



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

~Afganistan edition~ Saito City

“Afghanistan home cooking with Horea!”

***Free, Registration Required**

Come together to experience another culture while making and tasting beloved home-cooked dishes from Afghanistan. Discover the delights of Afghan cooking, with its surprising and delicious combinations, and comforting flavours.



◇**Date & Time:** Jul 4 (Sat) 11:00am – 2:00pm

◇**Venue:** Saito Health Center (Saito-shi hoken sentaa),
Cooking room (Chori shitsu)

◇**Lecturer:** Ms. Horea

◇**Spaces Available:** 12 (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/M9hxH91gQg8Aq7NH8>

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

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



International Chats ♪ *Free, Registration Required

How about having a fun chat in Japanese with international residents in Miyazaki?

★ A chat with Onja from Madagascar

◇ **Date & Time:** Jun 10 (Wed) 10:30am - 11:30 am

◇ **Registration Deadline:** Jun 5 (Fri)



★ A chat with Katherine from England

◇ **Date & Time:** ① Jun 5 (Fri) 3:00pm – 4:00pm

② Jun 26 (Fri) 6:00pm - 7:00pm

◇ **Registration Deadline:** ① June 2 (Tue) ② June 19 (Fri)



★ A chat with Yu Ding from Singapore

◇ **Date & Time:** Jun 23 (Tue) 4:00pm - 5:00pm

◇ **Registration Deadline:** Jun 16 (Tue)



★ A chat with Haejeong from South Korea

◇ **Date & Time:** Jun 11 (Thu) 3:00pm - 4:00 pm

◇ **Registration Deadline:** Jun 6 (Sat)



◇ **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

21st 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:** Jul 24 (Fri)

◇ **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/5136/>

Forms are also available at the Miyazaki International Foundation.

*All entries will be displayed.

◇ **Display Period and Venue: *Schedule**

1. Aug 5 (Wed) – Aug 19 (Wed) 10am-8pm at Carino Miyazaki 2F

2. Aug 21 (Fri) – Sep 12 (Sat) 10am-7pm at Carino Miyazaki B1F

*Closed: Sundays, Mondays, and National Holidays

3. 2027 Jan 6 (Wed) – Jan 18 (Mon) 8:30am-6:00pm at Miyazaki Prefectural Government Hall, Disaster Prevention Hall Ground Floor

*Closed on weekends and National Holidays

4. 2027 March 17 (Thu) ~ March 28 (Sun) 9:00~19:00

Venue: Miyazaki Prefectural Library, First Floor, Gallery B

*Closed on Mondays

5. Pieces will be exhibited in other areas of the prefecture



◇ **Awards:** Prizes and certificates will be awarded to the top pieces in the first two exhibitions, as chosen by visitors.



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

◇ **Inquiries:** Miyazaki International Foundation

A Brief Introduction to 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. Consultations are available in person, by telephone, etc. (email, ZOOM)

【Supported languages】

(We may use phone interpreting services etc. for consultations)
English, Chinese, Korean, Thai, Vietnamese, Indonesian, Malay, Tagalog, Nepali, Portuguese, Spanish, French, Russian, German, Italian, Burmese, Mongolian, Khmer, Sinhala, Hindi, Bengali, Urdu

*We also respond to enquiries from people who support foreign residents.



【Open】

Tuesdays to Saturdays, 10:00 am - 7:00 pm

Tel 0985 0985-4141-5901 Fax 0985 0985-4141-5902

E-mail support@mif.or.jp

Please check our Homepage, Facebook and Instagram for more information.

Staff Ramblings

Nice to meet you all! I'm Satoshi Uematsu, and I joined the Miyazaki International Foundation in April this year. I can't claim to have international experiences and skills like having studied abroad, or being fluent in foreign languages, but I am a fan of food, so... Maybe I could start my journey into international exchange there? You can find me in the international plaza or thereabouts, come and chat to me! I look forward to meeting you.

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. Please check the website below for the most recent updates. <https://hinatanihongo.mif.or.jp/english/>

◆Inquiries: Miyazaki International Foundation



《Events from June to August》

Event	Date & Time	Venue	Contact/Information
Jacaranda Festival 2026	5/23 (Sat) ~ 6/14 (Sun)	Michi-no-Eki-Nango Nichinan City	Nichinan City Tourist Association 0987-31-1134
Best time to see the Hydrangeas (Ajisai)	Early June – Mid June	Awakigahara Forest Park Shimin-no-mori Miyazaki City	Shimin-no-mori Administration Office 0985-39-7308
		Yamanokuchi Ajisai Park Miyakonojo City	Miyakonojo Tourist Association 0986-38-2460
Matsuri Erekoccha Miyazaki	7/25(Sat)~7/26(Sun)	Tachibana Dori and Kusunamiki St. Miyazaki City	Matsuri Erekoccha Miyazaki Promotion Association Administration Office 0985-83-2216
78th Miyazaki Fireworks Festival	8/1(Sat)	Oyodo Riverbank Miyazaki City	Miyazaki Chamber of Commerce and Industry, Commerce and Tourism Department 0985-22-2161

Confessions of a scaredy - cat

"Just Floor It"



**Miyazaki Prefecture CIR
Katherine Kessler**

It may come as no surprise to those of you who are familiar with this column to learn that I'm a bit of an anxious driver. I was quite naïve to think I'd cleared the biggest hurdle by passing the tests and getting the license. The good news is I now have another confession for you all, because a new fear has entered my vocabulary: The Expressway.

I know. Horror of horrors, the expressway in Miyazaki, in all its single lane, mostly 80km/h glory, populated by notably peaceable drivers. Americans who have been driving down crowded 6-lane freeways since you were sixteen, please be kind. My instinct when I'm nervous about anything is to slow down. It's all very well telling me I'll get more comfortable with merging the more I do it, but I only need to make one terrible mistake to crash straight into a Delica going 120.

But I am working on it, if only at sporadic intervals. My first taste of the green signs came by accident as I missed a turn-off for my destination and found myself wailing and sweating while revving up the engine to the required high speeds, after which pure necessity forced me to calm down and deal with the situation, and recognize that it's literally fine. More recently, a friend and I tackled a road trip to Daikanbo in Aso, which was more than anything an exercise in tricky maneuvers down vertiginous winding mountain roads. It made for great practice – until the Takachiho-Nobeoka stretch, where the anxiety-spiking combination of high speed + driving at night + tired from driving all day compelled me to swallow my pride and ask my friend to take the wheel the rest of the way home. Baby steps. Well, except when driving down the expressway, in which case Full Speed Ahead or Else!

