



PLAZA NEWS



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

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

International Understanding Lecture

~Jamaica edition~ Hyuga City

***Free, Registration Required**

"Jamaican cooking class: Let's make some yummy chicken and pumpkin soup!"



Come make deliciously spiced chicken and pumpkin soup with Lynda, a Hyuga resident from Jamaica. You'll also get to hear about Jamaica and its language while the soup is simmering!

◇**Date & Time:** Dec 20 (Sat) 11:00am – 2:00pm

◇**Venue:** Hyuga City Central Community Center, cooking room

◇**Lecturer:** Ms. Lynda Gay

◇**Spaces Available:** 18 (First-come, first-served)

Elementary schoolers must be accompanied by a guardian

◇**Fee:** Free

◇**To apply:** Apply using the QR code or URL below. Applications by phone, email or in person are also welcome.

<https://forms.gle/NHEpN2ocqjhCtyTL6>



◇**Application Deadline:** Dec 6 (Sat)

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

Traditional Japanese Culture Workshop for Foreign Residents

A workshop aimed at foreign residents of Miyazaki, to be held on 17 January (Sat) from 1PM, at Carino Miyazaki BF1. We'll be making moss terrariums using local Miyazaki moss!

Further details will be posted to our website once they are confirmed.

◇**Inquiries:** Miyazaki International Foundation



Disaster Preparedness Seminar for Foreign Residents

***Free, Registration Required**

Visit all six booths and collect stamps to receive a reward!

◇**Dates & Times:** Jan 24 (Sat) 1:00pm-3:00pm

◇**Venue:** Miyazaki Prefectural Disaster Preparedness Headquarters, Room 74/75

(Miyazaki Prefecture, Miyazaki City, Tachibanadori-higashi 1-chome 9)

◇**Target:** Foreign residents living in Miyazaki Prefecture

◇**Contents:** Different disaster-specific actions to take, apps with disaster info, disaster preparedness must-haves, staying at an evacuation center, etc.

◇**Spaces Available:** 18 (First-come, first-served)

◇**Fee:** Free

◇**To apply:** Please sign up using the Google Form with your name, country, and contact details (work email okay).

<https://forms.gle/HMTjaJsFGJY6HV6X6>

◇**Application Deadline:** Jan 10 (Sat)

◇**Inquiries:** Miyazaki International Foundation



International Chat Sessions Second Term

***Registration Required**

Let's chat in English, Chinese, and Korean with Prefectural Coordinators for International Relations and foreign volunteers.

<English>

◇**Dates & Times:** 1/10, 1/17, 1/31, 2/7, 2/14, 2/21

Saturdays 10:30am - 11:30am 6 sessions in total

◇**Spaces Available:** 10

◇**Application Deadline:** Dec 20 (Sat)

◇**Target:** Those who can make basic conversation

<Chinese>

◇**Dates & Times:** 1/13, 1/20, 1/27, 2/10, 2/17, 2/24

Tuesdays 6:00pm - 7:00pm 6 sessions in total

◇**Spaces Available:** 5

◇**Application Deadline:** Dec 23 (Tue)

◇**Target:**

• Those who can make basic conversation

• Those hoping to practice listening to native spoken Chinese

<Korean>

◇**Dates & Times:** 12/4, 12/18, 1/15, 1/29, 2/12, 2/26

Thursdays 6:00pm - 7:00pm 6 sessions in total

◇**Spaces Available:** 5

◇**Application Deadline:** Nov 20 (Thu)

◇**Target:** Those who can make basic conversation

★**Venue:** CARINO Miyazaki B1

★**Fee:** patrons and students ¥1,000 (6 sessions)

non-members ¥3,000 (6 sessions)

middle school students and under ¥500 (6 sessions)

★**To Apply:** Apply in person, by phone or by e-mail and provide your name, phone number, email address and preferred language.

*If there are more applicants than spaces, we will give priority to first time applicants.

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



Hinata Nihongo Navi

"Hinata Nihongo Navi" is a portal site for foreign residents in Miyazaki Prefecture who want to learn Japanese and Japanese residents who want to support their learning. Efforts such as Japanese language courses and learning supporter training courses implemented in each municipality are posted.

Please take advantage of it.

<https://hinatanihongo.mif.or.jp/english/>



◇**Inquiries:** 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:** ① Nov 14 (Fri) 3:00pm - 4:00pm

② Nov 21 (Fri) 6:00pm - 7:00pm

◇ **Registration Deadline:** ① Nov 7 (Fri) ② Nov 14 (Fri)



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

◇ **Date & Time:** Nov 18 (Tue) 4:00pm - 5:00pm

◇ **Registration Deadline:** Nov 11 (Tue)



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

◇ **Date & Time:** Nov 13 (Thu) 3:00pm - 4:00pm

◇ **Registration Deadline:** Nov 6 (Thu)



◇ **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

A Message from the Miyazaki Support Center for Foreign Residents

Notice regarding the "Videos for Daily Life Orientation" produced by the Immigration Services Agency

To all from overseas living in Japan, we present the dos and don'ts of living in Japan with these orientation videos!

Examples:

- Immigration application process and necessary procedures for those living in Japan
- Where should I go if an earthquake comes?
- How to throw away your rubbish in Japan
- Rules of the road differ by country
- What should I do if I get injured?

Learn with ease using these videos, available in 17 languages. Check them out here!

https://www.moj.go.jp/isa/support/coexistence/04_00078.html



Now recruiting volunteers for International Chat Sessions in English!

We are currently recruiting volunteers to help with our English International Chat Sessions.

If you are interested in helping out, please get in touch!

◇ **Dates & Times:** Please see the previous page.

◇ **Venue:** Carino Miyazaki B1F

◇ **Who can Volunteer:** Anyone who has no difficulty speaking English.

*You don't have to be a native speaker to volunteer!

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



Introduction of Japanese language volunteers *Free, Registration Required



Foreigners or Japanese returnees in Miyazaki who wish to study Japanese language will be introduced to registered Japanese language volunteers upon request. Study location, hours, and contents will be decided by the learner and the tutor themselves.

◇ **Target:** Foreign residents of Miyazaki Prefecture

◇ **Inquiries:** Miyazaki International Foundation

Local Announcements

<Miyakonojo City>

World Festa in Miyakonojo in 2026

Miyakonojo International Association (MIA) invites everyone to come along to the World Festa in Miyakonojo in 2026.

◇ **Date & Time:** Feb 8 (Sun) 12:00 noon - 4:30 pm

◇ **Venue:** MJ Hall

◇ **Entry:** Free

◇ **Event details:**

- An introduction to a variety of countries and a chance to interact with many cultures.
- Be introduced to various international exchange groups and enjoy a panel display.
- Stage performances showcasing songs and dances from overseas.

◇ **Contact:** MIA by E-mail or Phone:

Phone: 0986-23-2295 E-mail: mia@btvm.ne.jp



Confessions of a scaredy - cat

"Unpacking a Life"



Miyazaki Prefecture CIR
Katherine Kessler

My friend in Tokyo moved house shortly before I visited her last month, and we decided to spend our precious time together unpacking boxes and organizing shelves. Nothing says you're officially in your mid-20s like spontaneously gasping in delight when a box fits snugly inside a drawer. We'd half-heartedly brainstormed what fun things we might do together, but found we were more than satisfied with slowly assembling a seemingly never-ending pile of suitcases and half-upended containers of Stuff into a living space.

This friend of mine happens to have accumulated a vast quantity of Stuff since coming to Japan, far more than I have in not that much more time. Like many people, I came to this country carrying only what I could fit into two suitcases, and have been slow to fill my 1R flat with much more than the necessities; it took me nearly a year to buy a second and third mug, for instance. You'd think that tackling the consequences of my friend's hoarding tendencies would vindicate me in my own. When I do eventually move house, there'll be much less to pack up and then put away, after all. But going through every single item, essentially getting a tour of my friend's life and memories through her belongings, gave me an odd melancholy feeling of yearning. It's not that I want to start cramming my flat with unnecessary trinkets just for the sake of it. But I'd like to feel that when I move from place to place, as I no doubt will do several times in the next few years, I'm taking a life with me when I go. And it might be nice to spend a day with a close friend unpacking that life, sharing those memories as I prepare to write new ones.

