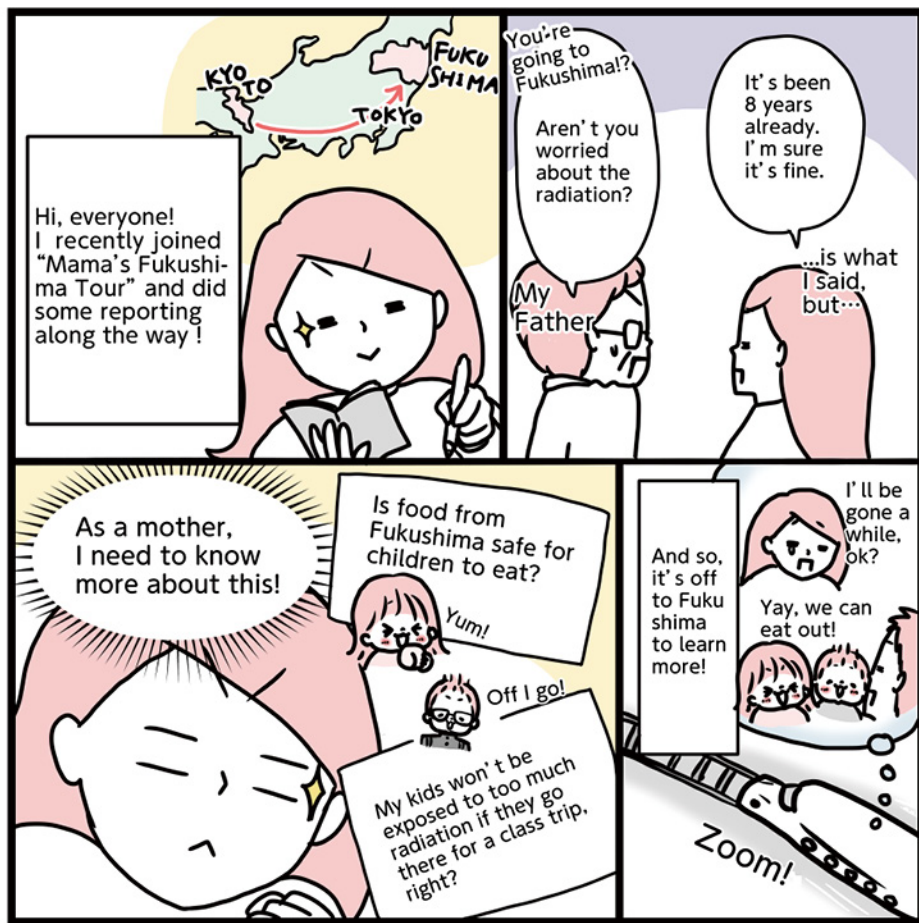
# Mama's Fukushima Tour!



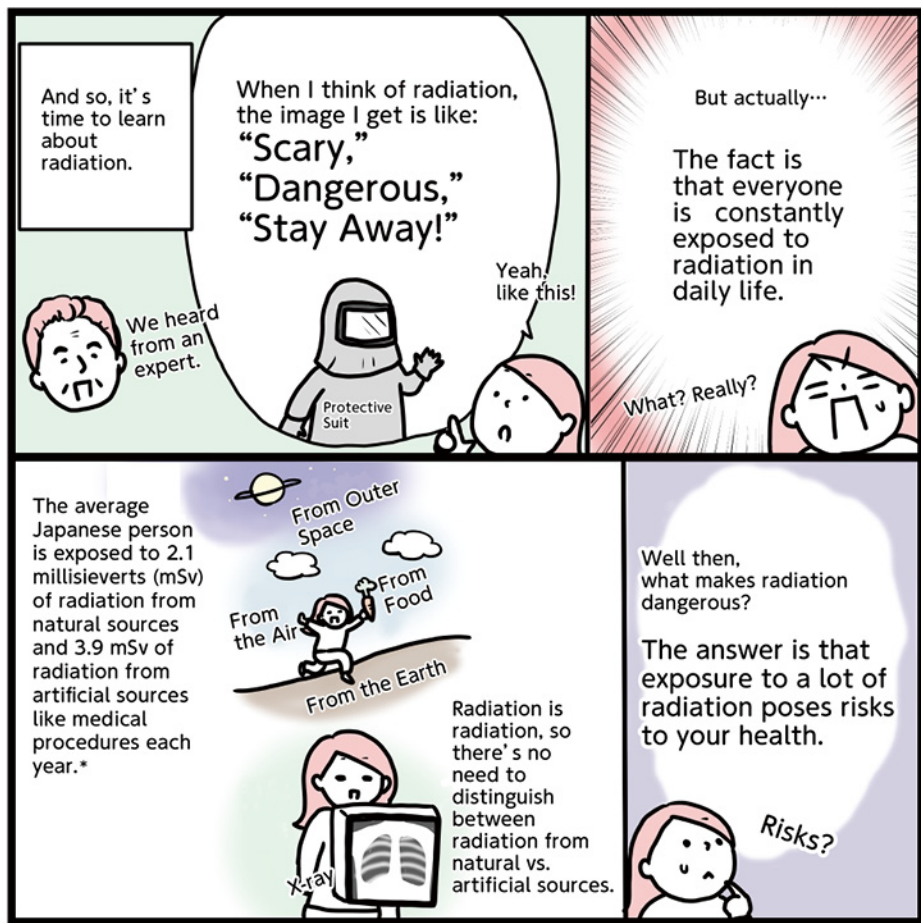
Rice

Author: Mochico





1 How Fukushima's Radiation Levels Compare with the Rest of the World

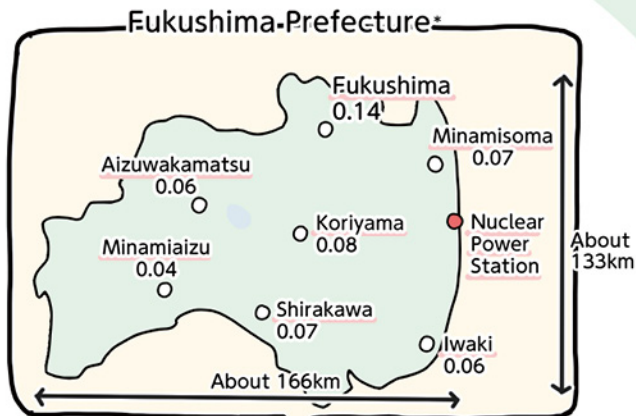


\*World average is 2.42 mSv of radiation from natural sources and 0.60 mSv of radiation from artificial sources each year

So, you're probably wondering: will you be exposed to a lot of radiation in Fukushima?

The truth is that radiation levels in Fukushima barely differ from those found in major cities around the world.

I didn't know!



\* This statement does not apply to the Difficult-to-return zone

Unit: Microsieverts/hour (μSv/h)





Incidentally, while studies have shown that exposure to more than 100mSv increases the risk of cancer...

100-200mSv only raises the risk of cancer by 1.08×, which is about the same as the risk from a high-sodium diet.

Meanwhile 200-500mSv raises the risk by 1.19×, which is the same as the risk from a low-exercise lifestyle.

I'd say this is the bigger problem!!

Wait, if we're exposed to 2.1mSv per year just from natural sources, then we're bound to hit 100 mSv before too long...

When we talk about the risk from 100 mSv, we're actually talking about exposure over a very short period of time. The effects of gradual exposure are much smaller, so the risk from background radiation is indistinguishable from other risk factors.

Radiation can be extra scary because it's invisible, but if we quantify it in a way that's visible...

I found out that the rumors about Fukushima having high radiation risk are totally overblown!

Now I can visit with peace of mind!

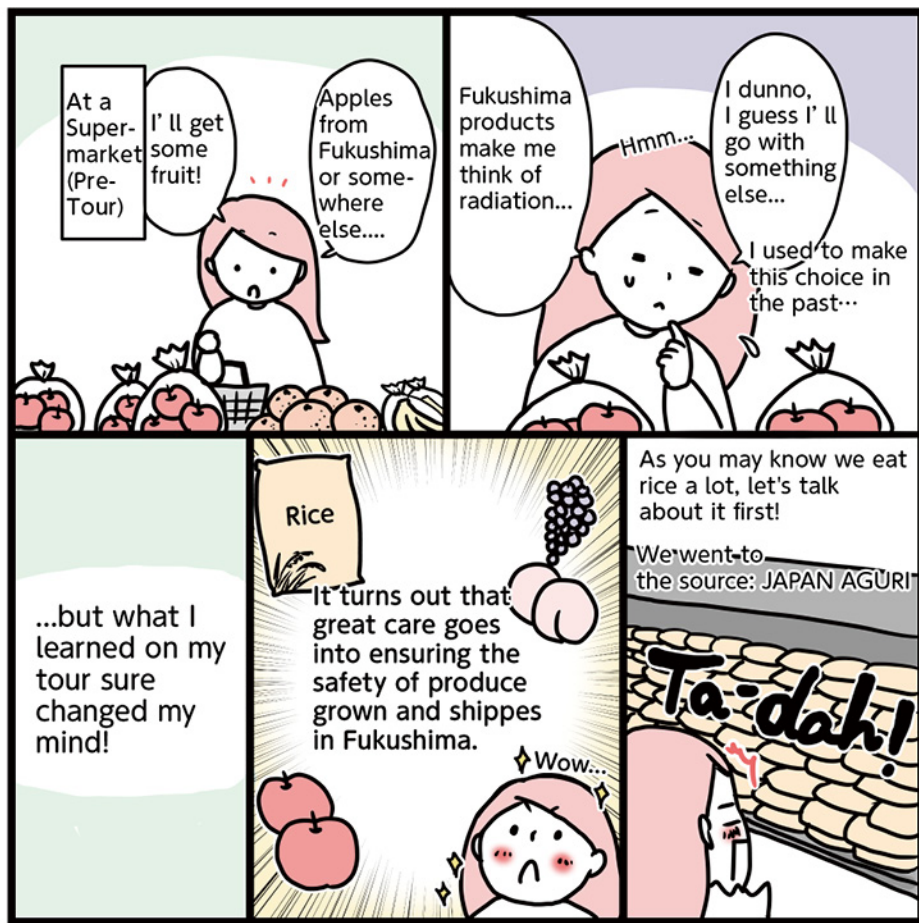
Fresh-Picked Fruit!

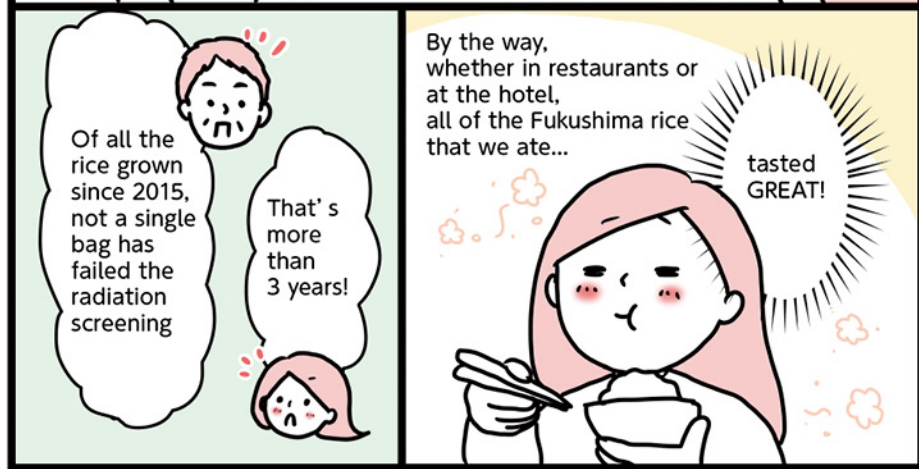
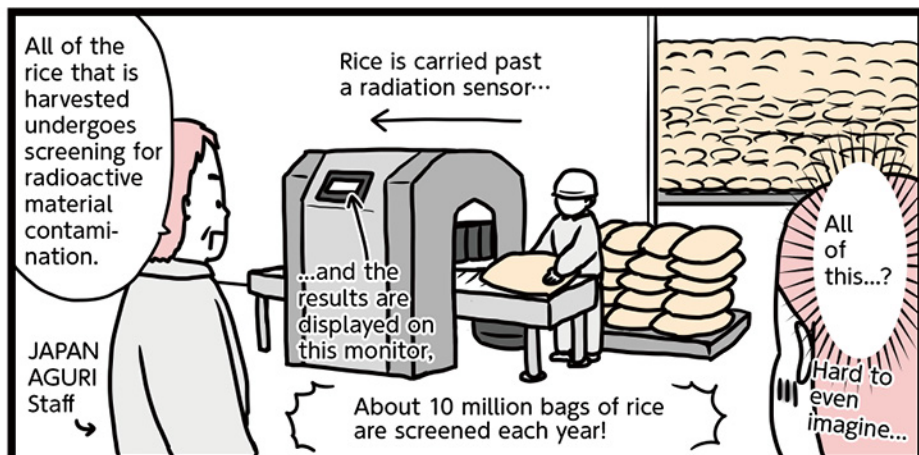
Rice!

Is food from Fukushima safe to eat?

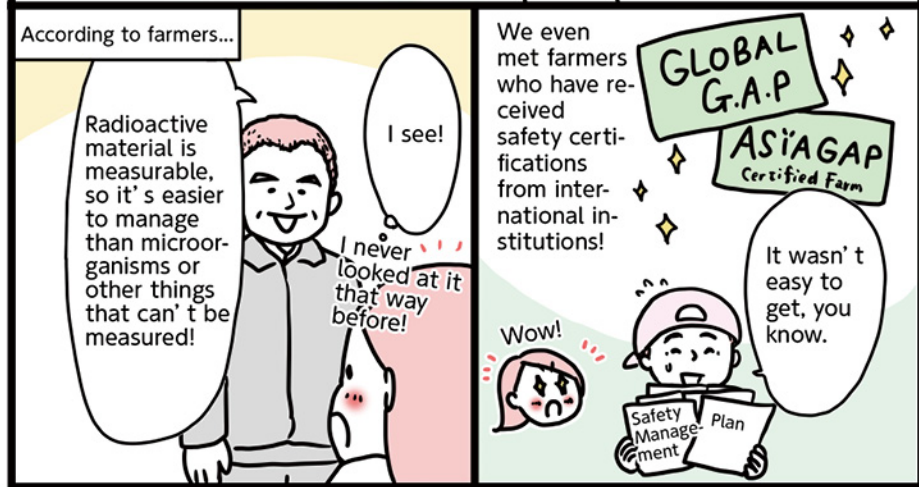
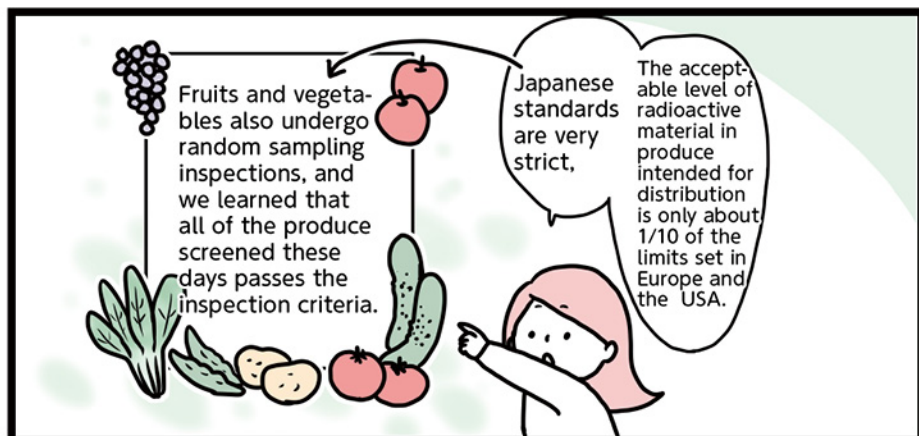
Find out in Episode 2!

## The Safety of Fukushima's Food

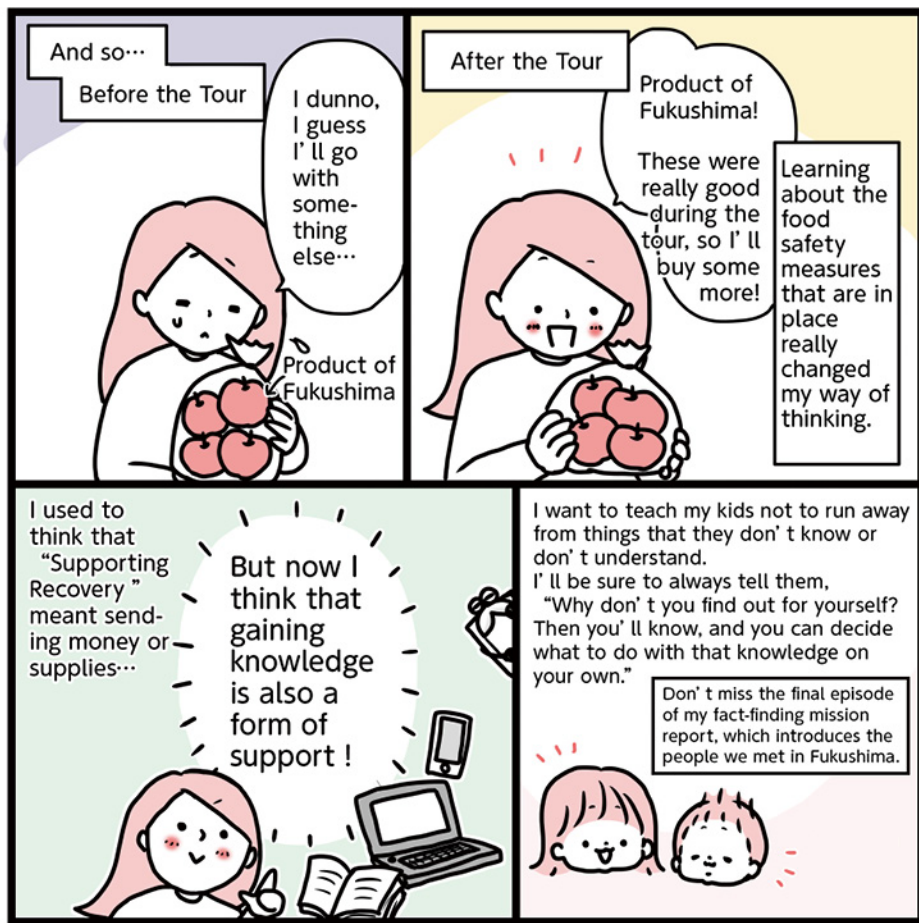




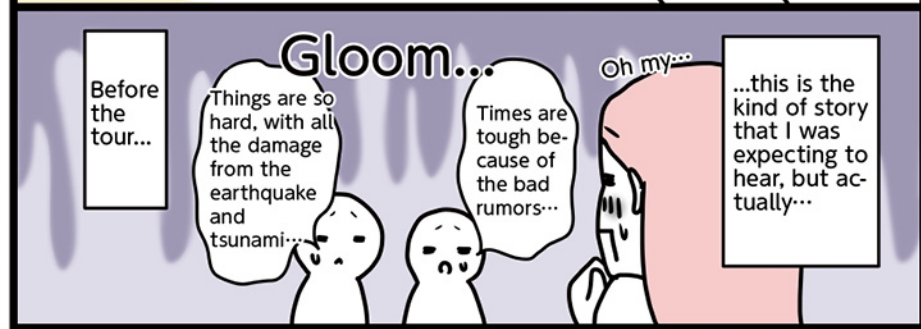
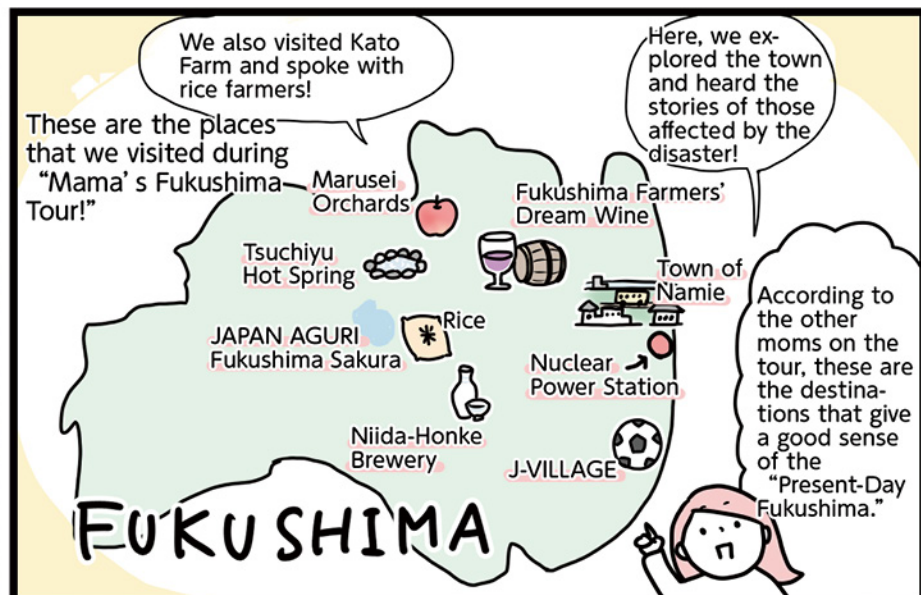


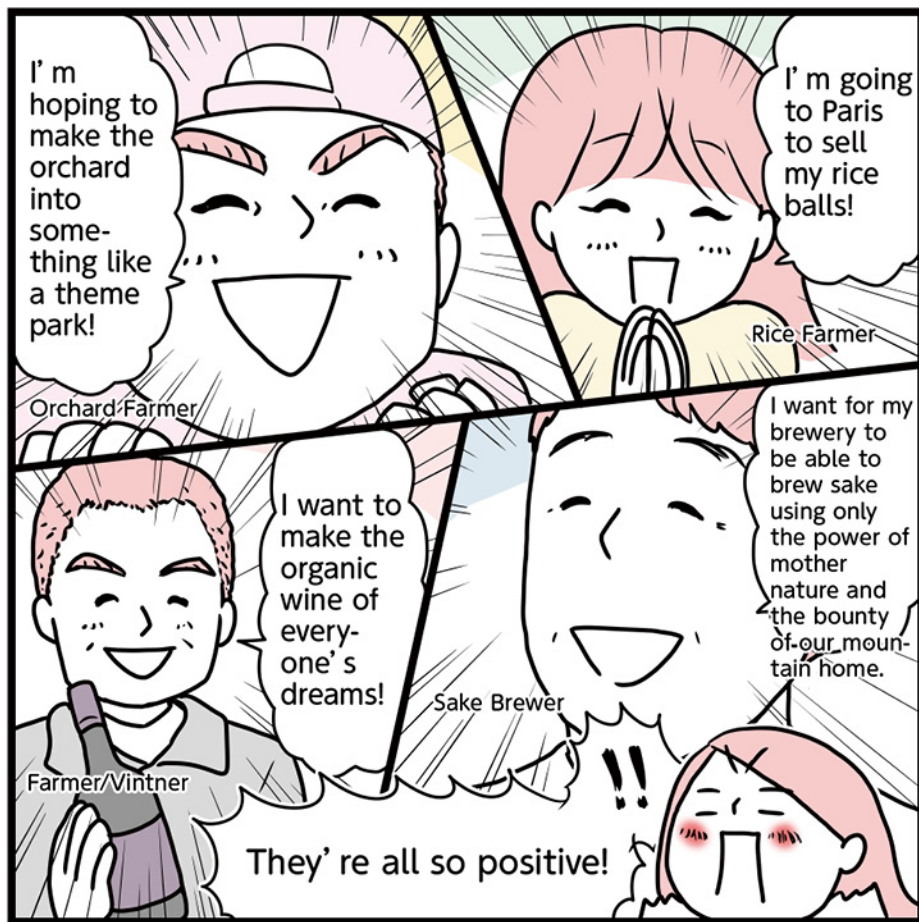




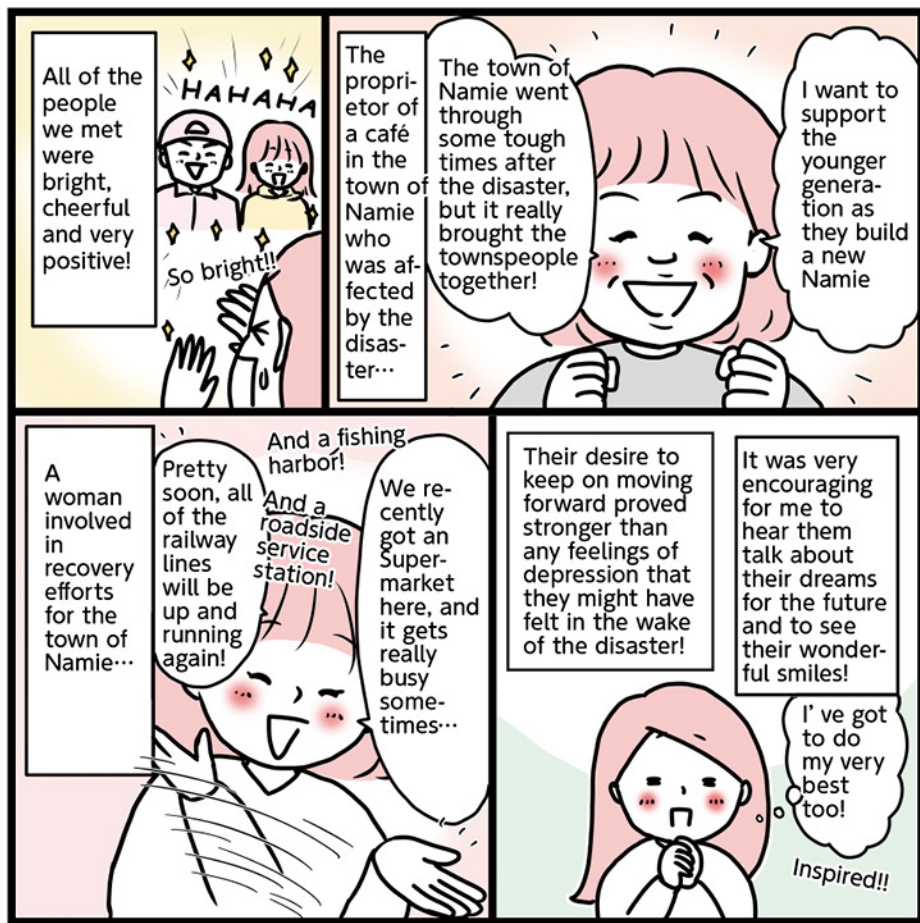


# The People Mama Met in Fukushima









\*Railways Recovered all lines in March 2020.



## Bonus

Fun things we  
did on our  
Fukushima  
Vacation  
Fact-Finding  
Mission.

No matter  
where  
we went,  
the rice  
was  
always  
delicious!

This rice is  
fantastic  
(and the rice  
balls too!)

Words  
cannot  
describe  
these  
apples and  
grapes...

The parfait  
piled high  
with fruit was  
also sublime.

Such rich  
flavor!!

They say  
it's usually  
a 1-2 hour  
wait!

This  
hot  
spring  
feels so  
good...

Local  
pastries  
as sou-  
venirs  
for the  
kids!

Cream  
Box

I wish I had  
bought  
more...

The wine  
and sake  
were also  
really  
good!

I wish I could  
hold my liquor  
better...

More!

More!

Yotsuware  
Bread

(just a little)

Not used to al-  
cohol, she was only  
able to try a few  
drops...

The natural  
sparkling  
water from  
Okuaizu  
was also  
wonderful!

Fizz

The tiny bub-  
bles made it  
very refresh-  
ing!!

# Let's Go to the



## 1. Marusei Orchards

50-1 Aza Morimae, Hirano, Iizaka-machi,  
Fukushima City, Fukushima Prefecture

**☎ +81 (0)24-541-4465**

Full of fresh and delicious fruit, this orchard is like a theme park and brings smiles to the faces of all who visit! The parfaits at the adjoining "Forest Garden" café are also highly recommended!



1 Marusei Orchards

2 Tsuchiyu Hot Spring



4 Niigata



## 2. Tsuchiyu Hot Spring

Tsuchiyu Hot Spring Tourism Association  
(Specified Non-Profit Organization)  
22-1 Aza Shitanomachi, Tsuchiyu Onsen-machi,  
Fukushima City, Fukushima Prefecture

**☎ +81 (0)24-595-2217**

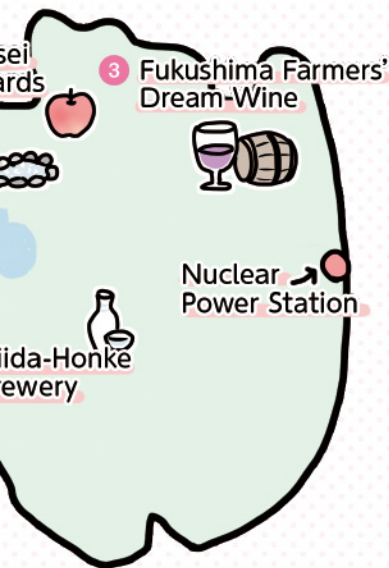
Home to 17 hot-spring inns, including 13 ryokan inns with hot springs available for day trippers, as well as two public bath houses, Tsuchiyu Hot Spring is a place where you can enjoy a carefree day of soaking in a hot spring! This resort town is also famous as one of the three major birthplaces of Japanese kokeshi dolls.



©Tsuchiyu Hot Spring Kibokko-chan



# Places Mama Visited on Her Tour!!



## 3. Fukushima Farmers' Dream Wine

181-1 Aza Shiroishi, Kohata, Nihonmatsu City, Fukushima Prefecture

☎ +81 (0)243-24-8170

Located amongst the mountain villages of the Abukuma Highlands, this craft winery brews original wine with flavor that's extraordinary!



## 4. Niida-Honke Brewery

139 Aza Takayashiki, Kanezawa, Tamura-machi, Koriyama City, Fukushima Prefecture

☎ +81 (0)24-955-2222

In business since 1711, this brewery is committed to brewing sake the wholly organic way, using pesticide-free rice and natural spring water. The brewery also makes sweets using malted rice left over from the brewing process and the "Sweets Day" event that they hold on the first of each month is definitely worth checking out!





復興庁

Reconstruction Agency

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