



PLAZA NEWS



Miyazaki International Foundation

Questions, comments, postings, or for information in Plaza News: Miyazaki International Foundation, B1 Carino Miyazaki, Tachibanadori Higashi 4-8-1, Miyazaki City 880-0805 Tel: 0985-32-8457 Fax: 0985-32-8512 Email: miyainfo@mif.or.jp Homepage: <https://www.mif.or.jp/>
Open: Tuesdays to Saturdays, 10:00 a.m. to 7:00 p.m. Closed: Sundays, Mondays, National Holidays and December 29 to January 3

◎Plaza Holiday Closing

The Miyazaki International Plaza will be closed from May 3rd (Sun) to May 6th (Wed).

Notice of Postponement of MIF Events

In order to prevent the spread of COVID-19, the following scheduled events have been cancelled or postponed until further notice.:

- Japanese Language Course (Beginner-1st Term)
- Japanese Practice Sessions
- Chat Sessions (English, Chinese, Korean)



Thank you for your understanding and cooperation.

"JF Japanese e-learning Minato"

This online resource from the Japan Foundation allows you to study Japanese online. There is a free course where you teach yourself using a textbook, and a paid course where you are taught by a teacher. In the free course, besides standard Japanese, you can also learn things like the Japanese phrases used in manga and anime, as well as Kansai-ben (the famous dialect used in the Kansai region of Japan), and there are even calligraphy and haiku courses available. Registration is required. Besides Japanese, the courses are also available in 6 languages: English, Spanish, Chinese, Indonesian, Thai and Vietnamese.

Give it a try!

Please visit

<https://minato-jf.jp/home/index>



Miyazaki Support Center for Foreign Residents

[Consultation]

- Life consultations by counselors at the Support Center
- Life and legal consultations

(Available at any time - lawyers and Certified Specialists in Administrative Procedures are available to provide consultations on everyday life in Japan)

- Consultation service by life consultants

(Available at any time - Life consultants give advice to foreign residents on everyday life in Japan and provide interpreting services in English, Chinese, Korean, Portuguese, Tagalog and Vietnamese for their clients.)

- On-site counseling service at various places in Miyazaki Prefecture ※Currently unavailable due to the COVID-19 Pandemic.

[Supported languages] (We may use machine translation and phone interpreting services for consultations)

English, Chinese, Korean, Thai, Vietnamese, Indonesian, Malay, Tagalog, Nepali, Portuguese, Spanish, French, Russian, German, Italian, Burmese, Mongolian, Khmer, Simple Japanese ("Yasashii Nihongo")

* We also respond to consultations from people who support foreign residents.

Miyazaki Support Center for Foreign Residents

[Open] Tuesdays to Saturdays, 10:00 a.m. to 7:00 p.m.

Tel 0985-41-5901 Fax 0985-41-5902 E-mail support@mif.or.jp

URL



Facebook



☆☆☆Notice From Miyazaki Support Center ☆☆☆
For Foreign Residents.

Please see the following information regarding COVID-19 from the Immigration Services Agency.



Extension of the period for acceptance of applications in order to prevent the spread of the coronavirus disease (COVID-19)

In light of the various circumstances associated with the impact of COVID-19 and from the perspective of preventing the spread of COVID-19, as a measure to reduce congestion at the immigration counters for residency applications, the immigration counters will be accepting applications to change the status of residence and applications to extend the period of stay from those foreign nationals (excluding foreign nationals with the status of residence of "Designated Activities (Departure Preparation Period)") whose expiration date (see note) for their period of stay is due in March, April, May or June for an extended period of three months from the expiration date of the period of stay of the relevant foreign national.

* Updated on April 3 Foreign nationals whose expiration date for the period of stay is in May or June are also newly covered, and applications from foreign nationals whose expiration date for the period of stay is March or April will also be accepted for a period of three months from the expiration date of the period of stay. In addition, those who are staying with the status of residence of Temporary Visitor have also been included. Note. This includes those who are required to apply for acquisition of a status of residence in March, April, May or June such as those who were born in Japan.

→ (Ministry of Justice website)

URL: <http://www.moj.go.jp/>

◇Inquiries

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How to Stay Positive During Difficult Times

During the current COVID-19 Pandemic, what we need to do is stay at home. I'm sure a lot of people are thinking that keeping inside all day is really boring, and are anxious about not knowing how long this situation will continue.

So, we asked some people to share their ideas on how to stay optimistic during the COVID-19 Pandemic.

Q:What will you do at home during the COVID-19 Pandemic?

<Answer:>

I like to travel by reading books. Guidebooks and photos of the countries I've visited remind me of happy memories, and I like to make future travel plans by reading travel diaries, photo books and brochures from the travel agency about parts of the world I haven't seen yet.

(K)

<Answer:>

I left my sewing machine alone in the dark of the closet for so long. Now it's finally got a time to shine! Lately, due to the shortage of disposable masks, we're seeing people all over the place using their own handmade masks instead. It may well be a while before I end up using my sewing machine again after I put it away, but during these hard times, it's certainly been a good opportunity to rethink about how useful a sewing machine can be. How about trying to make your own mask? Even if you don't have a sewing machine, you can stitch them by hand. There's loads of different patterns and ways to make them – have a look on

YouTube for some inspiration! (S)

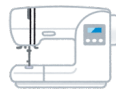
<Answer:>

1. EAT 2. READING & WATCHING 3. NYAN(=^•^=)

First, I'd take on some good nutrition by eating a home-cooked meal. Next, I'd evoke some tears and laughter by reading books and watching movies.

Finally, I'd spend a nice long time playing with my cats to forget all my stress and worries.

This would keep my body and mind healthy. (F)



<Answer:>

I sometimes practice "rajio taiso" (exercises to music) in my living room to Make sure I get some exercise.

You can find all kinds of videos of "rajio taiso" on the internet. It's also nice and refreshing to spend a little time in the garden, doing some exercise under the blue sky. (K)

<Answer:>

Playing tennis is an important part of my life, but of course I cannot play tennis at home, which is frustrating. Recently I spoke to my friend whose country is on lockdown due to COVID-19, and she suggested an online yoga class, so I tried it. It was actually pretty good, and I found I really enjoyed doing yoga in my room with some diffusing aromatherapy oil – Tea Tree and Eucalyptus, no less!

It gives you a chance to stretch your body and relax your mind (M)

<Answer:>

I like listening to music and singing very much, so I often check out music channels on You Tube, I enjoy singing along with my favorite songs. This is one of my favorite ways to spend my time at home. (T)

<Answer:>

I'd travel back to the past!

1. Watch the period dramas I often used to love on TV, like "Toyama no Kinsan". "Those days Once more!"
2. Listen to 70's rock and "Showa era" pop songs!
3. Make some sweets which remind me of my childhood (Y)

"Be nostalgic about the past. Be very realistic about the present. Educate yourself thoroughly. Be optimistic about the future. Human ingenuity is limitless."

- Indra Nooyi, on the Board of Directors at Amazon and former CEO of PepsiCo. (From TIME 100 talks)-



An Englishman in Miyazaki



"Alternative Medicine?"



Miyazaki Prefecture CIR Marsh Graham

Hi everyone! I hope you're all staying safe. All the above talk of personal approaches to combating a virus made me think about old methods people still use back in the UK to avoid getting sick or cure themselves, such as carrying nutmeg in your pocket to help with rheumatism, or rubbing a clove on your gums to lessen a toothache. A lot of people look down on this sort of thing as nothing more than a placebo (although it's worth bearing in mind that they mostly came about because people didn't have access to medical help, and so had to try other things), but occasionally you see something really interesting come out of it. For example, for hundreds of years, people in my country used the bark of the willow tree to alleviate headaches and bodily pain - further research into this is what led to the discovery of Aspirin, which is now used all over the world for pain relief! Are there any interesting or unusual folk remedies in your own countries? I'd love to hear about them!

(The willow tree)

