

『What kind of Autumn will yours be?』

あなたにとってはどんな秋？

The winds have started to blow, carrying with them the first hints of autumn. Miyazaki at this time of year gets a refreshing breeze off the ocean, and the night air resonates with the soothing sounds of crickets.

When autumn comes around in Japan, you'll start hearing these expressions: "Autumn of art", "Autumn of reading", "Autumn of sports," and "Autumn of appetite".

"Autumn of art" and "Autumn of reading" are so-called because in autumn when it is cooler, concentration increases and it is more comfortable to spend time drawing pictures, enjoying music, and immersing yourself in reading. Also, the beautiful colours of the autumn leaves could be said to inspire creativity. Since the days get shorter as winter approaches, it's relaxing to quietly read alone while listening to crickets on long nights.



It's often said that the "Autumn of sports" is a great season for practicing sports since it is cooler than the hotter times of the year. It is for this reason that many schools have sports days and events in autumn.

Finally, "Autumn of appetite" is one that everyone can enjoy. Go to the shops and your mouth will start watering at the rows of delicious seasonal produce, from fresh fruit and vegetables to a variety of seafood and mushroom. The reason for appetite increases in autumn may be due to the pleasant weather, but it may also be due to the instincts of the human body to try and store nutrients in preparation for winter when food was typically scarce.



Miyazaki is rich in ingredients and autumn is the season for fishing spiny lobster, horse mackerel and sardines. Miyazaki is also one of Japan's top producers of sweet potato and taro, which are at their peak in autumn. You'll also see many more deliciously sweet mandarins in the coming months.

What kind of autumn will yours be?

※The original Japanese version of this article will be uploaded onto the website of the Miyazaki International Foundation soon.

If you have any questions, comments or suggestions regarding this column, please contact the Miyazaki International Foundation (MIF):

TEL : 0985-32-8457 FAX : 0985-32-8512 Email : miyainfo@mif.or.jp

Also, if you ever have any questions or concerns about daily life in Miyazaki, please feel free to get in touch with the Miyazaki Support Center for Foreign Residents:

TEL : 0985-41-5901 FAX : 0985-41-5902 Email support@mif.or.jp