



PLAZA NEWS



Miyazaki International Foundation B1 Carino Miyazaki, Tachibanadori Higashi 4-8-1, Miyazaki City 880-0805

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Open: Tuesdays to Saturdays, 10:00 am to 7:00 pm Closed: Sundays, Mondays, National Holidays and December 29 to January 3

Miyazaki International Festival 「World Terrace in 2024」

Date: September 21st (Sat) 11:00 am ~ 4:00 pm Venue: Miyazaki Municipal University

Organised by Junior Chamber International Miyazaki Co-sponsored by Miyazaki International Foundation

19th Annual Art Festival Exhibition "Miyazaki - From the Outside Looking in"

Featured artworks are made in the theme of Miyazaki by foreigners living in Miyazaki. Vote for your favorite artwork. Your vote will decide the winner!



Stage performance

Let's all dance to music from around the world ♪



Work Experience area

A chance to take a ride in various "working vehicles", from a police car to a cherry picker.



Community forum

We are hosting a forum with a panel of experts to discuss issues relating to the local community.

◇Time : 1:30pm - 3:30pm



Food and drink

Come and enjoy international street food with a host of stalls and food trucks!



Friends of the world area

We are planning to have exhibitions from countries such as England and Singapore, as well as international exchange organizations within the prefecture.



Traditional Japanese culture experience

Get in touch with Japanese culture by trying on a samurai helmet, or taking part in a tea ceremony.



◇Time : 11:00am - 1:00pm Tea ceremony
2:00pm - 4:00pm Samurai armour and helmets fitting

Disaster prevention area

A display of fire engines, where you can hop on for a ride.



◇Earthquake simulation : 11:00am - 1:00pm

Sports Area

Challenge yourself to a mini version of SASUKE!



Japanese Calligraphy Experience Corner *Free, No Registration Required

We are setting up a 'Calligraphy Experience Corner' at the Miyazaki International Plaza. Come along and draw your favourite words on the theme of 'Miyazaki' for display at the Art Festival in September!

◇Dates & Time: July 9 (Tue) - August 10 (Sat)
10:00am - 7:00pm

*Closed on Sundays, Mondays and National holidays.

◇Location: CARINO Miyazaki B1 floor,
Miyazaki International Plaza

◇Inquiries: Miyazaki International Foundation



Introduction of Japanese language volunteers *Free, Registration Required

If you live in Miyazaki Prefecture and want to learn Japanese, we have Japanese volunteers who can help you.

Schedules, meeting places, and contents of study are all arranged between the student and volunteer.

◇Target: Miyazaki residents who want to learn Japanese

◇Inquiries & Application: Miyazaki International Foundation



Talk with the CIRs ♪ *Free, Registration Required

How about having a chat with the Coordinators for International Relations from the Prefectural Government?

★A chat with Katherine from England (Japanese & English)

◇Date & Time: ①August 9 (Fri) 3 - 4 pm

②August 23 (Fri) 3 - 4 pm



◇Registration Deadline: ①August 7 (Wed) ②August 16 (Fri)

★A chat with Yu Ding from Singapore (Japanese & Chinese)

◇Date & Time: August 6 (Tue) 3 - 4 pm

◇Registration Deadline: August 2 (Fri)



★A chat with Haejeong from South Korea (Japanese & Korean)

◇Date & Time: August 8 (Thu) 3 - 4pm

◇Registration Deadline: August 6 (Tue)



◇Venue: CARINO Miyazaki B1 Miyazaki International Plaza

◇Spaces Available: 4 (Priority will be given to people who have participated less frequently)

*We accept applications by phone, email or in person.

◇Inquiries/Registration: Miyazaki International Foundation

19th Annual Art Festival Exhibition “Miyazaki-From the Outside Looking in”



■ Now Entries are open!

We encourage foreign residents and any citizens with roots overseas living in Miyazaki prefecture to enter.

◆**Theme:** “Miyazaki”

◆**Categories:** Photography, Painting/Drawing, Calligraphy, Handicraft (Except Videos)

◆**Entry Limit:** Up to 2 entries per person in each division

◆**Size:** Up to 50 cm by 50 cm ◆**Entry Deadline:** Aug 20 (Tue)

◆**How to enter:** Please enter your artworks along with the submission form to the Miyazaki International Foundation.

*The submission form can be found and downloaded on the following page.

<https://www.mif.or.jp/english/news-and-topics/4392/>



Forms are also available at the Miyazaki International Foundation.

*All entries will be displayed.

◆**Awards:** Prizes and certificates will be awarded to the top pieces as chosen by visitors.

*Participation prizes will be given to those who submit their works.

■ Display Period and Venue

1. Sep 4(Wed) - Sep 18(Wed) 10am-7pm at Carino Miyazaki B1F

*Closed: Sundays, Mondays, and National Holidays

2. Sep 21(Sat) 11am - 4pm at Miyazaki Municipal University Library Cross Lounge

◆**Inquiries:** Miyazaki International Foundation

Miyazaki International Plaza Counter Volunteer Recruitment

We are currently looking for volunteers from within Miyazaki Prefecture, 18 years of age or older, to work at the front counter of the Miyazaki International Plaza and assist Plaza staff.

To apply, interested parties should submit a completed application form by 9/3(Tue).

*Nationality will not play a role in choosing applicants. However, volunteers are expected to speak some basic Japanese.

◆**Volunteer Period:**

October 1 (Tue), 2024 to March 29 (Sat), 2025

◆**Volunteer Time:**

One day a week from Tue to Sat from;

A. 10:15 am - 12:45 pm B. 1:00 pm - 3:30 pm

Volunteers will work on the same day and during the same time period from week to week.

◆**Tasks:** Assisting Plaza visitors, assist in lending out and checking in library materials sending out documents, organizing library materials, arranging and forwarding used stamps, etc.

◆**Other:** Volunteer's insurance will be covered by the International Foundation, and parking vouchers will be issued to volunteers making use of the CARINO Miyazaki Parking Lot)

◆**Inquiries & Application:** Miyazaki International Foundation



A Message from the Miyazaki Support Center for Foreign Residents

Daily Life Consultations for Foreign Residents (Chinese) *Free, Reservation Required

Consultations are available in Chinese about any problems in your life. Consultations are strictly confidential.

*Reservation required. (Appointments are available on the day.)

◆**Date & Time:** August 31 (Sat) 2:00pm - 4:00pm

◆**Venue:** Miyazaki Support Center for Foreign Residents
(Online Consultations (using Zoom) are also available.)

◆**Spaces Available:** 4

◆**Inquiries & Application:**

Miyazaki Support Center for Foreign Residents
(Carino Miyazaki B1F)

TEL: 0985-41-5901 FAX: 0985-41-5902

E-mail: support@mif.or.jp



Local Announcements

< Ebino City >

Counselling session and tea party for foreign residents *Free

Foreign nationals based in the city: are you having any difficulties? Whether you want someone to teach you Japanese language or culture, help with shopping, or if you just want to make friends, we're here to offer guidance and support for all areas of daily life. And on the same day, there'll be a chance to socialize and drink tea. Please feel free to drop by!

◆**Date & Time:** September 1st (Sun) 2:00pm - 4:00pm

◆**Location:** Ebino City International Exchange Center

◆**Inquiries & Application:** Please contact us two days in advance if you'd like to come to a counselling session.

Ebino City International Exchange Center Tel:0984-35-3211



< Tano >

The 32nd Tano Taiko Festival ~Love Taiko Drumming? Love Festivals? Then in Summer, it has to be Tano! ~ *Free

At this event, spectators can enjoy some impressive taiko drumming performances, such as Tano's famous local *Amadaiko*. Make sure to check it out!

◆**Date & Time:** August 31 (Sat) 4:00pm - 9:00pm

◆**Location:** Multipurpose Plaza, Tano Sports Park

◆**Inquiries & Application:** Tano General Branch Office,
Community Welfare Division Tel:0985-86-1111



Confessions of a scaredy-cat

“ Break Out the Bento”



Miyazaki Prefecture CIR
Katherine Kessler

What do you usually have for your lunch break? Something from outside, or a packed lunch? Japan has a world-famous packed lunch culture in bento, the iconic black-and-red boxes with various delightful food items artfully arranged inside. After my first few weeks in Miyazaki subsisting mostly on conbini meals for my lunches, I was determined to start making my own bento each morning.

This required something of an adjustment. I've always brought lunch to work back home, but that was usually a sandwich, or a quick pasta salad. A Japanese-style bento with rice and a selection of sides seemed daunting by comparison; rice takes such a long time to cook, after all, and I have no experience home-cooking Japanese okazu. And then my friend pointed out that any decent rice cooker is equipped with a timer. “You can wake up to freshly cooked rice ready to go,” she said, and the mere idea of that was so appealing that I didn't waste any more time wondering how to do bento exactly right, and just went for it. I bought the rice cooker, set it to be ready for 7AM, and since then, I've made up my bento on as many mornings as I can. I usually panfry a salmon fillet – more effort than a cheese sandwich, perhaps, but utterly worth it.

This life change has felt like a key step on the path to really living in Japan, not just staying for a while. Our morning routines and cooking habits are so culturally ingrained, and it can be tempting to cling to them when abroad for a feeling of familiarity. But the new quickly becomes familiar, and you end up with new simple pleasures, like the smell of fresh rice first thing in the morning.

