



# 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 on March 20th (Fri) for the public holiday.

### 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 Mar 13 (Fri) 3:00pm - 4:00pm

② Mar 27 (Fri) 6:00pm - 7:00pm

◇ **Registration Deadline:** ① Mar 6 (Fri) ② Mar 20 (Fri)



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

◇ **Date & Time:** Mar 17 (Tue) 4:00pm - 5:00pm

◇ **Registration Deadline:** Mar 10 (Tue)



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

◇ **Date & Time:** Mar 26 (Thu) 3:00pm - 4:00pm

◇ **Registration Deadline:** Mar 19 (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

### Useful Information on Disaster Preparedness for Foreign Residents

#### ○ Disaster Preparedness Pamphlet for foreign residents

In this pamphlet, you'll find information about everyday precautions in case of a disaster, and what to do when one strikes.

Print out the PDF for your own use.

<https://www.mif.or.jp/disaster-prevention-pamphlet/>



#### ○ Disaster preparedness / crime prevention information mail service (Available in multiple languages)

Information on Disaster Preparedness is available in multiple languages in Miyazaki Prefecture. Information is sent to mobile phones and PCs by email. It is free to register and receive messages (however, any mobile data-related charges are the responsibility of the user). Please check the Miyazaki Prefecture website for more details.

[https://www.pref.miyazaki.lg.jp/kiki-](https://www.pref.miyazaki.lg.jp/kiki-kikikanri/bosai/chishiki/20220714104100.html)

[kikikanri/bosai/chishiki/20220714104100.html](https://www.pref.miyazaki.lg.jp/kiki-kikikanri/bosai/chishiki/20220714104100.html)



#### ○ Useful apps and websites for disasters (Available in multiple languages)

The National Government has produced a leaflet introducing smartphone apps and websites that can be used to find out about disasters in Japan. Download it and put it up somewhere easily visible!

<http://www.bousai.go.jp/kokusai/web/index.html>

### About the Miyazaki International Plaza

The Miyazaki International Foundation provides a range of services. Please contact us when using our service.



#### ◇ Books Available to Borrow

There are books on multiculturalism, overseas study, language learning, etc. Each person can borrow up to two books for two weeks at a time. There are also English language newspapers available.

#### ◇ Bulletin Board

The bulletin board displays a wealth of information on multiculturalism and international exchange. Anyone is welcome to use the board to share information on cultural exchange, language study, and free giveaways in a A5-A4 size sheet for up to two weeks.

#### ◇ Flag rentals

We lend standard and miniature flags to schools, local government entities, and international exchange organizations in Miyazaki Prefecture. Please contact us beforehand.

#### ◇ World Box

"World Boxes" are created to help in the international understanding education of Elementary/Junior High schools and international understanding workshops in the local community. The World Boxes contain maps, toys, musical instruments, CD, clothes, books and textbooks etc that introducing the respective countries. (Items differ from countries)

#### ◇ International Cooperation for Everyone

The Miyazaki International Foundation is collecting the following. To make a donation please bring or mail the following to the Miyazaki International Foundation.

1) Used Postcards

2) Used Postal Stamps

\*When Sending in Stamps:

Please leave a 0.5 -1 centimeter area of paper/envelope around stamps when cutting them out.

We will not be able to make use of stamps that are scratched or torn.



#### ◇ Inquiries: Miyazaki International Foundation



## Spring Events in Miyazaki

There are lots of places in Miyazaki to enjoy sakura (cherry blossom) and traditional springtime events. Here are a couple of them.

### ○ Aya Hina-yama matsuri Festival (Aya-cho)

A traditional event held in Aya, Miyazaki for *hinamatsuri*, “baby’s first festival” for girls. Families make *hina* doll “mountains”, and display these along the streets of Aya. The festival is a celebration of nature and culture, and prays for children to grow up healthy.

Date : Feb 21 (Sat) – Mar 3 (Tue)

<Attendee comment>

Last year, I used the “Hina yama pass” to get the bus to Aya for just 100 yen. It was cheap and convenient, as we were all able to go to this sightseeing spot without a car. I hope Miyazaki adds more bus routes to their tourist destinations. (Indonesian)



### ○ Miyakonojo Mochio sakura festival (Miyakonojo)

Mochio Park is a famous sakura viewing spot in southern Kyushu. The long rows of cherry trees lining the streets are known as “the Thousand Cherry Trees of Mochio”, and the place is named as one of Japan’s top 100 sakura viewing spots.

Date : Late Mar – Early Apr



<Attendee comment>

Seeing sakura in bloom is truly beautiful. Walking through this cherry blossom arch gave me the same feeling I get when jacarandas bloom back home in Australia. (Australian)



## A Message from the Miyazaki Support Center for Foreign Residents

The Miyazaki Support Center for Foreign Residents welcomes residents from abroad with questions or concerns related to their lives in Miyazaki.

〔Open〕 Tuesdays to Saturdays, 10:00 am - 7:00 pm

TEL : 0985-41-5901 Fax : 0985-41-5902

E-mail : support@mif.or.jp



### Local Announcement

## <Miyazaki Prefectural Museum of Nature and History, Minkaen (Garden of Houses)> Minkaen Spring Festival \*Free



The Minkaen Spring Festival will be held in the “Garden of Houses” at the Miyazaki Prefectural Museum of Nature and History, which contains four traditional houses, built in the Edo Period. Come along to enjoy games from the past, historical daily life experiences like *kamishibai*, folk tales, taiko and koto performances, and *nodate*, a casual-style matcha tea ceremony.

◆ **Date & Time:** Mar 14 (Sat) 10:00am – 3:00pm (Location and activities subject to change depending on the weather)

◆ **Venue:** Miyazaki Prefectural Museum of Nature and History, Minkaen (Miyazaki-shi, Jingu 2-4-4)

◆ **Inquiries:** Miyazaki Prefectural Museum of Nature and History  
TEL : (0985) 24-2071



## (March Event)



Event	Date & Time	Venue	Contact/Information
Saito Flower Festival	Mar 27 (Fri) – Apr 5 (Sun)	Saitobaru Goryobomae Square Saito City	Saito City Tourism Association 0983-41-1557
The 12 <sup>th</sup> Miyazaki Festival	Mar 7 (Sat) 10:00am – 6:00pm	From Takachiho Street to Amu Plaza Miyazaki Miyazaki City	Miyazaki Festival Executive Committee · MRT 0985-27-5532 <a href="https://mrt.jp/special/matsuri/">https://mrt.jp/special/matsuri/</a>
Hanatake Park Sakura Festival	Mar 21 (Sat) – Mar 29 (Sun)	Hanadate Park Kitago, Nichinan City	Nichinan City Tourism Association 0987-31-1134

Confessions of a scaredy - cat

### Japanese “Firsts”



Miyazaki Prefecture CIR  
Katherine Kessler

One of the side effects of my first *shakaijin* job being in Japan, and with it my first true financial independence, is that I’ve had a number of universal “firsts” in Japan. The most significant was of course learning to drive. Recently I assembled my first piece of flatpack furniture from Nitori. Going back further in my lifetime, I first started drinking coffee in Kobe six years ago, and my Japanese introduction to the drink gave me some genuine reverse culture shock when I came home and discovered I couldn’t just order a “hot coffee” at a café. And then there’s the gym.

In the same spirit of self improvement as taking driving lessons, I got a gym membership a few months ago. It’s been going better than I thought it would, although it was truly humbling to find how low I need to set the weight level for my noodly little arms (got to start somewhere right?) And I occasionally wonder how many of the things I’ve been getting used to as “gym culture” are Japan-specific. For instance, just like at a *sentō*, there’s no shyness around nudity in the locker rooms, and most prefer to use the public bath rather than shower cubicles. Conversely, when I head in for my workout in a tank top, I feel a little self conscious seeing everyone there in a t-shirt.

Mostly though, I’m thankful the environment is chilled out and not judgmental. Not as many intimidating muscular bodies as I feared (a lot of grannies and grandpas, actually), more people walking than running on the treadmills, a general feeling of goodwill and camaraderie rather than grindset. I don’t know that that’s specific to any culture, or if it’s down to Miyazaki being a small city – I just hope I’m not in for any shocks if I try going to a gym in London in the future!

