

『How to Stay Refreshed during Tsuyu』

In Japan, there is a period of continuous rainfall called “tsuyu.” In Miyazaki, typically tsuyu starts in late May and lasts until mid-July. Lately, we hear a lot about unexpected heavy rainfall causing a lot of damage, but we shouldn't forget that rain is not only useful but can also be pleasant: We need rain in order to cultivate rice and other staple crops! Plus, the sight of things like lush, green rice fields in the rain, or a beautiful rainbow after a shower have a unique charm and elegance to them. This month's Living in Miyazaki features tips on staying refreshed during tsuyu.



【Laundry】

Prolonged rainfall makes it difficult for laundry to dry. Do not overlap laundry when drying it—instead, spread it out beside an air conditioner with the dry mode, dehumidifier, or a fan. Also, consider using a detergent with added disinfectant and deodorant elements if you are concerned about unpleasant smells lingering in your clothes. Coin laundries are a convenient for larger loads of laundry.

【Mold】

Mold starts growing when temperature is above 20°C and humidity exceeds 70%. You can prevent the proliferation of mold by frequently ventilating and cleaning your room. Also, turn on the ventilators, wash off the stain, and wipe off the water in the bathroom and kitchen where humidity is likely to be high.

【Food】

Incidents of food poisoning rise with increased temperature and humidity due to an increase in the number of bacteria. Cook meat, seafood, and eggs thoroughly. Also, it is advisable to wash cooking utensils and bento boxes immediately after use and use up perishable food as early as possible. Keep the refrigerator clean and organized as well.

【Managing Health】

During tsuyu, you are more susceptible to illness due to fluctuations in temperature and humidity. Try to eat healthy three times a day and get enough sleep. Also, try to exercise at home or outside on a clear day.

【Reading】

Just like the Japanese idiom “Seikō udoku” (Feeling carefree, being outside working in the fields when it's sunny, and inside reading when it rains), many people stay inside with a good book on a rainy day. Catching up on what the characters you love are up to in your favorite author's latest work with refreshing drink on the side sounds like a pretty good idea!



【Going Out】

Going outside during tsuyu is troublesome, spending all your time indoors can be stressful. There are many flowers, like Hydrangeas, that only bloom during tsuyu. Enjoying these flowers and the dancing lights of the fireflies is something you can only experience during the rainy season. Below, we have listed a few famous places in Miyazaki Prefecture where you can do just that.



Good Places to See Hydrangeas:

Idenoyama Park, Kobayashi Tel: 0984-22-8684 (Kobayashi City Tourist Association)
Yamanokuchi Ajisai Kōen, Miyakonojo Tel: 0986-57-3113 (Miyazaki Prefectural Government, Yamanokuchi Branch, Industry and Facilities Division)
Cape Toi, Kushima Tel: 0987-76-1546 (Cape Toi Visitor Center)
Tel: 0987-72-0479 (Kushima City Tourist Association)



Good Places to See Fireflies:

Yamasaki Hotaru Pier, Miyazaki City Tel: 0985-21-1761 (Miyazaki City Environment and Water Quality Protection Division)
Kitagawa, Nobeoka Tel: 0982-46-5010 (Miyazaki Prefectural Government, Kitagawa Branch, Regional Promotion Division)

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If you have any questions, comments, or suggestions, please contact the Miyazaki International Foundation.

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Thank you