

## Activities around Kumamoto City

### Sports

#### (Touch) Rugby

- The Kumamoto Kantsu (熊本かんつ) play American flag football and touch rugby throughout the year
- Newbies welcome! It's a great activity for those who want to socialise and stay active
- If you're interested, **contact Greg Lambert on 090-6776-8023**

#### Dance and Fitness Studio Zen (<http://www.dfzen.com>)

- ¥500 trial lesson
- Different monthly packages – “all you can dance”/ four times a month / twice a month
- Follow their LINE to stay up to date of class cancellations/changes
- Offers Pilates, Zumba and yoga as well as street dance

### Language

- The International Centre offers a variety of language courses and cultural workshops. Korean and French are some of the languages offered. Unfortunately, they don't seem to post this information online, so you'll have to go in person to look at the notice board
- YMCA offers foreign language lessons, but language availability might depend on the which YMCA you go to (<http://www.kumamoto-ymca.or.jp/english-conversation/23082.html>).
- Be aware that the language will most likely be taught from Japanese rather than from English

### Instruments

#### Murayama Music School (<https://kuroki-ms84.jimdo.com/>)

- Free trial lesson
- Offers lessons in instruments such as drums, guitar, koto and shamisen
- Music studios are available to rent
- If you are instructed by Kuroki, he will teach you through songs that *you* want to learn

### Cooking/Craft

#### ABC Cooking Studio (<https://www.abc-cooking.co.jp/>)

- ¥500 trial lesson – they offer new recipes every month
- You pay for ‘tickets’ which you can use at any point over the course of a set time period
- There are three types of courses – baking, cooking and bread
- You receive the recipes for the food you make, and they are usually easy to recreate at home

### Illustration Exchange Meet (<https://illustmirai.wixsite.com/illustkoryukai/blog/>)

- A group of people meet up and draw pictures (you can also do other creative things)
- It's a casual meetup, so it does not matter what your skill level is
- Usually on the last Sunday of every month

### Yuzawaya (<https://www.yuzawaya.co.jp/>)

- Fabric store for those who like sewing, knitting, crocheting, resin, etc
- They offer workshops (<https://workshop.yuzawaya.co.jp/>)

### Notes:

- Please take note that the activities mentioned here are generally specific to Kumamoto City.
- Some of the other activities that ALTs take part in or have taken part in include karate, kendo, taiko drumming, and kimono dressing. There are also many studios for the listed activities other than the ones included here.
- **The best way to find out about activities in your area is by talking to your senpai.** They have all been here for at least a year and have likely found interesting ways of occupying their time.
- If you want to do your own research, try typing in the name of an activity (eg ヨーガ) followed by the name of your area (eg 熊本市).
- If the teachers at your school say that it's okay, you might be able to participate in club activities at ES and/or JHS. Usually they are sports based, but there are also art clubs.
- When you sign up at places, the first time payment (sign-up and administration fees) will often be quite expensive. Many studios offer monthly campaigns where they will, for example, waive the sign up fees or not charge you for the first month. **Keep an eye out on the company's website and LINE so you can take advantage of campaigns and deals.**
- All the activities listed here are conducted in Japanese. You might be able to get by in some places, such as dance or other sports, but it will be more difficult when learning languages or instruments.
- The international centre offers a variety of activities besides languages. If you look at the notice board you can find out about various meet-ups as well as cooking and craft sessions.