



MIA news

Miyakonojo International Association

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大家好! (Dàjiā hǎo, Hello Everyone!) - (Chinese CIR, Hé Liányīng (Karen))

Hello everyone! My name is 河連英 (Pinyin: Hé Liányīng, JP pronunciation: Ka Ren'ei), and I arrived in Miyakonojo on April 12th as the new Chinese CIR. Please call me Karen.

I originally come from China's Heilongjiang, but I lived in Chongqing in the southwest until I arrived in Japan. This is my second extended stay in Japan, with my first being in 2009. After completing my studies at a Japanese language school, I enrolled in Hosei University's economics department, specializing in international economics. After graduating, I worked in a private company in the inner city.

When I was a child, I often saw Japanese anime on TV. I've seen Ikkyū-san, Chibi Maruko-chan, Astro Boy, Sailor Moon, Hana no Ko Lunlun, Captain Tsubasa, and more. Seeing Japanese buildings and clothing through TV was the first time I understood that there are places around the world where everything is completely different to the town I lived in. While the anime was dubbed in Chinese, the opening and ending themes were in their original Japanese. When I read the Japanese lyrics for the first time, I thought Japanese kanji was strangely similar yet different to Chinese Kanji, from which my interest in Japanese language grew.

My hometown of Heilongjiang is very cold in the winter, reaching an icy -30 degrees. When I was a young child, in the winter, I often made snowmen, had snowball fights, and enjoyed playing on the ice over frozen rivers and lakes or on sports grounds. Every year during winter at the school I went to, we threw a lot of water on our outdoor sports field, creating a ice skating rink about 20cm thick, and I often went skating after school and during our P.E. classes. The Harbin International Ice and Snow Sculpture Festival is one of the three biggest in the world, with more than a million patron every year, and the Yabuli Ski Resort is also used as a winter sports arena.

Chongqing City is connected to China's Three Kingdoms history, is the birthplace of hot pot, has a building that very closely resembles Spirited Away called Hongya Cave, and has a building that is pierced by a monorail; for all these reasons and more, Chongqing is popular not only with international tourists, but locals as well. Due to such extreme popularity, during extended holiday periods, citizens receive notices say things such as "be mindful of the influx of tourists, and head to popular places on a different day". There's even a road intersection that rivals the height of a twelve story building, and feels like you're on a roller coaster when driving around it. Chongqing has a large number of Jap-



anese eateries, and many people learn Japanese, Kendo, Ikebana and the art of Tea Ceremonies. Chongqing's Jiangjin District and Miyakonojo City have a Friendship City Relationship, and I hope that exchange between the two areas can be deepened through Japanese culture, sports, music, and more.

I enjoy cleaning and cooking. After tidying up everything around me, it takes less time to find things, and I don't buy unnecessary things as much, making for a pleasant space to live in. While I also like cooking for the sake of eating, I also enjoy the whole process from procuring ingredients to producing a meal; as long as time provides, I'll prepare home-made meals. I also love it when there is someone to enjoy the meals I make. While I am in Miyakonojo, I would like to learn how to make Chicken Nanban, and I would like to make some Chinese cuisine with everyone as well. I started practicing Kendo as of this year. While I like learning the basic concepts and techniques of Kendo, it's important to improve your mentality as well; through the etiquette I've learnt in Kendo, I hope to also improve my day-to-day life and become a better person.

I have been interested in international exchange since my time as a student, and I have joined circles, homestay programs and share-houses in order to interact with as many cultures and countries as possible. I feel that the more cultures you come into contact with, the wider your perspective becomes. As a CIR, I hope to do whatever I can to be of assistance to everyone, and I look forward to meeting you all soon.



A photo of Karen (front center) with her share-house friends.



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Aussie Bites! (Health Stars?!, MIA Staff Member Makiko Sakoda)

Back again for another month, it's Sakoda here.

The other day, I got some Australian sweets. There was a mark and numbers on them that you won't find on any Japanese snacks. Just below that "Health Star Rating" was written. So I asked our Australia CIR: Sakoda: "George, what is this mark?" George: "That's a quick assessment of its nutritional balance! A government organisation gives 5 stars to foods with lots of vitamins and little fats & sugars, and



as low as 0.5 stars to unhealthy sweets and the like, so that you can easily pick foods that are part of a healthy and balanced diet for you and your family!" Sakoda: "I see, it's a mark to help you understand its healthiness!"

P.S.: The snacks in this photo might have a low star rating, but they're really yummy!



Information & Notices

◇ Regarding MIA's Incorporation

As of April 3rd, in accordance with section 48 of Japan's Act on General Incorporated Associations and General Incorporated Foundations (Heisei 18), MIA registered with the Miyazaki Regional Legal Affairs Bureau, which confirmed MIA's incorporation on that same day. We look forward to continuing working with our members to promote international exchange within the Miyakonojo region.

MIA's board of directors is as follows:

Board of Directors Representative:

KODAMA Hironori, Deputy Mayor

Directors:

YASUDA Koichi, Chamber of Commerce Head
IWAKIRI Masakazu, Japan-China Friendship Assoc. Director & Miyakonojo Branch Head
KAWAUCHI Takayuki, City Council Deputy Head
KAWASAKI Keiichi, Miyakonojo-Mongolia Friendship Association Deputy Chairperson
KODAMA Haruo, Board of Education Head
NAKASE Masayuki, South Kyushu University Chancellor & Human Development Department Head
NAGATOMO Toshimi, Miyazaki Prefecture Miyakonojo Region Construction Association Chairperson
HORINOUCI Yoshihisa, Miyakonojo Tourism Association Inc. Head
YAYOSHI Terumi, Miyakonojo Agriculture Cooperative Representative Director & Chairperson
YUTA Hikaru, Miyazakinichi News Miyakonojo Branch Head

WADA Kiyoshi, Miyakonojo Technical Junior College Principal
WADA Yoshiaki, Japan-China Friendship Assoc. (NPO) Executive Director
FUJIMOTO Koichiro, MIA Office Head
Auditors:
UENO Hirofumi, Miyazaki Daiichi Credit Union Managing Director
TSUNEYOSHI Kazuaki, Miyakonojo City Accountant

◇ Free CPR and AED training in English and Easy Japanese!

Learn how to use AED, perform CPR, and save lives! This training will be conducted in both English and Easy Japanese.

When: May 27th (Sat), 2023, 10AM – 12PM

Where: Komatsubara Chiku Kōminkan (Daiō-chō 29-6).

Who: International Residents (Japanese family members and partners may join as well!)

Apply to: <https://forms.gle/xLAIbCLrAB4YWDZ69>

Applications Due: May 17th (Wed), 2023

Limited to the first 20 applicants.

Fee: Free!

Inquiries: Miyakonojo Gaijin & Friends and Bōsai Miyakonjo.

Email: shinguty@gmail.com (JP/EN)



QR Code link to Application



Movies info C-Plaza Cine-port (Tel: 0986-24-2571)

17-9 Nakamachi, Miyakonojo, Miyazaki Map-Code (GPS): 117 488 540*55

- Tokyo Revengers 2: Bloody Halloween Part 1 (Japanese)
- Meitantei Conan: Kurogane no Submarine (Japanese)
- Nemesis: Mystery of the Golden Spiral (Japanese)
- Shin: Kamen Rider (Japanese)
- Doraemon: Nobita's Sky Utopia (Japanese)
- Suzume (Japanese)

- The First Slam Dunk (Japanese)
 - *The 1st of every month is ¥1,100 for everyone.
 - *Every Wednesday is 'Ladies' Day', all ladies ¥1,100.
 - *The cinema is closed every Tuesday.
 - *For session times visit: <http://movie.walkerplus.com/th286/schedule.html> (Japanese)