

## 9. Daily Life (Trash Disposal, Work, Learning Japanese)

### (1) How to Dispose of Household Waste

Garbage Collection Division TEL:0985-21-176

mail:09gyoumu@city.miyazaki.miyazaki.jp

① The garbage sorting app "Three R" is very convenient! (Japanese: さんあ～る)



This free app provides easy to understand information about sorting garbage.

#### [Available Content]

- Basic rules for disposing of trash
- Trash collection days
- Different categories of trash
- Detailed precautions when disposing of trash
- Frequently asked questions
- Announcements from Miyazaki City



iPhone

Android

#### [Web Version]

(Japanese) <https://manage.delight-system.com/threeR/web/init/miyazakishi?lang=ja>

(English) <https://manage.delight-system.com/threeR/web/init/miyazakishi?lang=en>

(Chinese) [https://manage.delight-system.com/threeR/web/init/miyazakishi?lang=zh\\_CN](https://manage.delight-system.com/threeR/web/init/miyazakishi?lang=zh_CN)



(Korean) <https://manage.delight-system.com/threeR/web/init/miyazakishi?lang=ko>

(Vietnamese) <https://manage.delight-system.com/threeR/web/init/miyazakishi?lang=vi>

### ② Basic Rules for Garbage Disposal in Miyazaki City

- Put your garbage out for collection by 8:30 in the morning!
  - Collection times may vary based on the day's schedule and the volume of garbage.
- Put your garbage in the designated areas!
  - Garbage collection points are managed by local community associations. Please ask your neighbors or local community association for details.
  - If your apartment or condominium has a garbage collection point, use that.
- Collection days vary by the area you live in!
  - Check the collection schedule calendar for your area.
  - Collection schedule calendars are available in English, Chinese, Korean, and Vietnamese.
- Use Miyazaki City-approved garbage bags!



<p>Plastic containers and packaging (once a week)</p> 	<ul style="list-style-type: none"> <li>- Use clear or semi-transparent bags of 45 liters or less.</li> <li>- Rinse or wipe off any residue.</li> </ul>	<ul style="list-style-type: none"> <li>- Items with the mark on the left, protective packaging materials (e.g., styrofoam).</li> <li>- Styrofoam, polyethylene bags, packs</li> <li>- Cups, bottles, cushioning material, plastic film, etc.</li> </ul>
<p>PET bottles (twice a week)</p> 	<ul style="list-style-type: none"> <li>- Use clear or semi-transparent bags of 45 liters or less.</li> <li>- Colored PET bottles, even with the mark on the left, are "burnable garbage."</li> <li>- Remove the cap and label, rinse, and do not crush.</li> <li>- Caps and labels are "plastic containers and packaging."</li> </ul>	<ul style="list-style-type: none"> <li>- Eligible items have the mark on the left and are clear and transparent, used for beverages, soy sauce, and mirin, etc.</li> </ul>
<p>Empty cans and bottles (twice a month)</p>	<ul style="list-style-type: none"> <li>- Caps made of metal are "non-burnable garbage," and those made of plastic are "plastic containers and packaging" or "burnable garbage."</li> </ul>	<ul style="list-style-type: none"> <li>- Items less than 20 cm in all dimensions that are for food or beverages.</li> <li>Note: Large cans, spray cans, and gas cans are "metals."</li> </ul>
<p>Clothes/paper (Four times a month)</p>	<ul style="list-style-type: none"> <li>- Clothes go in clear or semi-transparent bags of 45 liters or less.</li> <li>- Sort paper into different bundles according to type and tie with a string.</li> </ul>	<ul style="list-style-type: none"> <li>- Exclude clothes containing cotton or feathers and soiled items.</li> <li>- Paper includes newspapers, cardboard, paper packs, etc.</li> </ul>

Note: For more details on how to dispose of other types of recyclables, used small appliances, and bulky waste, as well as other specific guidelines, please check the Three R (さんあ〜る) garbage sorting app.

## (2) Bicycles and Parking Lots

### ① Traffic Rules for Bicycles

Urban Planning Division TEL : 0985-21-1811

mail : 30tosike@city.miyazaki.miyazaki.jp

- Follow these 5 rules when riding a bicycle.

Rule 1: Use the road, and stick to the left side (sidewalks should only be used when unavoidable, keep to the left)

Rule 2: Observe signals and stop signs at intersections, and check for safety

Rule 3: Use lights at night

Rule 4: Do not drink alcohol when riding your bike

Rule 5: Wear a helmet

■ You must register your bicycle to help prevent theft. Registration is available at bike shops.

- You must have bicycle liability insurance to ride a bike in Miyazaki Prefecture.

[Miyazaki Prefectural Police HP] (Available in 14 languages)

<https://www.pref.miyazaki.lg.jp/police/jitensha/images/bicycleguidelineforforeigner12languages.html>



## ② Using Bicycle Parking Areas / Relocation of Abandoned Bicycles

Regional Security Division TEL : 0985-44-2802

mail : 03anzen@city.miyazaki.miyazaki.jp

- Use bicycle parking areas to park your bicycle. Avoid leaving it on the road.

- Bicycles abandoned on the road will be moved to a storage facility.

Note: Here, “abandoned” refers to the bicycle’s user leaving the bike in a location where they cannot quickly return to move it.

○ City Managed Bicycle Parking Areas

Use "Miyazaki City Bicycle Parking Area Locations (VACAN Maps)" to check where city managed bicycle parking areas are located within Miyazaki City.



VACAN Maps

## ③ Returning Abandoned Bicycles

Regional Security Division TEL : 0985-44-2802

mail : 03anzen@city.miyazaki.miyazaki.jp

- Abandoned bicycles will be stored at the following location.

Name: Shimoharacho Bicycle Storage (TEL : 0985-29-0668)

Address: 70-1, Shimoharacho, Miyazaki City (Under the elevated railway)

■ Return times:

10:00 to 18:00

(Excluding Wednesdays,  
Fridays, and

New Year holidays)

■ Storage period:

3 months after notice

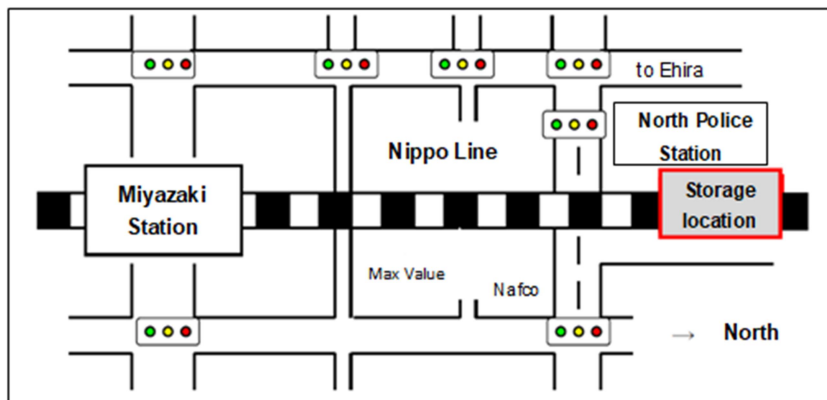
■ Items needed to have your

bike returned:

- Return notification postcard
- Bicycle key
- Identification

■ Storage handling fee:

1,000 yen per bicycle



(3) Job Consultation and Employment Referral

Business Investment Promotion Division TEL:0985-21-1793

mail:17kigyo@city.miyazaki.miyazaki.jp

①Hello Work

To work in Japan, you need a residence status that allows employment, and the type of job you can do depends on this status. For job consultation and employment referrals, please contact Hello Work. They will introduce you to companies that match your skills, wages, working hours, and commuting conditions.

<p>[Hello Work Miyazaki] Address: 131, Yanagimarucho, Miyazaki City TEL : 0985-23-2245 Open: Mon to Fri 8:30 to 17:15 (Closed on Sat, Sun, Holidays, and New Year holidays)</p>	<p>[Hello Work Plaza Miyazaki] Address: 1-1-39, Otsukadainishi, Miyazaki City TEL : 0985-62-4141 &lt;General Consultation Counter&gt; Open: Mon to Fri 9:30 to 17:15 (Closed on Sat, Sun, Holidays, and New Year holidays)  &lt;Special Consultations Counter&gt; Open: Mon to Fri 17:15 to 18:00 Sat: 10:00 to 17:00 (Closed on Sun, Holidays, and New Year</p>
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	<p>holidays)</p> <p>Note: The Special Consultations Counter mainly handles consultations from people considering changing jobs who are currently employed.</p>
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② Supporting Employment/Recruitment of Foreign Students! (From Miyazaki Prefectural Government's Website)

Miyazaki Prefecture Employment Policy Division TEL : 0985-26-7105

mail : u-turn@pref.miyazaki.lg.jp

Miyazaki Prefecture is implementing a project to support the employment of foreign students in local companies. The aim is to help local companies with labor shortages and to secure talent for their global expansion.



Miyazaki Prefectural Government Website:

<https://www.pref.miyazaki.lg.jp/rodoseisaku/shigoto/rodo/ryugakusei2022.html>

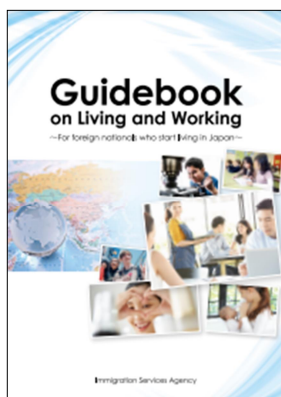
Consultations Available as Below (March of 2023)	
<p>[For Foreign Students] Job Consultations</p>	<p>Specialized staff are available to assist foreign students in finding employment within companies in Miyazaki Prefecture.</p> <p>Consultations can be provided via online meetings, email, or face-to-face.</p> <ul style="list-style-type: none"> <li>- Job offer introductions for foreign students</li> <li>- Internship introductions for foreign students</li> <li>- Resume writing guidance</li> <li>- Interview preparation</li> </ul>
<p>[For Companies] Recruitment Consultation</p>	<p>Individualized support is available from specialized staff for companies considering hiring foreign students.</p> <ul style="list-style-type: none"> <li>- Individual consulting</li> <li>- Utilizing internships</li> <li>- Individual support by administrative legal scriveners</li> <li>- Preliminary checks on visa eligibility</li> </ul>

[Consultation Desk]

Office details are listed on the Miyazaki Prefectural Government's website as above.

③ Employment & Labor (From the Immigration Bureau's "Guidebook on Living and

Working")



The "Guidebook on Living and Working" contains essential information for foreigners living in Japan to live safely and comfortably.

Chapter 3 includes basic knowledge before working and rules for when you are working.

Additionally, you can find useful information for living in Japan, such as everyday rules and customs.

The guidebook uses diagrams and illustrations for easy understanding.

Please check out "Life & Work Guidebook for Foreigners Living in Japan."

[https://www.moj.go.jp/isa/guidebook\\_all.html](https://www.moj.go.jp/isa/guidebook_all.html)

[Available Languages] 17 languages (including English, Chinese, Korean, easy Japanese, etc.)



#### ④Miyazaki Labor Bureau General Labor Consultation Corner

TEL: 0985-38-8821

Address: Employment Environment & Equality Office, Miyazaki Labor Bureau,  
3-1-22 Tachibanadori-higashi, Miyazaki City

Free multilingual consultation is available for any troubles, worries, or concerns you have at your place of employment.

#### ⑤Hiring Foreign Workers (From the Ministry of Health, Labour, and Welfare, Miyazaki Labor Bureau Website)

The website introduces HR support tools and labor practices regarding foreign workers. and key points for creating a comfortable workplace for both Japanese and foreign employees.

Miyazaki Labor Bureau Website

[https://jsite.mhlw.go.jp/miyazaki-roudoukyoku/roudoukyoku/\\_120352/antei/\\_120649.html](https://jsite.mhlw.go.jp/miyazaki-roudoukyoku/roudoukyoku/_120352/antei/_120649.html)

[Available Languages] Japanese

### (4) International Exchange

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To make Miyazaki City a comfortable place for foreign residents, various forms of support and events are available.

#### ①Miyazaki City International Association

Miyazaki City International Association TEL : 0985-21-1719

mail : miyazaki-mcia@miyazaki-catv.ne.jp

Open: 8:30 to 17:15 (Closed on Saturdays, Sundays, public holidays, and New Year holidays)

Languages Spoken: English, Chinese, Korean

Address: 1-1-1 Tachibanadorinishi, Miyazaki City

URL : <https://www.miyazaki-mcia.jp/>



## ②Miyazaki International Foundation

Miyazaki International Foundation TEL : 0985-32-8457 mail : miyainfo@mif.or.jp

Open: 10:00 to 19:00 (Closed on Sundays, Mondays, public holidays, and New Year holidays)

Address: B1F, Carino Miyazaki, 4-8-1 Tachibanadorihigashi, Miyazaki City

URL : <https://www.mif.or.jp/>

## ③Places of Support if Trouble Arises (Available in 21 foreign languages) Note: Free of charge

Miyazaki Support Center for Foreign Residents TEL : 0985-41-5901

mail : support@mif.or.jp

Provides consultations regarding problems/questions about daily life via phone, at the counter, by email, or online (Zoom).

Open: 10:00 to 19:00 (Closed on Sundays, Mondays, public holidays, and New Year holidays)

Address: B1F, Carino Miyazaki, 4-8-1 Tachibanadorihigashi, Miyazaki City

URL : <https://support.mif.or.jp/>

## (5) Learning Japanese

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### ①Miyazaki City International Association

Miyazaki City International Association TEL : 0985-21-1719

mail : miyazaki-mcia@miyazaki-catv.ne.jp

You can study Japanese at your own level with Japanese volunteers.

For details on the schedule and how to participate, please check with the Miyazaki City International Association.

### ②Courses at Miyazaki International Foundation

Miyazaki International Foundation TEL : 0985-32-8457

mail : miyainfo@mif.or.jp



The foundation offers three types of classes for foreigners who want to learn Japanese. For details on the schedule and how to participate, please check with the foundation.

1) Japanese Courses

Learn Japanese with a teacher and through textbooks. Online courses are also available.

2) Meetups to Practice Japanese

Study the content you want to learn with volunteers.

3) Community Japanese Classroom

Learn Japanese while interacting with the local community.

Introduces Japanese volunteers to those who can't attend classes.

You decide the place, time, and what to study with the volunteer.

③ Connect and Enhance Your Life in Japanese (Tsunahiro)

A site by the Agency for Cultural Affairs where you can learn Japanese language skills needed in daily life.

It provides videos for studying Japanese for a variety of skill levels and interests.

URL : <https://tsunagarujp.bunka.go.jp>



(6) Immigration Information Center

The Immigration Services Agency responds to inquiries regarding immigration procedures, residence procedures, etc., in multiple languages.

TEL: 0570-013904

Hours: Weekdays 8:30 am to 5:15 pm.

※It can be used from anywhere in the country.

U R L : <https://www.moj.go.jp/isa/consultation/center/japanese.html>