

Nara City Information for Residents

December 2019 Issued by Nara City Hall (No. 1189)
(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



特集
pick up!

奈良から起業家のスターを！

NARA STAR PROJECT

NARA STAR PROJECT

To Nurture Star Entrepreneurs from Nara!

The number of visitors to Nara City has increased for seven consecutive years since 2011. On the other hand, despite this rise, Nara Prefecture has the lowest proportion of restaurants and hotels to its population in all of Japan. Another issue that Nara faces is that the ratio of citizens who work outside of the prefecture is quite high compared to the national average. This is why Nara City started the NARA STAR PROJECT, or NSP, in 2017 to develop entrepreneurship in the hope it will revitalize the regional industries.

Here are some successful figures who attended NSP in the past.

About NARA STAR PROJECT

This initiative started in 2017 to create sustainable industries and jobs in the city, as well as to revitalize the regional economy. The project aims to nurture entrepreneurs to create new businesses, while inspiring others. Special programs are provided for those who are eligible. An ecosystem will be established which will support future generations of entrepreneurs, too. Currently in its third year, more star entrepreneurs will be nurtured, with a new collaboration with EO Osaka (*).

(* EO, Entrepreneurs' Organization, was established in 1987 as a worldwide network for young entrepreneurs. EO Osaka started its business in July 2010, as the second Japanese branch after EO Tokyo.

Municipal Offices and Facilities Closed during the Year End & New Year Period

Counter Services	
City Hall, North, West, East Shutcho-sho (Branch Offices), Kigyo-kyoku (Water Works Bureau) (*1)	Dec. 28 (Sat.)-Jan. 5 (Sun.)
Citizen Services Center	Dec. 29 (Sun.)-Jan. 3 (Fri.)
Life Support	
Kinrosha Sogo Fukushi (General Welfare) Center, Youth Outdoor Activities Center	Dec. 26 (Thurs.)-Jan. 6 (Mon.)
Lifelong Learning Center, Kominkans	Dec. 27 (Fri.)-Jan. 6 (Mon.)
Bosai (Disaster Prevention) Center	Dec. 28 (Sat.)-Jan. 4 (Sat.)
Health Care Center, Gender Equality Promotion Center "Asunara" North, Center, East, South, Jinken Bunka (Cultural Human Rights) Center	Dec. 28 (Sat.)-Jan. 5 (Sun.)
City Crematorium	Jan. 1 (Holiday)-Jan. 3 (Fri.)
Liaison Offices (Higashiterabayashi: Dec. 28 (Sat.)- Jan. 5 (Sun.)) (Toichi, Heijo, Tatsuichi, Obitoke: Dec. 27 (Fri.)-Jan. 6 (Mon.)) (Seika, Fushimi, Daianji, Meiji: Dec. 28 (Sat.)-Jan. 7 (Tues.))	
Child Care, Health Care, Hospitals	
Children's Development Center	Dec. 28 (Sat.)-Jan. 5 (Sun.)
Educational Center (In Hagukumi Center)	Dec. 29 (Sun.)-Jan. 3 (Fri.)
Jido-Kan (Children's Center), Family Support Center, Local Child Care Support Center "Sorairo"	Dec. 29 (Sun.)-Jan. 5 (Sun.)
City Hospital	Dec. 29 (Sun.)-Jan. 3 (Fri.)

General Medical Examination Center:	Dec. 30 (Mon.)-Jan. 5 (Sun.)
Sports Facilities	
Naraden Field, Konoike Court, Stadium (*2), Subsidiary Stadium, Throwing Practice Field, Multipurpose Square	Dec. 25 (Wed.)-Jan. 5 (Sun.)
Nanbu Lifelong Sports Center, Kashiwagi Court	Dec. 29 (Sun.)-Jan. 5 (Sun.)
Other Sports Facilities (Except in eastern area) (*2)	Dec. 29 (Sun.)-Jan. 3 (Fri.)
For Seniors, Welfare	
City Council of Social Welfare	Dec. 28 (Sat.)-Jan. 5 (Sun.)
Volunteer Center, Volunteer Information Center	Dec. 29 (Sun.)-Jan. 3 (Fri.)
Fukushi (Welfare) Centers (Sogo, East, West, South, North)	Dec. 29 (Sun.)-Jan. 3 (Fri.)
Cultural Facilities	
Meisho Daijo-in Garden Cultural Hall	Dec. 26 (Thur.)-Dec. 31 (Tues.) Jan. 4 (Sat.)-Jan. 6 (Mon.)
Kitamachi Tegaimon Tourist Information Center	Dec. 26 (Thur.)-Jan. 5 (Sun.)
Naramachi Koshi no Ie, Museum of Calligraphy in Honor of Kason Sugioka, Onjo-kan, Nara Kogei-Kan (Craft Museum)	Dec. 26 (Thur.)-Jan. 6 (Mon.)
Nara City Museum	Dec. 27 (Fri.)-Jan. 3 (Fri.)
Irie Taikichi Nara City Photo Museum	Dec. 27 (Fri.)-Jan. 3 (Fri.), 6 (Mon.)
Kyu-Nabeya Kitamachi Information Center, Kyobate Station Tourist Information Center, Naramachi Minami Tourist Information Center: No Closing Days	Dec. 27 (Fri.)-Jan. 5 (Sun.)
Naramachi Center (*3), Gakuenmae Hall, Hokubu Kaikan Civil Culture Hall	Dec. 28 (Sat.)-Jan. 4 (Sat.), 6 (Mon.)
Nara Centennial Hall	Dec. 28 (Sat.)-Jan. 4 (Sat.), 7 (Tues.)
Archaeological Research Center	Dec. 28 (Sat.)-Jan. 5 (Sun.)
Naramachi Nigiwai-no-Ie (House), Naramachi Karakuri Omocho-kan (Toy Museum)	Dec. 29 (Sun.)-Jan. 3 (Fri.)
Central, Hokubu, Seibu Library (*4)	Dec. 29 (Sun.)-Jan. 4 (Sat.)
Irie Taikichi's Old House	Dec. 30 (Mon.), Jan. 2 (Thurs.)
Eastern Area (Tsukigase, Tsuge, etc.)	
Tsukigase Kenmin Athletic Field, Tsukigase Gymnasium, Tsuge Gymnasium, Tsuge Lifelong Sports Center	Dec. 25 (Wed.)-Jan. 5 (Sun.)
Tsuge Exchange Center	Dec. 28 (Sat.)-Jan. 4 (Sat.)
Tsukigase, Tsuge Administration Centers, Tsukigase Plum Museum	Dec. 28 (Sat.)-Jan. 5 (Sun.)
Tsukigase, Tsuge Fukushi (Welfare) Centers (*5) Tawara, Yagyuu, Tsukigase, Tsuge, Koto Clinics	Dec. 29 (Sun.)-Jan. 3 (Fri.)

*1 In a water emergency such as water pipe leakage or water supply disruption, please call the Waterworks Bureau or any municipally authorized water-supply equipment companies. Tel. 0742-34-5200

*2 Narayama Hot Water Swimming Pool is closing for emergency inspection.
Naraden Stadium is closing until Feb. 19 (Wed.) for facilities management.

- *3 The parking lot at Naramachi Center will be closing between Dec. 29 (Sun.) and Jan. 3 (Fri.).
- *4 The book returns at City General Information Centers (both JR Nara Sta. and Kintetsu Nara Sta.) will not be available.
- *5 Please contact each center about the availability of bathing equipment.

Garbage Collection and Waste Brought in During the New Year's Holidays

A large amount of garbage is produced during the New Year's season. Please cooperate in reducing and recycling garbage.

Garbage Collection

Please bring garbage to the collection site before 7:30 am on the day.

	Burnable Garbage	Plastic Packages & Containers	Unburnable Garbage
Dec. 27 (Fri.)	Normal schedule		
Dec. 29 (Sun.)	-	-	ABEF
Dec. 30 (Mon.)	ABEF	CH	-
Dec. 31 (Tues.)	CDGH	AF	
Jan. 5 (Sun.)	-	BE, CH, DG	
Jan. 6 (Mon.)	ABEF	-	
Jan. 7 (Tues.)	CDGH	-	
Jan. 8 (Wed.)	-	AF	CDGH
Jan. 9 (Thurs.)	Normal schedule		

The garbage collection times between Jan. 5 (Sun.) and 10 (Fri.) may be delayed until after 16:00 in some areas due to the larger amount of garbage than usual.

*Areas covered by City Seibi-Kosha & Co. Ltd.: Garbage will be collected until Dec. 31 (Tues.) and from Jan. 5 (Sun.).

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

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

Collection of Recyclable Resources

Please bring them to the collection site before 8:30 am on the day.

Year-end: Dec. 29 (Sun.) District #10

Dec. 30 (Mon.) District #11

Dec. 31 (Tues.) District #20

Beginning of the year: Jan. 7 (Tues.) District #12 (Containers and net bags will be distributed on Jan. 6 (Wed.))

*The collection schedule for the areas covered by City Seibi-Kosha & Co. Ltd. during the New Year's holidays is as on the distributed collection calendar.

Inquiries: Recycle Suishin-Ka (Recycle Section) Tel. 0742-33-5380

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

Collection of Dead Animals

Year-end: Until Dec. 30 (Mon.) 7:30-16:00 Dec. 31 (Tues.) 7:30-11:00

Beginning of the year: From Jan. 5 (Sun.)

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

Septic Tank Trucks

All Districts except Tsukigase and Tsuge Areas

Year-end: Until Dec. 27 (Fri.). Please apply by Dec. 20 (Fri.)

Beginning of the year: Application and collection will start from Jan. 6 (Mon.).

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

Tsukigase & Tsuge Districts

Year-end: Until Dec. 27 (Fri.). Please apply by Dec. 20 (Fri.)

Beginning of the year: Application and collection will start from Jan. 6 (Mon.).

*Collection will be after Jan. 6 (Mon.) if an application is received after Dec. 23 (Mon.)

Inquiries: Yamanobe-Kankyo-Eisei-Kumiai, Yamanobe Eisei Center Tel. 0743-85-0253

Septic Tank Cleaning

Please make inquiries to the corporations listed below.

All Districts except Tsukigase and Tsuge Areas

City Seibi Kosha & Co. Ltd. (Tel. 0742-33-8782)
Okumoto Kanri Service (Tel. 0742-61-3979)
Matsumoto Seiso-sha Ltd. (Tel. 0742-36-0523)
Daiwa Septic Tank Kanri Center (Tel. 0742-61-0743)
Yamato Seiso (Tel. 0742-61-4798)

Tsukigase and Tsuge Districts

Matsumoto Seiso-sha Ltd. (Tel. 0743-53-5211)

Phone Application for Bulky Household Waste Pickup

Application Phone Line 0742-71-9011 (Be sure to dial the correct number)

We may not be able to collect bulky waste within the year due to the large demand for disposal. You may not be able to get through to us because of a flood of application phone calls. Even if you get through to us, if the maximum number of appointments has already been made, we cannot accept your request within the year. Please cooperate with us in applying for collection next year.

*After you apply for bulky waste pickup, changes and additions to them in December cannot be accepted.

*Bulky waste will be collected until Dec. 31 (Tue.)

Application Period

City Collection Area: Monday to Friday from 8:00 to 15:00

Year-end: Until Dec. 27 (Fri.) Beginning of the year: From Jan. 6 (Mon.)

Inquiries: Machi-Bika-Suishin-Ka (Town Clean Up Promotion Section) Tel. 0742-71-3220

City Seibi Kosha Collection Area: Monday to Friday from 8:30 to 17:00

Year-end: Until Dec. 27 (Fri.) Beginning of the year: From Jan. 6 (Mon.)

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

Phone Application for Carry-in Waste

You Need to Apply by Phone to Bring Trash and Renewable Resources to the Kankyo-Seibi Kojo (Environment Sanitation Plant).

Application Phone Line 0742-71-9011 (Be sure to dial the correct number)

Both homes and businesses need to make an application.

You can not bring in waste unless you apply in advance.

Please separate the waste after referring to the “*Gomi-Jiten*” (instructions on how to separate garbage). Pruned branches should be cut to less than 5cm in diameter and 30cm in length.

Inquiries: (About the contents of carry-in garbage)

Kankyo Seibi Kojo (Environment Sanitation Plant) Tel. 0742-71-3000

(About the telephone reservation)

Machi Bika Suishin-Ka (Town Clean Up Promotion Section) Tel. 0742-71-3220

Application by Phone: Year-end: Until Dec.27 (Fri.), Beginning of the Year: From Jan.6 (Mon.), 8:00-15:00 (except Sat. and Sun.) *Please apply up to the day (except for Saturdays and Sundays) before the day you will bring the garbage.

Bringing-in garbage Year-end: Until Dec.31(Tue.), Beginning of the Year: From Jan.5 (Sun.)

From 9:00 to 16:30 *From 9:00 to 13:00 on Dec.31 (Tue.)

*Reservations for the bringing-in dates from Dec.29 (Sun.) till 31 (Tue.), Jan.5 (Sun.) and

6 (Mon.) can be made until Dec.27 (Fri.).

*Applications will be accepted for waste which is brought in until the end of the next month.

*One phone application for waste per day will be accepted. If you wish to bring in more than one lot of waste per day, please make an appropriate number of applications for the day.

Your application might not be accepted depending on the situation.

Emergency Medical Clinics Open during Year-End and New Year Holidays

Emergency Medical Care

Nara City will provide emergency medical services during the end of year and the beginning of the new year in cooperation with Nara City Medical Association, Nara City Dental Association, and Nara City Pharmaceutical Association. Internal Medicine and Pediatrics Departments will provide 24-hour-a-day care for four days.

Please bring your health insurance card and any necessary certificates of qualification to receive emergency medical care.

Hours	Internal Medicine & Pediatric Departments	Dentistry
6:00-10:00	Designated Hospital (Dec. 31-Jan. 3)	Holiday Emergency Dental Clinic (Dec. 30-Jan. 3) Consultation Hours: 10:00-16:00
10:00-19:00	Holiday and Night-Time Emergency Medical Clinic (Dec. 30-Jan. 3)	
19:00-22:00	Designated Hospital (Dec. 31-Jan. 3)	
22:00-6:00	Holiday and Night-Time Emergency Medical Clinic	

The Holiday and Night-Time Emergency Medical Clinic:

Place: 519-28, Kashiwagi-cho, adjacent to the south of Nara City General Medical Examination Center

Tel.: 0742-34-1228

Reception Date & Time: Between Dec. 30 (Mon.) and Jan. 3 (Fri.). 9:30-18:30

Holiday Emergency Dental Clinic

Place: 3-1 Sakyo 5-chome, Sogo Fukushi Center 2nd F

Tel.: 0742-70-4182

Reception Date & Time: Between Dec. 30 (Mon.) and Jan. 3 (Fri.). 9:30-15:30

The Designated Hospitals Listed Below Will Be Open between Dec. 31 (Mon.) and Jan. 3 (Fri.)

(Internal Medicine and Pediatric Departments only)

Consultation hours: 6:00-10:00,19:00-22:00

Please make sure to call each designated hospital before visiting.

Date	Dec. 31 (Tue.)	Jan. 1 (Holiday)	Jan. 2 (Thurs.)	Jan. 3 (Fri.)
Hospital	Nara Tokujo Hospital	Yoshida Hospital	Okatani Hospital	Nishinara Chuo Hospital
Phone	0742-61-1118	0742-45-4601	0742-63-7700	0742-43-3333
Address	752 Tokujo-cho	1-7-1 Saidaiji Akoda-cho	1-25-1 Minami-Kyobate-cho	1-15 Tsurumainishi-machi
Access	Take a bus bound for Karamomo-Minamimachi,	About 19 minutes -walk from Kintetsu Yamato	About 5 minutes -walk from JR Kyobate Station or	About 11 minutes -walk from Kintetsu Gakuen-mae Station

	Sharp-Mae, or Shiratsuchi-cho from Kintetsu or JR Nara Station. Get off Kitakodono from which it is very close.	Saidaiji Station (North Exit) or about 14 minutes-walk from Kintetsu Ayameike Station).	take a Loop Line bus from JR or Kintetsu Nara, get off at Hachiken-machi and walk about 6 minutes.	or take a bus from the station (North Exit) bound for Higashi Tomigaoka 1-chome, Kintetsu Takano-hara Station, Higashi Tomigaoka 6-chome Higashi, Shikanodai-kita 2-chome, or Gakuen-mae Asahi-cho Loop Line. Get off at Tsurumai-cho 6-chome from which it is very close.
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About Garbage Collection

Please Cooperate for Safe Garbage Collection

When you throw away broken or sharp items as unburnable garbage (such as pieces of glasses, plastic and pottery, knives, etc. or as burnable garbage such as skewers, chopsticks, etc. please wrap them in paper or rags and write the contents on the wrapping so it can be distinguished at a glance from outside. Disposing of garbage without taking appropriate safety measures might cause injuries or accidents for workers, so it might not be collected.

Garbage Collection Dates and Areas in December

Area	Burnable Garbage	Unburnable Garbage
A F	Mon. & Thurs.	4, 18 (Wed.)
B E		
C H	Tues. & Fri.	11, 25 (Wed.)
D G		

Areas A-D are covered by Nara City and areas E-H are covered by City Seibi-Kosha & Co. Ltd. The garbage collection date may be changed in some areas, so please check the city website.

Inquiries: Shushu-Ka (Collection Section) Tel. 0742-71-3012
City Seibi Kosha (Public Corp.) Tel. 0742-33-8782

Health Check-up Information

The Period to Receive Examinations for Specific Health Check-ups and Health Check-ups is Until the End of January 2020.

Those eligible: Those who are from 40 to 74 years old, and covered by National Health Insurance or age 75 and over and covered by Medical Insurance for the Elderly.

Fee: 500 yen (Those who covered by National Medical Insurance are free of charge.)

Application: Phone medical institutes or clinics registered in Nara Prefecture (=MNP) and make an appointment.

Things to Bring: Your consultation card, questionnaire and health insurance card

Inquiries: Kokuho-Nenkin-Ka (National Health Insurance and National Pension Section)

Tel. 0742-34-4736

Fukushi-Iryo-Ka (Welfare and Medical Affairs Section)

Tel. 0742 34-4754

Cancer Examinations (January)

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

Period: From Dec. 2 (Mon.) to 20 (Fri.). Internet applications will be accepted until Dec. 10 (Tues.). Free of charge for those who are on social welfare or belong to households receiving residence tax exemption. Please notify us of such when you apply.

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

Stomach and Lung Cancer Examinations

Date	Place	Reception Time	Capacity
7 (Tues.)	Hagukumi Center	8:45-9:45	33
8 (Wed.)	Seibu Toshokan	9:45-10:45	23
9 (Thurs.)	Seibu Shogai Sports Center Club House	9:15-10:15	27
10 (Fri.)	Miato Kominkan	9:15-10:15	27
14 (Tues.)	Hagukumi Center	8:45-9:45	33
21 (Tues.)	Tomigaoka Kominkan	9:30-10:30	26
22 (Wed.)	Coop Oshikuma	9:15-10:15	27
23 (Thurs.)	Toichi-Chiiki Fureai Kaikan	9:15-10:15	27
24 (Fri.)	Hagukumi Center	8:45-9:45	33
27(Mon.)	Hokubu Shutchosho	9:15-10:15	27
29 (Wed.)	Coop Oshikuma	9:15-10:15	27
30 (Thurs.)	Tomio Kominkan	9:15-10:15	27
31 (Fri.)	Tomio-Minami Kominkan	9:15-10:15	27

Lung Cancer Examination

Date	Place	Reception Time	Capacity
15 (Wed.)	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

Flu Vaccination for the elderly offered until Dec. 28 (Sat.)

Those Eligible: Please refer to The Nara City Information, October issue for the details. If you are hospitalized or you want to receive this vaccination at clinics outside Nara City or Nara Prefecture, you need to go through procedures at the Kenko-Zoshin-Ka (Health Care Section) in advance. *If you will be inoculated outside Nara Prefecture, you must pay the full amount.

Place: Registered clinics in the city (Refer to Nara City website)

Fee: 1,700 yen

Those who have a certificate of welfare assistance and assistance for Japanese children left behind in China after the Second World War will not be charged. They should declare this with the relevant documents to the clinic on the day. Those who declare after Dec. 28 will be charged.

Vaccination Times: One time

Things to Bring: An identification document, such as a health insurance card, etc.

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

Fluoride Coating for Tooth Decay Prevention

Those eligible: Those born in January 2018 (It is possible to apply until age 2 years, 4 months)

Date & Time: January 17 (Fri.) 9:30-11:30

Place: Chuo Hoken Center (Central Health Center)

Contents: Dental checkup, fluoride coating, guidance for effective tooth brushing

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

Application: Please contact Boshi-Hoken-Ka (Mother and Child Health Section) by phone, fax or electronic application on the Nara City Website with the class name, child's name, the date of birth, and phone number by December 27 (Fri.). Tel. 0742-34-1978 Fax. 0742-34-5155

Pre-examination Sheets Were Sent Out in Late November For Those Born in October 2019

Vaccinations are available when you have the Vaccine Screening Questionnaires (VSQ), *Mother's and Child's Health Handbook*, and the health insurance card. Contact Kenko-Zoshin-Ka (Health Promotion Section) if you have moved to Nara City recently and don't have a VSG yet. Fill in the sheets with an indelible black pen.

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

Medical Checkups for Babies and Children

Things to Bring: The questionnaire and your *Mother's and Child's Health Handbook*. The questionnaire will be sent to you by the middle of December. People who moved to Nara City after December 1 and have not received the questionnaire by the checkup day should come to the place directly on the day. In case of the checkup for 4-month-old babies and 10-month-old babies, please contact Boshi-Hoken-Ka (Mother and Child Health Section).

Name	Date	Place
Checkup for 4-month-old babies (Born in Sept. 2019)	Within one month after 4-month birthday	Designated Medical Facilities in Nara City
Checkup for 10-month-old babies (Born in March 2019)	Within one month after 10-month birthday	Designated Medical Facilities in Nara City

Checkup for 19-month-old children (Born in May 2018)	January 9, 16, 23, 30 (Thursdays) Reception: 13:15-14:15 Waiting numbers will be distributed at 12:45.	Central Health Center
Checkup for 3 and 1/2-year-old children (Born in June 2016)	January 7, 14, 21, 28 (Tuesdays) Reception: 13:15-14:15 Waiting numbers will be distributed at 12:45.	Central Health Center

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

Japanese Encephalitis Vaccinations for Those Born in December 2016

Receive all three times (the first, the second and the booster) of the first term vaccination. Confirm it on the Preliminary Examination Leaflet.

The Period of Vaccination: Between age 3 and one day before the 7 and a half year birthday
Vaccination Schedule:

Initial Vaccination: 2 times with a interval of 1 to 4 weeks.

Booster Vaccination: Once, with an interval of 1 year after the completion of the initial vaccinations.

Applications: Make an appointment at a registered clinic (see the city website) and bring the Preliminary Examination Leaflet, *Mother's and Child's Health Handbook* and the 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.

*Fill in the Preliminary Examination Leaflet with an indelible black ball-point pen.

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

Class for Babies

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

Those Eligible: First born children born in August 2019 and their guardians

Date & Time: Jan. 8, 15 (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 January 2019 and their guardians

Date & Time: Jan. 7 (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: 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

Maternal and Infant Health Care Consultation Consultation by Visiting Public Health Nurse

	Date	Place
December	17 (Tues.)	Heijo Kominkan
	18 (Wed..)	Heijo-Nishi Kominkan

Time: 9:30-11:30

*Consultation over the phone or at the Boshi-Hoken-Ka (Mother and Child Health Section) is available from 8:30 to 17:15 on weekdays.

Consultation by Midwives

Date & Time: 10:00-14:00 on weekdays (available 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

Mottainai Pottery Market

Ceramic tableware which is not used at home will be collected and can be taken for free

Items that can't be collected: Tableware used at home in other cities or used for businesses; vases or ashtrays which are not tableware; unwashed items; unglazed or earthen pots; tableware made of glass, plastic, metal, or wood; items with rubber bottoms or handles (unless removed). Tableware brought in will be inspected, and items or packages unable to be collected will be returned.

Date & Places: Dec.11 (Wed.) Co-op Shichijo (Shichijo Nishimachi)

Dec. 18 (Wed.) Hagukumi Center (Sanjo-Honmachi)

Jan. 8 (Wed.) Co-op Shichijo (Shichijo Nishimachi)

Time: 10:00-13:00 Collection will be done by 12:30.

Please bring your own bags when you take items home.

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

Christmas Concert in Hagukumi Center

Date & Time: Dec. 25 (Wed.) 12:30-13:00

Contents: Hand bell and piano performance by "Tender Moments", a member of the City International Musical Exchange Conference.

Inquiries: Hagukumi Center Kanri-Ka (Management Division) Tel. 0742-34-2303

December is "Global Warming Prevention Month" & "Air Pollution Prevention Promotion Month"

Let's Protect Our Irreplaceable Earth!

It is said that abnormal weather such as intensive heat and heavy rain is happening due to global warming. In Nara City the greatest amount of CO2 is from homes, accounting for 30% of the total. Let's practice an environment-friendly lifestyle by promoting the 3Rs="Reduce, Reuse, Recycle" such as bringing an eco bag and not receiving plastic bags when shopping to

prevent global warming. December is the period of the year with the most air pollution. The concentration of pollutants such as nitrogen oxides and suspended particles becomes high due to increased traffic, heating used in buildings and households, and the specific weather conditions. Let's start from familiar things that each person can do to protect the earth we live on.

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

Hoken Kankyo Kensa Ka (Preservation of Health and Environment Inspection Section)

Tel. 07 42-93-8477

***On-Matsuri* Festival of Kasuga Wakamiya Shrine**

The *On-Matsuri* Festival is a festival of Wakamiya Shrine, which is inside Kasuga Taisha Shrine. This is a representative festival of Nara: starting with *Owatari shiki*, many Shinto rituals and events are held, and many people visit Nara to see it. The origin of the festival dates back to 1136, when a festival was held to pray for nation-wide peace, a good harvest, and the well-being of the people. Since then, the festival has been held every year without interruption. It will be held for the 884th time this year. The *On-Matsuri* Festival's ritual entertainments are designated as an Important Intangible Folk Cultural Heritage as traditional Japanese cultures and customs handed down from the past.

Dec. 15 (Sun.):

Miyutate (Special purification ritual for participants) 14:30-- *Oh-shukusho-sai* 17:00-

Dec. 17 (Tues.):

Senko-no-gi 0:00, *Akatsuki-sai* 1:00, *Tameshi-no-gi* (Ritual for Trial) 11:30, *Owatari-shiki* 12:00, *Nandaimon-Komyo-no-gi* (Performance modeling the confirmation of a proper procession) 12:50, *Matsu-no-shita-shiki* (Traditional performing arts performed under divine pine tree) 13:00, *Kurabe-uma* (Two-horse races) around 13:00, *Chigo-yabusame* (Horseback archery by children) 14:30, *Otabisho-sai* 14:30, *Kanko-no-gi* 23:00

The rituals of *Senko-no-gi* and *Kanko-no-gi* are performed in complete darkness without any light. No photography is allowed.

Dec. 18 (Wed.):

Hono-zumo (Dedicatory sumo wrestling) 13:00- *Goen-no-noh* (Post-festival *noh* performance) 14:00- Rituals, events and the schedule may be partially changed.

Oh-shukusho-sai: *Oh-shukusho* is the place where *Yamato zamurai*, who are dedicated to the festival, lived in seclusion. Rituals for successful completion of the festival.

Senko-no-gi/Akatsuki-sai: At midnight on Dec. 17, the soul of the god travels from Wakamiya Shrine in Kasuga Taisha Shrine to the *Otabi-sho* temporary shrine. In darkness, *gagaku* is played. With torches and incense in front, the procession along the approach feels otherworldly. Arriving at *Otabisho*, *Akatsukisai* begins, offering the morning food while mediums dance *kagura*.

Owatari-shiki: The parade is full of traditional costumes and customs from the Heian era to the Edo era. The groups perform various entertainments dedicated to the god in front of "Yogou no matsu" (beyond the first *Torii*) and then go ahead to *Otabisho*.

Otabisho-sai: On Dec. 17 from 14:30 to around 22:30 on the stage in the *Otabisho* site, *Kagura*, *Dengaku*, *Sarugaku* and *Bugaku* are performed one after another. These arts came to Japan through the Silk Road and then matured as traditional arts.

Kanko-no-gi: After finishing *Otabisho sai*, at midnight on Dec. 18, the god's soul again returns to Wakamiya Shrine.

Sajiki-Seki* (special paid seats) on Dec. 17 (Tues.) for viewing *On-Matsuri

Location of the seats	Nobori-Oji-Enchi	<i>Matsu-no-shita-shiki</i> (Beside the first <i>Torii</i>)	Front of <i>Otabisho</i>
Fee per person	2,000 yen	North seats, South	5,500 yen

		seats: 4,000 yen each	
Time of procession	around 11:50 - around 13:00	around 13:00 - around 14:30	after 13:00 -
Pre-application accepted	10:00 -	12:00 -	10:30 -
Application on the day	10:30 -	12:30 -	12:30 -
Number of seats	around 280 seats	North seats: 120 seats South seats: 50 seats	around 160 seats
Others	Guidebook not included	Guidebook included	Guidebook and earphone guide included

*1 Seats located at *Otabisho* will be open until 22:30, and ticket holders can enter and exit freely. However, note that sometimes movement is limited because of religious services.

*2 At each location the seats are not reserved and seating is on first-come-first-served basis.

*3 Applications will be accepted on the day if unoccupied seats are available.

Applications for *Sajiki-Seki* (Special Seats) and Inquiries:

Nara City Tourism Association: Tel. 0742-30-0230

Inquiries about *On-Matsuri* Festival: *On-Matsuri* Preservation Society (c/o Kasuga Taisha Shrine): Tel. 0742-22-7788

SEVENTH MURATA JUKO TEA GATHERING Five Days between Feb. 5 (Wed.) and Feb. 9 (Sun.)

Participating Schools: Omotesenke, Urasenke, Mushakouji senke, Enshu-ryu, Sekishu-ryu, Yabuuchi-ryu, Sohen-ryu

I. Eight Temples/Shrine Sites

5,000 yen: “A & B seats for tea ceremony”, “*tenshin* (Japanese cuisine boxed lunch)”, “entrance to each shrine/temples,” and “ticket to ride on Tea Ceremony Loop Buses”

Date	Place A: Thick Tea	Place B: Thin Tea
Feb. 5 (Wed.)	Kasuga Taisha Shrine by Sekishu-ryu & <i>tenshin</i>	Daianji Temple by Yabuuchi-ryu
Feb. 6 (Thurs.)	Todaiji Temple by Enshu-ryu & <i>tenshin</i>	Gangoji Temple by Urasenke with <i>ryurei</i> style (with chairs)
Feb. 8 (Sat.)	Hokkeji Temple by Omotesenke	Saidaiji Temple (<i>Ohchamori</i> : with huge cups) & <i>tenshin</i>
Feb. 9 (Sun.)	Yakushiji Temple by Mushakouji senke with <i>tenshin</i>	Toshodaiji Temple by Sohen-ryu

II. Other Places

1,000 yen: One seat at each tea ceremony *1,500 yen for Hasso-an on Feb. 5 (Wed.) and 6 (Thurs.) at the Nara National Museum.

Date	Place: Thin Tea Only
Feb. 5 (Wed.)	<ul style="list-style-type: none"> ● Hasso-an by Keiyu kai ● Naramachi Nigiwaino Ie by the Sakuma Sosei Group
Feb. 6 (Thurs.)	<ul style="list-style-type: none"> ● Hasso-an by Keiyu kai ● Nara Kogeikan Craft Museum by the Nara Craft Festival Organizing Committee
Feb. 8	<ul style="list-style-type: none"> ● Naramachi Nigiwaino Ie by the Yoshikawa Sobun Group

(Sat.)	● The Garden Hall of the Former Daijo-in Temple by the Nara City League of Tea Ceremony and Flower Arrangement (<i>tatedashi</i> style: no tea preparing ceremonies)
Feb. 9 (Sun.)	● The Garden Hall of the Former Daijo-in Temple by the City League of Tea Ceremony and Flower Arrangement * (<i>tatedashi</i> style: no tea preparing ceremonies)

III. Special Events

Date	Contents
Feb. 7 (Fri.)	Kasuga Taisha Shrine (Kansha-Kyosei-no-Yakata & Keiun-den Hall) 2,000 yen each for part 1 and part 2 Tea-serving Demonstration by Seven Schools: tea-serving demonstration, and tea/sweet serving with chairs Part 1 (morning): Omotesenke, Urasenke, Musyakouji senke, and Yabuuchi-ryu Part 2 (afternoon): Sohen-ryu, Sekisyu-ryu and Enshu-ryu

IV. Sake Serving Ceremony

Feb. 9 (Sun.)	Naramachi Nigiwaino Ie 5,000 yen for five different kinds of sake and original sweets Sake, Tea & Sweets: by Nakanishi Yosaburo Store
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Ticket Information Tickets for I., II. and III.:

Available at Nara Centennial Hall Counter: Dec. 4 (Wed.) and Feb. 9 (Sun.), 9:00-17:00

Closed every Tuesday, and from Dec. 28 (Sat.) to Jan. 4 (Sat.)

Reservations by phone: Dec. 4 (Wed.) from 10:00, Dec. 5 (Thurs.)-Feb. 9 (Sun.), 9:00-17:00

Tel. 0742-34-0111

Online Reservation: Dec. 4 (Wed.) from 9:00, Dec. 5. (Thurs.)-Jan. 27 (Mon.).

You have to become online members: application is of charge, 24 hours

<http://www.ticket.ne.jp/nara100inlineticket>

Inquiries: Kanko-Senryaku-Ka (Tourism Strategy Section) Tel. 0742-34-4739,

Nara City Tourist Association Tel. 0742-30-0230

Education Center Kids Learning Floor

Class Name (must be accompanied by a guardian)	Date	Time	Deadline
Planetarium "Nijiro and Constellations from Autumn to Winter" (Capacity: 40 children each time)	December 1(Sun.), 8 (Sun.), 14 (Sat.), 15 (Sun.),25(Wed.), 26(Thurs.)	1) 10:30-10:50 2) 11:40-12:10 3) 13:40-14:10	Reception on the day
Science Experiment Class: Miracle Science "How to fly something in the air"	December 14 (Sat.)	1) 11:00-11:30 2) 14:20-14:50	Reception on the day.
Movie Screening "The Little Match Girl" and "The Snow Queen" (Capacity: 200 children each time)	December 15 (Sun.)	1) 13:00-13:30 2) 15:00-15:30	No application is needed.
Night Planetarium "Let's Stroll in a Starry Sky from Autumn to Winter"	December 20 (Fri.)	18:30-19:10	Reception on the day

(Capacity: 40 people each time, Adults may participate alone)			
Science Experiment Class “The World of Minus 196 Degrees Celsius” (Capacity: 60 children each time)	January 11 (Sat.)	1) 13:00-14:00 2) 14:30-15:30	December 13 (Fri.)
Space Class "Let's Fly a Hot Air Balloon!" (For those who are older than first graders)	January 12 (Sun.)	1) 9:30-11:30 2) 13:00-15:00	December 13 (Fri.)
Robot Class (two consecutive classes) Challenge! Robot Programming (intermediate class) (Capacity: 10 children each time) *The same contents as the classes on July 23 and 30. Eligibility: Those who can come to the classes at the same time on both days.	January 18 (Sat.) January 25 (Sat.)	1) 10:00-12:00 2) 13:30-15:30	December 20 (Fri.)
Craft Class “Let’s make various spinning tops (<i>koma</i>) and play with them”.	January 19 (Sun.)	1) 10:00-11:00 2) 13:00-14:00	December 20 (Fri.)
Science Experiment Class “Let’s play with air”	January 25 (Sat.)	10:00-11:30	January 10 (Fri.)
<p>Capacity: 20 children for each class (with guardians) unless stated in the table. Application: Send a return postcard with the class name, the date, the number in parentheses, 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 <i>Kyoiku</i> (Education) Center, (13-1 Sanjyo-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. Contents and dates above might change. Other programs will also be held. Please refer to the leaflets or city webpage for details.</p>			

Education Center Kids Learning Floor (*Fuyumatsuri*) Winter Festival

Date: December 22 (Sun.) Time: 9:30-13:00

*To apply for science experiments, send a return postcard with the description “Science Class of Winter Festival (*Fuyumatsuri*)”, the number in parentheses, child’s name (with 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 *Kyoiku* (Education) Center, (13-1 Sanjyo-Hommachi 630-8122 Tel. 0742-36-0401) no later than December 6 (Fri.). Lottery in case of excess applications.

Class Name (must be accompanied by a guardian)	Time	Deadline
Science Experiment “Let’s play with an air gun” (Capacity: 20 children) *An advance application is needed.	1) 9:50 2) 10:50 3) 12:00 (for duration of 30 minutes)	December 6 (Fri.)
Planetarium “Winter Constellations and Shooting Stars” (Capacity: 40 children)	1) 9:50, 2) 10:40, 3) 11:30, 4) 12:40 (for duration of 20	Numbered tickets will be issued at

	minutes each)	9:30
Programming Experience “Let’s move a robot!” (Capacity: 6 children)	1) 9:40, 2) 10:20, 3) 11:00, 4) 11:40, 5) 12:40 (for duration of 20 minutes each)	
Craft Class “Let a parent and a child work together to make a message card!”	9:30-13:00	No application is needed.
Storytelling Class “Noel for Jeanne-Marie”, etc. (Capacity: approx. 30 children)	1) 10:00, 2) 12:00 (for duration of an hour)	
Movie “The Snow Woman”, The Grateful Crane”, etc. (Capacity: 200 children)	9:40-13:00	

Snow rabbit

