



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 E-mail: miyainfo@mif.or.jp Homepage: <https://www.mif.or.jp>

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.

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:** Please apply through the URL or the 2-dimensional barcode below.

Applications are also accepted by phone or email.

<https://forms.gle/HMTjaJsFGJY6HV6X6>



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

◇ **Inquiries:** Miyazaki International Foundation

We are holding a 'Japanese Speech Contest for Foreign Residents' *Admission Free

On Sunday 1 February from 1pm, the 'Japanese Speech Contest for Foreign Residents' will be held at the Miyazaki Prefectural Disaster Preparedness Headquarters, 7th Floor, Room 74-75. Participants will give speeches on the theme of 'Miyazaki', and talk about their feelings towards life in Miyazaki, thoughts about their home country, and their dreams for the future. Of course, if you would like to support the contestants, and are interested in hearing how foreign residents feel about their lives here in Miyazaki please do not hesitate to drop by, as viewing is free of charge.

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

◇ **Topic:** Miyazaki

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

◇ **Divisions:** Student Division / Open Division

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



20th Annual Art Festival – Traveling Exhibition -Prefectural Government edition-

"Miyazaki – From the Outside Looking in"

*Free viewing

There are 69 art works on display submitted by the foreign residents who live in Miyazaki on the theme Miyazaki. Please take the time to appreciate how our foreign residents see Miyazaki.

◇ **Display Period:** January 7th (Wed) to January 16th (Fri)

*Closed on weekends, national holidays

◇ **Venue:** Miyazaki Prefectural Disaster Preparedness Headquarters, 1st Floor

◇ **Works on display:** photos, paintings/drawings, Japanese-calligraphy, and handmade crafts

◇ **Inquiries:** Miyazaki International Foundation



International Understanding Lecture

~Vietnamese edition~

*Free, Registration Required



"A Taste of Vietnamese Culture: Vietnamese cultural talk and making nem"

We invite Ms Dang from Vietnam to speak about her home culture. After the talk, we will all make nem, Vietnam's beloved spring roll made with mincemeat, vermicelli and vegetables rolled in rice paper and fried.

◇ **Dates & Times:** Feb 7 (Sat) 10:30am-1:30pm

◇ **Venue:** Encross Nobeoka (by Nobeoka Station) 2F, Large Central Lounge

◇ **Lecturer:** Ms.Dang Thi Anh Tuyet

◇ **Spaces Available:** 20 (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/dpPvmwTDmU7FVpuD6>



◇ **Application Deadline:** Jan 23 (Fri)

◇ **Inquiries:** Miyazaki International Foundation

Disaster Preparedness Seminar for Foreign Residents (Mimata Town)

*Free, Registration Required

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



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

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

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:** ①Jan 9 (Fri) 6:00pm - 7:00pm

②Jan 23 (Fri) 3:00pm - 4:00pm

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



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

◇ **Date & Time:** Jan 20 (Tue) 4:00pm - 5:00pm

◇ **Registration Deadline:** Jan 13 (Tue)



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

◇ **Date & Time:** Jan 22 (Thu) 3:00pm - 4:00 pm

◇ **Registration Deadline:** Jan 15 (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

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 Mar 6 (Fri).

In the case of multiple applicants, potential volunteers will undergo a screening process.

*Nationality will not play a role in choosing applicants.

However, volunteers expected to speak some basic Japanese.

◇Volunteer Period:

Apr 7 (Tue) to Sep 30 (Wed) 2026 *Excluding Holidays

◇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.

◇**Others:** Transportation expenses not covered; no monetary rewards (*however, 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.)

◇**Application Dead Line:** Mar 6 (Fri)

◇**Inquiries:** Miyazaki International Foundation



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

Staff's tweet

It's the dreaded event that comes around once a year: the Health Checkup.

Doctor: Oh, looks like you've put on about a pound and a half! Nothing to worry about, though.

Me, internally: Aw, so my 2-day diet was for nothing... I'd better watch out, so that "nothing to worry about" doesn't turn into "still doing okay" and then "maybe time to start watching" and finally "you need to watch your weight".

My eating habits haven't even changed that much. Is this what getting older means?

"Exercise regularly." That's easier said than done. Raise your hand if you're in the same boat!

(Staff: M)



We hope that this year is a happy and prosperous one for everyone.
~2026~



(January Event)

Event	Date	Venue	Contact/Information
Aoshima Shrine "Naked Man" Festival	Jan 18 (Sun)	Miyazaki City Aoshima	Miyazaki Municipal Aoshima Regional Center 0985-65-1231
Shiwasu Festival	Jan 16 (Fri) – Jan 18 (Sun)	Misato Town Mikado Shrine	Misato Town Nango Branch Office 0982-59-1600

Confessions of a scaredy - cat

"I Did It, Y'all"



Miyazaki Prefecture CIR
Katherine Kessler

By the time you read this, it's already 2026, we're back from the holidays, and probably already failing our New Years resolutions. But as I write this, it's December 12th, and I have just become the owner of a full Japanese driving license.



Earlier today, I passed the written exam, having passed the practical around three weeks ago. To nobody's greater shock than my own, I passed both these tests on the first try. But I'm really surprised that I did it at all. I have a history of starting projects and not finishing them, or promising myself I'll make an effort at self-improvement, only to quietly give up partway through. At the end of last year, I wrote down learn to drive as one of my resolutions. Then I published the intention in this column for all of Miyazaki's English speakers to see. And then, somehow, over the course of eight months, I followed through and succeeded. It still doesn't feel like the sort of thing I'd do, but the action of a more capable and put-together version of me. I mean, for my first however many lessons, I couldn't keep the car in the right part of the road or control it around corners or go faster than 25km/h. And doing the whole thing in Japanese? I procrastinated getting a license for years in my home country, who was I kidding trying to do it from scratch here?



But I did do it. And I did it well. That's objectively cool, right? Maybe one of my 2026 resolutions could be to stop talking myself down all the time. To everyone who's read me yapping about this for months and cheered me on, thank you! And if you've been thinking about taking a similar path, I hope my story's given you confidence. If I can do it, anyone can!