

## **Autumn – a Great Season for...**

The nights are drawing in, the air is getting cooler, and it's starting to feel a lot more like autumn. In Japan, I'm sure we've all heard a lot of phrases along the lines of 〇〇の秋 – 〇〇 *no aki* - "the Autumn of 〇〇", but curiously, autumn is the only season that gets referred to in this way. In this month's *Living In Miyazaki*, we'll take a look at some of the various "Autumns of 〇〇" that there have been over the years.

### **Supōtsu no aki – The Autumn of Sports**

It's often said that autumn is a great season for practicing sports. This isn't just because of the pleasant climate, though – there is another reason it's often referred to in this way: because the opening ceremony for the 1964 Tokyo Olympics was held on October 10<sup>th</sup>, this day was designated as a national holiday and named *Taiiku no hi* – Sports Day.



### **Shokuyoku no aki – The Autumn of Food**

Autumn is also often thought of as a season that stimulates the appetite. Since people often lose their appetite in the summer heat, the fact that the cooler weather starts to bring it back is often given as one of the reasons why. There are also a lot of delicious things in season in Japan in the autumn, such as chestnuts, sweet potatoes, *sanma* (Pacific saury), *kaki* (Japanese persimmons) and *nashi* (Japanese pears), just to name a few.



### **Dokusho no aki – The Autumn of Reading**

After the passing of the Autumnal Equinox (*shūbun*), where the day and night are the same length, the evenings start to get longer. The phrase *Dokusho no aki* was derived from a line from a poem by Han Yu, a famous Chinese literary figure from the 8<sup>th</sup> Century: 燈火漸く親しむ可く – *Tōka yōyaku shitashimubeku*, meaning that during the pleasant, cooler autumn evenings, it's nice to enjoy reading by lamplight.



### **Geijutsu no aki – The Autumn of Art**

Autumn is also thought of as a season where we have a little time to relax, appreciate art and refine our creative and sensitive sides. One way to enjoy a little art this season would be to visit the Art Festival held by the Miyazaki International Foundation once a year:



**The 16<sup>th</sup> Annual Art Festival: "Miyazaki: From the Outside Looking in."**

Dates: Wednesday November 17<sup>th</sup> – Saturday December 4<sup>th</sup>, 2021.

Venue: 1<sup>st</sup> Basement Floor of the CARINO Miyazaki Building.

Content: People from overseas living in Miyazaki, or people with foreign roots, will submit various pieces (Photos, paintings, calligraphy, craft pieces, etc.) on the theme of "Miyazaki."

We hope you all enjoy many and various kinds of autumn!

If you have any questions, comments or suggestions regarding this column, please contact the Miyazaki International Foundation (MIF):

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Also, if you ever have any questions or concerns about daily life in Miyazaki, please feel free to get in touch with the Miyazaki Support Center for Foreign Residents:

TEL : 0985-41-5901 FAX : 0985-41-5902 Email [support@mif.or.jp](mailto:support@mif.or.jp)