



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

Plaza Holiday Closing

The International Plaza will be closed for the end and beginning of year holidays from December 28 (Sun) to January 5 (Mon), 2026.
*We will be reopening from January 6 (Tue), 2026.

Traditional Japanese Culture Workshop for Foreign Residents

"Japan's World of Moss: Moss Terrarium"

*Free, Registration Required

Come and make your own moss terrarium using the local moss of Inohae Valley in Nichinan!

◇**Date & Time:** Jan 17 (Sat) 1:00pm - 3:00pm

◇**Venue:** CARINO Miyazaki B1 Meeting Room B

◇**Instructor:** Ms. TANIGUCHI Yuriko (Forest Therapy Instructor)

◇**Spaces Available:** 16 (First-come, first-served)

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

◇**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/cQayedZmrgDXaenn9>

◇**Application Deadline:** Jan 6 (Tue)

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



Disaster Preparedness Seminar for Foreign Residents (Miyazaki City)

*Free, Registration Required

Visit all six booths to collect every stamp!

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

<https://forms.gle/HMTjaJsFGJY6HV6X6>

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

◇**Inquiries:** Miyazaki International Foundation



Disaster Preparedness Seminar for Foreign Residents (Mimata Town)

"Calling women from overseas to take part in our disaster preparedness seminar!"

*Free, Registration Required



◇**Dates & Times:** Feb 21 (Sat) 10:00am-12:00pm

◇**Venue:** Mimata-cho Central Community Center, Meeting Room 1 (Kitamorokata-gun, Mimata, Gohonmatsu 8-1)

◇**Target:** Women of any nationality living in Mimata-cho

◇**Contents:** Come and learn useful terms for disaster preparedness in simple Japanese, find out disaster information relating to Mimata-cho, and discuss what disasters and evacuating are like from a woman's perspective, including important things to remember and any worries you may have.

◇**Spaces Available:** 30 (First-come, first-served)

◇**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/fMDV28bxzbxDFe7N6>

◇**Application Deadline:** Feb 7 (Sat)

◇**Inquiries:** Miyazaki International Foundation



Japanese Speech Contest for Foreign Residents Participant applications open!

*Application Required

◇**Date & Time:** February 1 (Sun) 1:00pm - 4:00pm

◇**Topic:** Miyazaki (Things you have felt while living in Miyazaki, feelings towards your home country etc.)

◇**Location:** Miyazaki Prefectural Disaster Preparedness Headquarters, 7th Floor, Room 74-75

◇**Eligibility:** anyone who meets the following criteria

1. Those residing in Miyazaki prefecture, over the age of 16, whose first language is NOT Japanese

2. Have lived in Japan for LESS than 5 years

※ Excluding those engaged in translation and/or interpreting work as part of their profession.

◇**Divisions & Available Spaces:**

Student Division- around 10 / Open Division - around 10

*If there are a large number of applicants, entries will be screened.

◇**Speech Length Limit:** up to 5 minutes

◇**Deadline:** January 9th (Fri)

◇**How to Apply:** Please hand in your ①Application form (with a photo of yourself attached) and ②Speech script (romaji is also accepted), by one of the following methods; handed directly into the Foundation, by post, or by email.

*The application form can be downloaded online from the Miyazaki International Foundation homepage.

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



Free distribution of old books and magazines

The International Plaza will be giving away old publications. Copies are limited, so please drop by early and have a look.

◇**Date & Time:** December 2 (Tue) to December 26 (Fri)

10:00am - 7:00pm

◇**Venue:** CARINO Miyazaki B1F

Miyazaki Prefecture International Plaza

◇**Inquiries:** Miyazaki International Foundation



Japanese self-learning tools

Online self-learning is available. A website for foreign nationals living in Japan, where you can learn Japanese useful for daily life.

TSUNAHIRO

This website is for foreign nationals living in Japan to learn the Japanese language in order to communicate in Japanese and be able to use it in daily life. Learning contents can be chosen based on your Japanese level, the situation that interests you, and keywords. Study and use Japanese to connect with society and broaden life's possibilities.

This website is intended for:

- People who live in Japan and have no opportunity to study Japanese
- People who have just moved to Japan and are learning the Japanese language for the first time



This website supports multiple languages to help first-time learners of Japanese take up the language smoothly.

Supported languages:

Chinese (simplified) • Chinese (traditional) • English • Filipino • French • Indonesian • Khmer (Cambodian) • Korean • Mongolian • Burmese • Nepali • Portuguese • Russian • Sinhala • Spanish • Thai • Ukrainian • Vietnamese • Japanese (Total: 19 languages)

◆The purpose of this website is to learn basic Japanese phrases and terms.

◆This website specializes in everyday situations of foreign nationals living in Japan.

◆Videos are provided as the main contents, which allow you to see in which situations the words you learn are utilized.

◆You can start learning Japanese by choosing a scene according to your Japanese level and your interest.

◆You can search for learning contents by scene that interests you or keyword.

https://tsunagarujp.mext.go.jp/?lang_id=EN



IRODORI

Free Online course for learning Japanese essential to daily life!

<https://www.irodori-online.jp/go.jp/>



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: ①Dec 5 (Fri) 3:00pm - 4:00pm

②Dec 19 (Fri) 6:00pm - 7:00pm



◆Registration Deadline: ①Nov 28 (Fri) ②Dec 12 (Fri)

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

◆Date & Time: Dec 16 (Tue) 4:00pm - 5:00pm

◆Registration Deadline: Dec 9 (Tue)



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

◆Date & Time: Dec 25 (Thu) 3:00pm - 4:00pm

◆Registration Deadline: Dec 18 (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

"Laughter Brings Happiness"

The year is fast drawing to a close. What sort of a year was 2025 for all of you?

There is a traditional Japanese proverb: 笑う門には福来る - Warau kado ni wa fuku kitaru - often translated as "Laughter brings happiness." It means that good fortune will naturally come to a house where people are happy and laughing. We hope that 2026 will be a year full of smiles and laughter for everyone!



Confessions of a scaredy - cat

"Chicken Fears"



Miyazaki Prefecture CIR
Katherine Kessler

It's been a while since the content of this column matched its title, "confessions of a scaredy cat", but I have an actual confession for you all at last: until around three months ago, I never, ever cooked chicken at home. It just stressed me out: the slimy texture, but also the visceral horror associated with raw chicken that my upbringing instilled in me. We're taught how raw chicken, even just slightly undercooked chicken, can make you violently ill with salmonella poisoning, and anything that has touched it and not been sanitized is similarly dangerous. My biggest phobia, bigger even than those giant hornets, is being sick, and for a very long time, I had a built-in mental block when it came to preparing chicken. I decided to avoid the potential problems altogether and stuck to tofu or fish.



This was until a good friend of mine came to stay, and I asked her what she'd like for dinner, intending to cook. She said anything with loads of protein was fine by her, and that she usually made stir fried chicken or pork with vegetables for herself. I could have told this friend I was a vegetarian, or even just the embarrassing truth that I was squeamish around raw chicken, but in that moment, I realized just how illusory that mental block was. As soon as it was another person, rather than myself, whose requests I was considering, I walked straight through it, buying, handling and cooking chicken for the first time that very day. It didn't come entirely naturally to me; I felt the need to spray the chopping board with alcohol cleaner. But just like that, something I'd been assuming was beyond me for years, turned out to be no problem at all. I can't help but wonder what other experiences I've been shutting out for no good reason.

