



「How to Bake Bread and Teach English in Japan」

— Lukas Koch from Germany —

Hi, I'm Lukas Koch and I've been living in Miyakonojo City since March this year. I'm an elementary school ALT hired by the Board of Education. I come from Germany, and was born in a small town called Goslar. My hometown is known for its medieval city center and beautiful architecture, but growing up it was a sleepy place. Maybe that's why whenever I'm home, all I want to do is leave and travel again.

After graduating from Gymnasium (German high school), I worked for the park rangers in the United States, helping maintain different national parks in California. It was a tough job but also one of the most fulfilling I've ever had. I then studied to become an English teacher. I completed part of my education at the University of Kutztown, Pennsylvania, and the rest back in Germany.

What brought me to Japan is a long story, because it starts with my dad. He was a baker, and 40 years ago there was this strange idea: a group of German bakers would be invited to Japan to tour the country and introduce the German way of baking bread and cake. My dad went, and he still talks about it. He says he was treated like a movie star. I grew up with a pair of geta prominently on display in our house. They are covered in signatures from the many friends he made here in Japan. One of them, Ikeda Takashi, even came to Germany to live with my family for two years. Our families still exchange packages for Christmas every year: origami books, Doraemon manga and green tea for us; Christmas decorations, fairy tale books and herbal tea for Takashi's family.

This connection was what brought me here. Japan was always a fascination for me. After I came back from America, a friend invited me on a trip to Japan,

where I met Takashi again after over 20 years and spoke to an ALT in Hiroshima. He explained about teaching English here, and that's when I knew I wanted to become an ALT too.

It wasn't that easy. The pandemic hit right as I returned from that trip, and when I finally had the money and chance to apply again, I found out it's extra challenging if you're not a native English speaker. Still, in 2024 I finally started teaching at an Eikaiwa in Miyazaki City. It was a good start, but I felt most at home in public education, which is why I have now started over here in Miyakonojo City.

Outside of teaching, I enjoy everything that involves people or nature, or anything that gets me closer to Japanese culture. I practice Kyudo four times a week. The small dojo back in Miyazaki City where I started is still probably my favorite place in all of Japan. I also go cycling and hiking. I want to go fishing and I'm teaching some baking classes in Miyazaki City and hopefully soon in Miyakonojo too. I like going to the onsen and playing board games, and if I'm invited to anything, I'll say yes.



For me, Miyakonojo has become a place of unimaginable peace. My dream is to learn enough Japanese to where I can truly connect with the people and culture here. The more I scratch the surface, the more I want to explore.

Information & Notices

Livelihood and Safety Seminar for Foreign Residents

Targets towards those living in Miyakonojo with foreign residency. Have fun learning about house fires and calling 119! (Emergency Number)

Target: Miyakonojo's foreign residents and their families

Date and Time: 11/21/2025 (Friday) 14:00-15:30

Location: Miyakonojo City Community Center 2F Training room

Participation Fee: Free

Seating: 15

Language: Simple Japanese

We can provide interpretation in English, Chinese, and Mongolian. For those who require assistance please contact MIA.

Application Method:

By 11/7/2025 (Friday), call or email Miyakonojo International Exchange Association (MIA)

Phone: 0986-23-2295 E-mail: mia@btvm.ne.jp



Movies info

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

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



- One Battle After Another
- Hero's Island
- Karada Sagashi THE LAST NIGHT

- Jurassic World: Rebirth
- Demon Slayer: Kimetsu no Yaiba – The Movie: Infinity Castle
- Tron: Ares (10/10~)