

# Nara City Information for Residents

January 2020 Issued by Nara City Hall (No. 1190)  
(All events, classes and lectures are conducted in Japanese.)

## Translation by Nara SGG Club (Systematized Goodwill Guide Club)

For some local government section names, the Nara SGG Club uses those decided upon by our translation team. As the city's English website uses machine translation, some names and terms may differ between our translation and the website. We ask for your understanding.

Copies available on request at:

Nara City Hall Information Counter, Nara City Hall Shimin-Ka Counter,  
Nara-shi Shimin Service Center (Nara Family 5F), Nara City Tourist Center,  
Public Health Center (4F, Hagukumi Center), Chubu Kominkan, Seibu Kominkan,  
Hokubu Kominkan, Chuo Library, Seibu Library, Kintetsu Nara Station,  
Nara City Tourist Information Center (by JR Nara Station), Nara Chuo Post Office  
and Nara-Nishi Post Office.

[Inquiries in English] Phone: 0742-22-5595 (9:00-17:00) E-mail: [nsgghyk@gmail.com](mailto:nsgghyk@gmail.com)



## Wakakusa-yama Grass Burning Festival

### Venue Site at the Foot Of Wakakusa-Yama (Wakakusa-Hill)

**Date :** January 25 (Sat.)

**Schedule & Time:** Goshinka (Worship Fire) Houtai-Sai (Holding-Festival) will begin at 16:45.

Seika Gyoretsu (Torch Parade) will start at 17:05.

A torch will be lit at 17:25.

Nogami Jinja Saiten (Nogami Shrine Festival) will start at 17:40.

Fireworks display at 18:15.

All grass will be set on fire from 18:30.

- In case of bad weather, the festival will not be held.
- Traffic regulations will be enforced on the day, please use public transportation.

**Inquiries on the Day:** Tele-dome      Tel. 0180-991-707

It may not be accessible from some IP phones and prepaid phones.

**Inquiries:** Wakakusa Yama-yaki (Wakakusa hill burning) Jikko Iinkai (Festival Planning Committee)      c/o Prefectural Nara Park Office      Tel. 0742-27-8677

## O-Tondo (A Big Bonfire) at Kasuga

**Date & Time:** January 25 (Sat.) 13:00-19:00

Used Shimenawa (Straw ornaments for New Year's Day) will be accepted until 18:00.

In case of rain, it will be postponed to Jan. 26 (Sun.), and will be accepted until 16:00.

**Place:** Tobihino Field in Kasuga Taisha Shrine

**Inquiries:** Nara City Tourism Association Office      Tel. 0742-30-0230

## 2020 Annual New Year Fire Brigades Parade

**Date & Time:** January 11 (Sat.) 9:30-13:00

**Place:** In and around Nara Denryoku Konoike Park (Horen Sahoyama 4-chome)

**Contents:** <Ceremony Zone> The outer road of the main stand of Naraden Field and Naraden Arena. March-past by City Fire Department Band, Kids' Fire Defense Club, Ladies' Disaster Prevention Club, Junior Disaster Prevention Club, members of City Fire Stations and

Fire Defense Groups, and a parade of fire engines

<Training Zone> Around Konoike Pond

Joint fire extinguishing practice by members of City Fire Stations and Fire Defense Groups.

<Citizens' Participation Zone> In front of Naraden Arena

Serving *Butajiru* (miso soup with pork and vegetables), Exhibition about disaster prevention, Products fair

**Note:** Participants are requested to come by public transportation.

**Bus stop:** "Konoike" or "Shiei-Kyujou"

**Inquiries:** Somu-Ka, Shobo-Kyoku (General Affairs Section, Fire Department)

Tel. 0742-35-1199

## Advanced Elderly Medical Service System

### Application for Combined High-Cost Medical Long-Term Care Expenses

The amount overpaid will be refunded from the advanced elderly medical service system and long-term care insurance, when the total copayment costs for medical and long-term care expenses for all members under the advanced elderly medical service system in one household exceed the limit amounts listed below. An application is required.

**Period covered:** from Aug. 1, 2018 to July 31, 2019

Payment ratio (Advanced elderly medical service system)	Classification	Limit amount during the period
30 %	Income earner III (local taxable income: 6,900,000 yen or more)	2,120,000 yen
	Income earner II (local taxable income: 3,800,000 yen or more)	1,410,000 yen
	Income earner I (local taxable income: 1,450,000 yen or more)	670,000 yen
10 %	General	560,000 yen
	Low-income earner II (*1)	310,000 yen
	Low-income earner I (*2)	190,000 yen (*3)

(\*1) Low-income II: All household members including the insured person should be local tax-exempt.

(\*2) Low-income I: All household members including the insured person should be local tax-exempt and in addition incomes of all household members should be under a certain amount (for example, below 800,000 yen from pension income) or receive an old-age welfare annuity.

(\*3) The limit amount can be 310,000 yen if multiple members are under long-term care insurance. For details please ask Kaigo-Fukushi-Ka (Care Management Section).

**Those Eligible:** Those insured under the advanced elderly medical service system in the period covered (from Aug. 1, 2018 to July 31, 2019). (Those who are over 75 years old or between 65 and 74 years old and have some disabilities, and have joined the advanced elderly medical service system.)

**Application:** Please apply to Fukushi-Iryo-Ka (Welfare Section for Medical Payment). The application form will be sent to those eligible in late February from Nara-Ken Koki-Koreisha Iryo Koiki Rengo (Nara Prefecture Advanced Elderly Medical Wide-Area Alliance). However, those listed below may not receive an application form.

1. Those who moved into Nara City from other municipalities during the period.
2. Those who changed their medical insurance during the period.

Those who correspond to the above 1 or 2 should apply after getting a certificate for the amount of their copayment from their former medical insurance and/or long-term care insurance, otherwise the individual number is required.

**Needed for Application:** Advanced elderly medical insurance card, long-term care insurance card, bank book, seal, individual number card or individual number notification card, identity verification documents, and certificate for the amount of copayment (only for those who correspond to the above 1 and 2). In case of application by mail, please return the filled-out form only.

**Note:** Copayments for both medical insurance and long-term care insurance for one household are necessary.

Refunds less than 500 yen cannot be applied for.

Expenses not covered by insurance (for example: meal costs, extra bed charges, diaper costs, etc.), or expenses already refunded as expensive medical charges, or expensive long-term care charges cannot be applied for.

Those who receive financial assistance by medical treatment systems for serious mental and physical disabilities or advanced elderly mental disorders will have the refund only from the long-term care insurance on the ground that they have already received the refund from the advanced elderly medical service system by way of the city's medical assistance. Nara City will receive the refund in their stead.

**Inquiries:** Fukushi-Iryo-Ka (Welfare Section for Medical Payment) Tel. 0742-34-4754  
Kaigo-Fukushi-Ka (Care Management Section) Tel. 0742-34-5422

## Garbage Collection

### Garbage Collection over the New Year's Holiday:

Deliver the garbage to the pick-up site by 7:30.

- (1) Jan. 5 (Sun.) Plastic packages & containers for B, C, D, E, G, H areas
- (2) Jan. 6 (Mon.) Burnable Garbage for A, B, E, F areas
- (3) Jan. 7 (Tues.) Burnable Garbage for C, D, G, H areas
- (4) Jan. 8 (Wed.) Unburnable Garbage for C, D, G, H areas

Plastic packages & containers for A, F areas

\*For (1), no collection of Burnable Garbage

\*For (2) and (3), no collection of plastic packages & containers



### Garbage will be collected regularly according to the garbage collection calendar after Jan. 9 (Thurs.):

However from Jan. 5 (Sun.) to Jan. 10 (Fri.), the garbage collection time may be delayed until around 16:00 in some areas due to the large amount of garbage to be collected. Garbage will be collected regularly on Jan. 13 (Holiday).

Areas covered by City Seibi-Kosha & Co. Ltd.: Garbage will be collected according to the Garbage Collection Calendar.

**Collection of Dead Animals:** Starts from January 5 (Sun.). (no collection on any other Sunday)

### Collection Days & Areas for Unburnable Garbage in January:

Area Code	Burnable Garbage	Unburnable Garbage
A, B, E, F	Mondays & Thursdays areas	15 (Wed.), 29 (Wed.)
C, D, G, H	Tuesdays & Fridays areas	8 (Wed.), 22 (Wed.)

\*Areas A-D are covered by Nara City, and E-H are covered by City Seibi-Kosha & Co. Ltd.

The garbage collection date may be changed in some areas, so please check it on the City website.

**Inquiries:** Shushu-Ka (Collection Section) Tel. 0742-71-3012

City Seibi-Kosha & Co., Ltd. Tel. 0742-33-8782

## Tuberculosis Examinations for Citizens

Tuberculosis is not a disease of the past; it is a serious infection. Even today, there are still 42 new patients a day and 6 are dying in Japan. You should have a chest-X-ray examination at least once a year for yourself and those around you.

**Date & Time:** January 18 (Sat.) 9:30-10:30

**Place:** City General Examination Center (Kashiwagi-cho)

**Contents:** Chest X-ray examination

**Capacity:** 15 people who are 65 years old and over

**Application:** Call Hoken-Yobo-Ka (Health Prevention Section) from Jan.6 (Mon.) to 17 (Fri.)

Tel. 0742-93-8397

## Specific Health Check-up with National Health Insurance until the end of January

The specific health check-up fee is free of charge. Please receive the annual health check-up at the facilities.

### Head MRI Exam fee is partly subsidized.

For those who received the Specific Health Check-up, a Head MRI Exam (for early detection of cerebral infarction, aneurysms, brain tumors etc.) fee is partly subsidized.

**Eligible:** 800 people who fall under No. 1 or No. 2 and also fall under No. 3 and No. 4

Requirements	No.	Contents
No. 1 or No. 2	1	Those who received this year's Specific Health Check-up
	2	Those who can submit the results of a workplace or medical checkup which covers the same items as the Specific Health Check-up.
No. 3 and No. 4	3	Those who are from 40 to 74 years old
	4	Households without unpaid premiums at the time of application

**Place:** City General Examination Center (Kashiwagi-cho)

**Fee:** 8100 yen

**Others:** Checkup result data will be used for medical expenses analysis etc.

**Application:** Call to Kokuho-Nenkin-Ka (National Health Insurance and National Pension Section) no later than the end of January (in the case of receiving checkup the end of March). Subsidy decision notice will be send in 1 to 3 weeks from reception. Tel. 0742-34-4736

## Cancer Examinations in February

**Application:** Please apply to Kenko Zoshin-Ka (Health Care Section) by phone, fax or the city website.

**Period:** From January 6 (Mon.) to 20 (Mon.). Internet applications will be accepted until January 10 (Fri.). Free of charge for those who are on social welfare or households exempted from residential tax. Please notify us of such when you apply.

\*Cancer examinations at Nara City Hall will not be conducted while the building is being reinforced to be earthquake resistant.

### Stomach and Lung Cancer Examinations

Date	Place	Reception Time	Capacity
4 (Tues.)	Tomigaoka Kominkan	9:30-10:30	26
5 (Wed.)	Hagukumi Center	8:45- 9:45	33
6 (Thurs.)	Seibu Shogai Sports Center Club House	9:15-10:15	27
7 (Fri.)	Miyato Kominkan	9:15-10:15	27
10 (Mon.)	Hagukumi Center	8:45- 9:45	33
12 (Wed.)	Seibu Toshokan	9:45-10:45	23
13 (Thurs.)	Naramachi Center	9:15-10:15	27
17 (Mon.)	Hokubu Shutchosho	9:15-10:15	27
19 (Wed.)	Hagukumi Center	8:45- 9:45	33
21 (Fri.)	Tomio Kominkan	9:15-10:15	27
25 (Tues.)	Hagukumi Center	8:45- 9:45	33
26 (Wed.)	Coop Oshikuma	9:15-10:15	27
28 (Fri.)	Tomio Minami Kominkan	9:15-10:15	27

### Lung Cancer Examination

Date	Place	Reception Time	Capacity
7 (Fri.)	Hagukumi Center	14:00-15:00	60

**Stomach Cancer Examination:** X-Ray (involving drinking barium on that day)

**Lung Cancer Examination:** Chest X-Ray

**Fee:** 1,500 yen (1,000 yen for stomach cancer examination only and 500 yen for lung cancer examination only). 600 yen as an additional fee for sputum test based on a general check-up for lung cancer (postage might need to be paid).

**Those Eligible:** 40 years old and over. Pregnant women; those who had stomach, lung, or intestine surgery or are in treatment; those who have barium sensitivity or had aspiration (lung cancer examination is possible); and those who had an endoscope stomach cancer check by Nara City in the previous fiscal year (lung cancer examination is possible) are excluded.

**Others:** For those who are breast feeding, please notify us of such when you apply. The examination interval is once a year. There might be cases where you may not be able to take the examination depending on your health or questionnaire.

**Inquiries:** Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129 Fax. 0742-34-3145

## Maternal and Infant Healthcare Consultation

Consultation on maternity, breastfeeding, and healthy growth of babies is available as follows:

### Consultation by Visiting Public Health Nurses

	Date	Place	Time
January	17 (Fri.)	Heijo-Higashi Kominkan	13:30-15:30
	28 (Tues.)	Miato Kominkan	9:30-11:30
	29 (Wed.)	Keisei Kominkan	9:30-11:30

Consultation over the phone or at the office of Boshi-Hoken-Ka (Mother and Child Health Section) is held on weekdays, 8:30-17:15.

### Consultation by Midwives

**Date & Time:** 10:00-14:00 on weekdays (reception until 13:30)

**Place:** Seibu-Kaikan Consultation Room, 2F (Gakuen-Minami 3-chome).

Consultation may be conducted by a public health nurse.

**Things to Bring:** *Mother's and Child's Health Handbook*

**Inquiries:** Boshi-Hoken-Ka (Mother and Child Health Section) Tel. 0742-34-1978

### Consultation by Visiting Public Health Nurses from Tsuge Health Center

	Date	Place
January	21 (Tues.) 10:30-12:00	Dongogaoka Community Ground (former Tahara Kindergarten)
February	4 (Tues.) 10:00-12:00	Koto Kominkan

Consultation over the phone or at the Tsuge Health Center/Tsukigase Health Consultation Center is held on weekdays, 8:30-17:15.

**Things to Bring:** *Mother's and Child's Health Handbook*

**Inquiries:** Tsuge Hoken Center (Tsuge Health Center) Tel. 0743-82-0341

## Fluoride Coating for Tooth Decay Prevention

**Those Eligible:** Those born in Feb. 2018 (It is possible to apply until age 2 years and 4 months)

**Date & Time:** Feb. 21 (Fri.), 9:30-11:30

**Place:** Chuo Hoken Center (Central Health Center)

**Contents:** Dental checkup, fluoride coating, guidance for effective toothbrushing

**Things to Bring:** *Mother's and Child's Health Handbook*, a toothbrush for your child and towels

**Application:** Please contact Boshi Hoken-Ka (Maternal and Child Health Section) by phone or fax with the class name, child's name, the date of birth and phone number by Jan.31 (Fri.). You may apply through the City's website. Tel. 0742-34-1978, Fax 0742-34-5155

## Medical Checkup for Babies and Children

Name	Date	Place
Checkup for 4-month-old babies (Born in October 2019)	Within one month from the 4-month birthday	Designated Medical Facilities
Checkup for 10-month-old babies (Born in April 2019)	Within one month from the 10-month birthday	
Checkup For 19-month-old children (Born in June 2018)	February 6, 13, 20, March 5 (Thursdays) Reception: 13:15 – 14:15; Waiting numbers will be distributed at 12:45.	Chuo Hoken Center (Central Health Center)
Checkup for 3 and half-year-old children (Born in July 2016)	February 4, 18, 25, March 3 (Tuesdays) Reception: 13:15 – 14:15; Waiting numbers will be distributed at 12:45	

**Things to Bring:** The questionnaire which will be sent to you during the middle of January and your *Mother's and Child's Health Handbook*. People who moved to Nara City after January 1 and have not received the questionnaire by the checkup day can come to the place directly on the day without it. For 4-month and 10-month-old babies' checkups, please contact Boshi-Hoken-Ka (Mother -and -Child Health Section).

**Inquiries:** Boshi-Hoken-Ka (Mother -and -Child Health Section) Tel. 0742-34-1978

### Preliminary Examination Leaflets Were Sent During the Last 10 Days of December. (Those born in November 2019)

You can get the vaccination if you bring the leaflet, *Mother's and Child's Health Handbook*, and your health insurance card on the day of vaccination. Those who moved to Nara City recently and don't have a Preliminary Examination Leaflet should contact Kenko-Zoshin-Ka (Health Care Section).

\*Please fill in with an indelible black pen.

**Inquiries:** Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129

### Japanese Encephalitis Vaccinations will Start for Those Born in January 2019

Your child should receive the first term vaccination (the first 2 times, and additional 1 time) and confirm it on the Preliminary Examination Leaflet.

**The period of vaccination:** Between age 3 and one day before the 7 and half years old birthday

**Vaccination Schedule:**

Initial Vaccination: Two times with an interval of one to four weeks

Booster Vaccination: Once, with an interval of one year after the completion of the initial vaccinations.

**Application:** Make an appointment at a registered clinic (see the City website) and bring the Preliminary Examination Leaflet (Please fill in with an indelible black pen), *Mother's and Child's Health Handbook*, and your child's ID document, such as a health insurance card, etc.

\*Those who are not registered residents of Nara City on the day of vaccination are not eligible.

**Inquiries:** Kenko-Zoshin-Ka (Health Promotion Section) Tel. 0742-34-5129

## Classes for Pregnant Women & Dental Checkup

### The First Experienced Mother's and Father's Class

Date		Contents (Eligibility)
A-Class	B-Class	
Feb. 5 (Wed.)	March 11 (Wed.)	Exchange with experienced mothers and lectures. (*For women in their first pregnancy)
Feb. 8 (Sat.)	March 14 (Sat.)	Bathing practice and lectures (*For women in their first pregnancy and their husbands)

\*For those who are between the 22<sup>nd</sup> and the 32<sup>nd</sup> week of the first pregnancy. Two days for each class.

**Time:** 9:30-12:00

**Place:** Chuo Hoken Center (Central Health Center)

**Capacity:** 24 families per class (Registration will be closed as soon as the classes are filled to capacity.)

**Application:** Call Boshi-Hoken-Ka (Maternal and Child Health Section) by Jan. 29 (Wed.) for A-Class, and Mar. 4 (Wed.) for B-Class.

Tel. 0742-34-1978. You may also apply through the Nara City Website.

### Maternity Happy Check (Dental Checkup for Pregnant Women)

**Those Eligible:** Pregnant women (between approx. 16 and 32 weeks in a stable period of pregnancy)

**Date & Time:** (1) Feb. 27 (Thurs.) 9:30-11:30 (2) March 19 (Thurs.) 9:30-11:30

**Place:** Chuo Hoken Center (Central Health Center)

**Contents:** Dental checkup, lecture about tooth brushing, fluoride coating (only for applicants)

**Things to Bring:** "Mother's and Child's Health Handbook", and towels

**Capacity:** 30 people

**Application:** Call or fax with the event name, your preferred date, your name, your date of birth, phone number, and expected delivery date to Kenko-Zoshin-Ka (Health Care Section) by Feb. 20 (Thurs.) for (1), and March 12 (Thurs.) for (2).

Tel. 0742-34-1978 Fax. 0742-34-5155

## Make Sure to Be Vaccinated Twice to Ensure Immunity Against Measles & Rubella (MR)

**Children encouraged to be vaccinated soon after the first birthday.**

The immunity children have against MR received from their mothers will be gone within one year after birth. Measles is a highly infectious disease. Once babies are infected, they will become seriously ill because there is no specific remedy.

If women in early pregnancy are infected by rubella, there is a risk of their babies being born with congenital rubella syndrome (possibly impairing babies' eyes, ears or hearts).

**Remember to be vaccinated at the designated ages.**

**First Vaccination:** Eligible at one year old. (Until the day before the second birthday)

**Second Vaccination:** Eligible at five or six years old. Encouraged for those born between April 2, 2013 and April 1, 2014. Please have this vaccination by March 31, 2020.

### For Vaccinations

**Place:** Make an appointment beforehand at a registered clinic (See City Website)

**Things to Bring:** *Mother's and Child Health Handbook*, an ID such as a Health Insurance Card, etc.

Please make an appointment at a clinic earlier. (Making an appointment might be difficult in March). If your babies can't get the vaccinations in the period mentioned above, you must pay the charge as a voluntary inoculation.

**Inquiries:** Kenko - Zoshin-Ka (Health Care Section) Tel. 0742-34-5129 Fax.0742-34-3145

## Class for Babies

### **Paku-Paku Class for Five-month-old Babies (Baby Food Class)**

**Those Eligible:** First born children born in September 2019 and their guardians

**Date & Places:** Feb. 5, 12 (Wed.) 10:00-11:30

**Contents:** Talk about baby food by a dietitian and about child rearing by a health nurse

**Things to Bring:** *Mother's and Child's Health Handbook*, the baby food leaflet included with the checkup questionnaire for four-month-old babies and so on.

**Capacity:** 32 babies and parents each day

### **Ha-Pika Class for One-year-old Babies (Tooth Decay Prevention Class)**

**Those Eligible:** First born children born in February 2019 and their guardians

**Date & Places:** Feb. 4 (Tues.) 10:00-11:00

**Contents:** How to care for babies' new teeth and brushing practice

**Things to Bring:** *Mother's and Child's Health Handbook*, and some gauze for wiping the baby's mouth

**Capacity:** 30 babies and parents

**Place:** 2F, Hagukumi Center

**Application:** Please contact Boshi Hoken-Ka (Mother and Child Health Section) by phone or fax with the class, name, your address, child's name, the date of baby's birth, guardian's name, phone number, and your preferred date. Excess applications will be accepted for another day. Tel. 0742-34-1978 Fax. 0742-34-5155

## Hello, Visiting Babies



We will visit all homes to see babies under 4 months old.

1. **Those who are worried about rearing babies or breast feeding**
2. **Those who have babies whose birth weight was under 2,500g (The notification is needed based on the Mother and Child Health Law, to take sufficient care about the prevention of diseases and appropriate living conditions )**

**Application:** Please phone or fill in the green postcard issued with the *Mother's and Child's Handbook* then send it to Boshi Hoken Ka (Mother and Child Health Section).

A midwife or public health nurse will visit your home.

**Inquiries:** Boshi Hoken Ka (Mother-and-Child Health Section) Tel. 0742-34-1978

### **If you have no particular worries about baby-rearing**

A city-entrusted counselor will visit your home after calling when your baby is 2 or 3 months old.

\* We visit all homes with newborn babies based on the Child Welfare Law.

**Inquiries:** Kosodate Sodan Ka (Child Consultation Section) Tel. 0742-34-4804

You might receive a telephone call from a different telephone number than the above one.

## Study Salon for New Mothers over 40 Years of Age

Enjoy mingling with mothers in your generation.

### **Stretch Exercise with Babies Guided by Health Exercise Leader**

**Those Eligible:** Women 40 years old and up, in their first pregnancies

(Mothers with babies under 12 months or expecting mothers)

**Date & Time:** Feb. 7 (Fri.) 10:00-11:30

**Place:** 2nd floor of Hagukumi Center

**Contents:** Exercise guided by health exercise leader, friendly exchange among mothers and individual consultation

**What to Bring:** *Mother's and Child's Health Handbook*, goods necessary for your baby and comfortable clothes

**Application:** Contact Boshi-Hoken-Ka (Mother and Child Health Section) by phone or fax with the class name, your name, date of birth, phone number and expected delivery date if you are an expecting mother, by Jan. 31 (Fri.)

**Inquires:** Boshi-Hoken-Ka Tel. 0742-34-1978 Fax. 0742-34-5155

### ***Mottainai* Pottery Market**

Unused ceramic tableware will be collected and given away for free

**Uncollectable Items:** Unused tableware from outside of Nara City; non-tableware, like vases or ashtrays; unwashed items; unglazed or earthen pottery; glass, plastic, metal or wooden tableware; items with rubber bottoms or handles (unless removed)

Tableware brought in will be checked and items that we will not accept will be returned.

**Dates & Places:** January 15 (Wed.) 1st Floor, Hagukumi Center (Sanjo-Honmachi)

**Time:** 10:00-13:00 (Collection will be done by 12:30) Please bring your own bags for bringing items home.

**Inquiries:** Kankyo-Seisaku-Ka (Environment Policy Section) Tel. 0742-34-4591

### **Seishonen Yagai Katsudo (Youth Outdoor Activities) Center**

25-1 Sakahara-cho 630-1241 Tel. Fax. 0742-93-0029

#### **Mulle Class in the Forest**

**Capacity:** 20 children from zero years old to the third year of kindergarten

Date	Contents	Fee
Jan. 13 (Mon. / National Holiday)	Observation of frost columns and ice	2000 yen for one family, including insurance.
Feb. 9 (Sun.)	Let's observe winter buds.	

#### **Straw Valley Class**

**Capacity:** 30 elementary school children from the first to the sixth grade

Date	Contents	Fee
Jan. 13 (Mon. / National Holiday)	Mountaineering challenge	3000 yen per child, including insurance.
Feb. 9 (Sun.)	Cooking in the field	

**Time:** 10:00 – 15:00 \*Held in light rain, but will be cancelled in case of stormy weather.

**Application:** Send an email with the application available on the website of the Center

### **Let's Think about Disaster Preparation and Volunteer Activities**

**Jan. 15 (Wed.) – 21 (Tues.) is Disaster Prevention & Volunteering Week**

**Jan. 17 (Fri.) is Disaster Prevention & Volunteering Day**

#### **Exhibition of Photos and Materials Related to Disasters & Emergency Supplies**

Panel exhibition about the Great East Japan Earthquake, the Kumamoto Earthquake in 2016, the floods in July 2018, etc.

**Date & Time:** Jan. 14 (Tues.) – 17 (Fri.) 8:30 -17:15 (Until 16:00 on Jan. 17)

**Place:** Entrance Hall of City Hall on the 1<sup>st</sup> floor.

## Information about Disaster Prevention on the Radio (Nara DotFM 78.4MHz)

Information about daily disaster prevention, crime prevention, epidemic diseases, etc.

### Nara City Information about Disaster & Crime Prevention (5-minute program)

Mon. - Fri.: 8:30, 11:35, 14:10, 18:15

Sat. - Sun.: 8:50, 12:10, 14:10, 18:35

### SHITTOKO Information on Disaster & Crime Prevention (20-minute program)

Fri.: 18:20

Sat. & Sun.: 18:40 (Rerun)

## Let's Prepare Necessary Emergency Supplies

Put emergency rations and necessary items into back packs for an emergency. (Be aware that carrying bags that are too heavy might make escape difficult.) Although food (such as hard-baked biscuits, crackers, cooked and dry packed rice, dry powdered milk, etc.), blankets, portable toilets and generators are stocked by Nara City, you should prepare what you'll need to survive a week by yourself.

**Inquiries:** Kiki-Kanri-Ka (Crisis Management Section) Tel: 0742-34-4930

## Education Center Kids Learning Floor

Class Name	Date	Time	Deadline
Planetarium "Nijiro and Winter Constellations" (Jan. & Feb.) <b>Capacity:</b> 40 children each time	Every Saturday, Sunday and Holiday *Except Jan. 4 (Sat.), 5 (Sun.)	1. 10:30-10:50 2. 11:40-12:10 3. 13:40-14:10	Reception on the day
Talking Stories Class "Hanatare-Kozo-sama" (Dear Kid with a Runny Nose)	Jan. 1 (Sat.)	11:00-11:30	
Science Experiment Class "Do Miracles! Do Science! A Version of Floating & Sinking"	Jan. 26 (Sun.) Feb. 9 (Sun.)	1. 11:00-11:30 2. 14:20-14:50	
Movie Screenings 1. "Beauty and the Beast" 2. "Deer of a Golden Color" <b>Capacity:</b> 200 people each time	Jan. 26 (Sun.)	1. 13:00-13:30 2. 15:00-15:30	
Night Planetarium "Let's Stroll in a Starry Sky in Winter" <b>Capacity:</b> 40 children. Adults may participate alone.	Jan. 31 (Fri.)	18:30-19:10	
"Programming Class by Senior High School Students" <b>Capacity:</b> 10 children each time <b>Those eligible:</b> 1st grade students and older	Feb. 1 (Sat.)	1. 10:00-12:00 2. 13:00-15:00	Jan. 17 (Fri.)
Craft Class "Let's Play with Woolen Felt" <b>Capacity:</b> 10 children each time <b>Fees:</b> 300 yen <b>Things to Bring:</b> two towels	Feb. 2 (Sun.)	1. 10:00-11:30 2. 13:30-15:00	

Science Experiment Class “Let’s Make a Handmade Wind-Powered Generator” <b>Capacity:</b> 15 children each time <b>Things to Bring:</b> One 500ml empty plastic PET bottle and a bag for taking it home	Feb. 8 (Sat.)	1. 9:30-11:00 2. 13:30-15:00	Jan. 24 (Fri.)
“Robot Class by Senior High School Students” <b>Capacity:</b> 10 children each time <b>Those eligible:</b> 1st grade students and older	Feb. 9 (Sun.)	1. 10:00-12:00 2. 13:00-15:00	
Programming Class (for beginners) “Let’s Make a Unique Aquarium!” <b>Capacity:</b> 10 children each time	Feb. 16 (Sun.)	1. 10:00-11:30 2. 13:30-15:00	Jan. 31 (Fri.)
Science Experiment Class “Magnet Miracle”	Feb. 22 (Sat.)	10:00-11:30	Feb. 7 (Fri.)

**Capacity:** 20 children for each class (with guardians) unless otherwise-stated in the table.

**Application:** Send a return postcard with the class name, date, your preferred class time, child’s name (with the reading in *Kana*), child’s school name and grade, the guardian’s or leader’s address and name (with the reading in *Kana*), and phone number to the Education Center (9<sup>th</sup> Floor of Hagukumi Center, 13-1 Sanjo-Hommachi 630-8122 Tel. 0742-36-0401) no later than each deadline. One class per postcard. Lottery in case of excess applications. \* You cannot take the robots home. Other programs besides these will also be held. Contents and dates above-mentioned might change without notice.

