

Nara City Information for Residents

April 2019 Issued by Nara City Hall (No.1181)

(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



Let's Walk in Tomio !

Rediscover Nara City, which is a Treasure of Important Cultural Assets.

The Tomio district is known as a newly developed residential area in Nara City. But this district was a historic town which was written about in the oldest chronicle of Japan called "Nihonshoki".

There are many shrines and temples in the Tomio district. For example, Tomio Maruyama Kofun Tumulus, which was confirmed as the largest round tumulus in Japan in 2017, and Ryosenji Temple, which houses a lot of national treasures and important cultural assets.

During the spring tourist season in April, let's walk and find Nara City's attractions.

North Course: Course for enjoying the cherry blossoms and nature, Half-day Sightseeing Course

[Start] (1) Cherry-tree-lined path along the Tomio River – (40 minutes) – (2) Kitsuki Jinja Shrine – (30 minutes) – (3) Oryuji Temple – [Goal] Asukano-Minami 3-Chome Bus Stop

(1) The cherry-tree-line path along the Tomio River is a famous place for enjoying the cherry blossoms

(2) Kitsuki Jinja Shrine: Its origin is in the 6th century.

2097, Nimyo Hirano 2-chome, Tel. 43-8647, Bus Stop – Kitsukibashi

This shrine was revered by the Ono clan who were descendants of Ono No Imoko.

(3) Oryuji Temple: Precious stone statues and rich nature remain.

1492, Nimyo 6-chome, Tel. 45-0616, Bus Stop – Asukano Minami 3-chome

This temple is believed to have been constructed by the imperial order of the Emperor Shome, and is the Buddhist temple of the Obaku Sect now.

South Course: Course for walking around Tomio Maruyama Kofun Tumulus, One-day Sightseeing Course

[Start] Tomio Station – (20 minutes) – (1) Sonomi-Agatani-Imasu Jinja Shrine – (40 minutes) – (2) Ryosenji Temple – (15 minutes) – (3) Tomio Maruyama Kofun Tomb – (40 minutes) – (4) Tomi Jinja Shrine – [Goal] Nara Pref. General Medical Center (Nara Ken Sogo Iryo Center) bus stop.

(1) Sono-Miagatani-Imasu Jinja Shrine: The precious Main Hall was protected for over 600 years.

5 – 8 Mitsugarasu 3-chome Tel. 43-1428 Bus Stop – Mitsugarasu

This shrine is described in the Engishiki Jinmyocho (the register of Heian period shrines in Japan).

(2) Ryosenji Temple: A precious national treasure and rose garden

3879, Nakamachi Tel. 45-0081 Bus Stop – Ryosenji

Opening Hours – Main Hall 10:00 – 16:00, Rose Garden 8:00 – 17:00

This temple was constructed by the Abbot Gyoki by the imperial order of the Emperor Shomu in the Nara Period (8th century).

(3) Tomio Maruyama Kofun Tumulus: Largest Round Tumulus in Japan

Maruyama 1-chome, Bus Stop – Wakakusadai Chuo

This tumulus attracted public attention as the largest round tumulus in Japan in 2017 according to the air radar measurement.

(4) Tomi Jinja Shrine: The richly colored main hall was restored, and its traditional agricultural culture remains.

648-1 Ishiki-cho, Bus Stop Nara Pref. General Medical Center (Nara Pref. Sogo Iryo Center)

This shrine is described in the Engishiki Jinmyocho (the register of Heian period shrines in Japan) compiled by the order of the Emperor Daigo in the 10th century.

“Heijo-kyo *Tempyo Sai*” Festival

May 3 (Holiday) – 5 (Holiday) 10:00-16:30 at Heijo Palace Site (Admission is free)

Welcome to Nara in Spring, at the World Heritage Heijo Palace Site!

Suzaku-mon Hiroba Square

[Procession]

Heijo-kyo *Tempyo* Procession / the Empress's Word about the Capital Transfer to Heijo-kyo

Date & Time: May 3 (Holiday) 11:00-13:00

Contents: The highlights are processions of 300 people gorgeously dressed as emperors, aristocrats, and government officials like civil and military officers from Suzaku-oji to Suzaku-mon Hiroba Square, followed by the Empress Genmei's Word about the “Imperial Rescript of Capital Transfer”.

The Emperor Shomu & The Empress Komyo Procession

Date & Time: May 4 (Holiday) 11:00-12:00

Tempyo Children's Procession

Date & Time: May 5 (Holiday) 11:00-12:00

Contents: Procession led by the child guard troop

*Participants are being sought now.

Please ask the Executive Committee for details. Tel. 0742-25-0707

Tempyo Sangaku (Ancient Chinese Entertainment)

Date & Time: May 5 (Holiday) 14:00-15:00

Falconry

Date & Time: May 4 (Holiday) 10:30-11:30, 0:30-13:30

Contents: Dynamic falconry performances by Suwa School falconers

Tempyo Tsunahiki Meet (Tug-of-War)

Date & Time: May 4 (Holiday) 13:30-16:00

Heijyo-kyo Big Kite-flying

Place: The First Chodo-in Site

Date & Time: May 3(Holiday) 14:30-16:00 around

[Events on All Days]

Toh-ichi (Eastern Market) and Sai-ichi (Western Market)

Speciality foods from Nara will be displayed at shops like in the *Tempyo* period. Let's enjoy the menu for a new era celebration!

Monozukuri Hiroba (Craft Corner) (Paid event)

Bamboo crafts, *Tempyo* period style braiding, making rubbed copies of ancient roof tiles, etc.

Tempyo Costume Wearing Experience (Paid event)

Rent aristocrats' costumes for men and women, adults and children

Let's walk around Heijyo Palace Site as if we were *Tempyo* people

Sakura Tea Ceremony (Paid event)

High school students, college students, and members of tea ceremony clubs in Nara will serve tea.

Take a break with a Japanese sweet and a cup of green tea.

Recreation of the Ichi (Market), where Capital residents come and go

Depicting Heijokyo's daily life

Performance of the Guard Troop

Re-enactment of the Gate opening and closing ceremony, and the round guard in the Heijyo Palace Site by a *Tempyo*-fashioned guard troop. Photo shoots in front of *Kentoshi-sen* (Japanese envoy ship to China)

[Events Associated with A New Era]

Loudest Voice Contest

Place: Suzaku-mon Stage

Calligraphy

Place: *Monozukuri Hiroba* (Craft Corner)

Suzaku-mon Stage Events

May 3 & 5 (Holiday) Performance of *Wadaiko* (Japanese drums), Songs and Dances

May 3 (Holiday) *Tempyo* Girls' Collection

May 4 (Holiday) Tai Ji Demonstration

Other Events

Street Performance by People in *Tempyo* Fashion (as appropriate)

Educational Stamp Collection Rally (paid event)

Guided Tour of Heijyo Palace Site (paid event) is held on May 3, 4, 5 (Holidays).

*Recruiting participants now. Please ask the executive committee for details. Tel. 0742-25-0707

No parking lot will be available for visitors. Please use public transportation. (A free shuttle bus will run).

There may be some changes in the contents of the events.

Inquiries: Heijyo-kyo Tempyo-Sai Festival Executive Committee Office Tel. 0742-25-0707



Spring Sports Festival May 12th (Sunday)

The opening ceremony will start at 8:00 at *Naraden Arena*.

Eligibility: Citizen amateur athletes, but athletes who work or study in Nara City are also eligible.

Application: Please fill in the application form and send or bring it to Sports Shinko-Ka (Sports Promotion Section, Tel. 0742-34-5376) no later than April 11th (Thurs.). You may send the application form by email to sports-taikai@city.nara.lg.jp, however, neither phone nor fax application will be accepted. Brochures with detailed information and application forms are available at Sports Shinko-Ka (Sports Promotion Section), Shutcho-sho, Administration Centers and *Renraku-sho* (Liaison Office).

You may download them from the City Office website at <http://www.city.nara.lg.jp>.

Inquiries: Sports Shinko-Ka (Sports Promotion Section) Tel. 0742-34-5376

Events

Track and Field	Rubber ball Baseball	Softball
Soft Tennis	Tennis (Doubles)	Table Tennis
Handball	Basketball	Soccer (Football)
Badminton	<i>Judo</i>	<i>Kendo</i>
<i>Naginata</i>	<i>Sumo</i>	<i>Karate</i>
Shaolin gong fu (May 19, Sunday)	Gymnastics	Archery (May 3, Holiday)
Rifle Shooting	Clay Pigion Shooting (April 14, Sunday)	Weightlifting (Weightlifting and Powerlifting)
Volleyball	<i>Kyudo</i> (Japanese Archery)	Bowling
Rugby Football (May 11, Sat.)	<i>Jukendo</i> (Baynet Martial Art)	Gateball
Fencing	Recreation	Ground Golf (Application on the day except students)
Tai Chi (Application unnecessary) May 14 (Tues.) at Seibu Komin-kan (Gakuenmae 3-chome)	Hockey (June 30, Sunday)	

Business Days and Hours During Extended Golden Week from April 27 to May 6, 2019

Golden Week Holiday this year will be extended to 10 days, longer than usual. Please refer to Page 28 of "Nara Shimin Dayori" (Nara City Information) for the Business Days (opening days) for city government offices, hospitals and clinics, child rearing institutions, cultural, sports, tourism, and other institutions. If you need information on business hours, please visit the Nara City website or call 0742-36-4894 (Call Center). The information is available only in Japanese. For details, please contact the section concerned before the long holiday starts.

Tsuge Machizukuri Kyogikai (Tsuge Town Planning Association)

Looking for Participants for an Agriculture Experience Exchange!

1, Tea Leaf Picking Experience at Nara Prefectural Yamanobe High School

Date & Time: May 25 (Sat.) during the morning. (Will be held, rain or shine)

Place: Nara Prefectural Yamamobe High School (Tsuge-Tomodacho)

Contents: Picking tea leaves which Yamanobe high school students planted and grew.

Tea leaves grown in a cool climate have a sweet, good aroma and high quality.

This area's tea is very popular now.

2, Blueberry Picking Experience

Date & Time: August 18 (Sun.) during the morning. (Will be held, rain or shine)

Place: Kamifukawa Kanko Nouen Farm (Kamifukawa-cho)

Contents: Picking blueberries

Please enjoy eating the blueberries which are grown in the soft soil which is said to be the treasure of Kamifukawa-cho.

3, Harvest Winter Vegetables, Make Dried Persimmons

and Make *Shimenawa* (The sacred straw ornament for New Year)

Date & Time: November 3 (Sun., National Holiday) during the morning (Will be held, rain or shine)

Place: Kamifukawa Kanko Noen Farm (Kamifukawa-cho)

Contents: Digging up sweet potatoes and daikon radishes, making dried persimmons, and making *Shimenawa* at Tsuge Koryu Center

Others

Viewing the lily-of-the-valley flowers in the Hayama Region (from the middle of May to early June)

The Hayama region is known as the southern limit that lilies of the valley are distributed naturally. This region's lilies of the valley were named a natural monument in 1930.

You can enjoy viewing them here. The staff can show you the best viewing spot.

Gathering to View Fireflies in Tsuge (from the middle of June to early July)

You can enjoy watching *Genji* fireflies and *Heike* fireflies.

The staff can show you the best times and the best places, where fireflies dance beautifully.

Capacity: 80 elementary school students and over, who work and study in Nara City.

Fee: 1,000 yen For all events

Application: Send a postcard with your name, all of the participants' names, ages (school grade, if you are an elementary school student.), a phone number for daytime contact and e-mail address by April 22 (Mon.) to Tsuge Machizukuri Kyogikai. (1026-1, Tsuge Shiraiishi-cho, 632-0292) Excess applications will be decided by lottery.

Inquiries: Tsuge Machizukuri Kyogikai

Tel. 0743-82-0201 Fax. 0743-82-1950

Garbage Collection

Please Put Garbage Out by 7:30

Due to traffic accidents/jams, road construction, and amount of the garbage on that day, garbage may be collected later or sooner. Please put garbage out by 7:30, however, on the morning of collection day.

Unburnable Garbage Collection Dates and Areas in April

Area	Burnable Garbage	Unburnable Garbage
A F	Mon. & Thurs.	10, 24 (both Wednesdays)
B E		
C H	Tues. & Fri.	3, 17 (both Wednesdays)
D G		

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

Garbage Collection on April 27 and May 6

Garbage will be collection as usual except Saturdays and Sundays. Some details can be found in other pages of the Nara City Information for Residents, April issue.

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

City Seibi Kosha (Public Corp.) Tel. 0742-33-8782

How to Discard Home Heaters using Asbestos

For safer collection of asbestos, please contact Haikibutu-Taisaku-Ka (Garbage Control Section) for discarding home heaters, including those mentioned below, which might have been made in the 1960s and 70s: egg-shaped briquette warming pans, electric braziers, heaters for infrared *kotatsu* foot warmers, etc.

Note: as for friable asbestos in electric braziers and egg-shaped briquette warming pans, please wet the asbestos parts with water, and wrap them doubly with plastic bags.

Inquiries: Haikibutsu-Taisaku-Ka (Garbage Control Section) Tel. 0742-71-3001

To People who Keep Dogs

On April we will do set rabies shots.

Details are in the *Simin-Dayori* (Nara City Information) March edition and on the Nara City website. The term of rabies shots is from April to June.

Dog walking etiquette

Let's be careful not only to dispose of droppings properly but also in choosing a place to pee.

If you train your dog to excrete at home as much as possible, it can finish the toilet easily even on days you can't take a walk.

Inquiries: Hoken-Eisei-Ka (Health Sanitation Section) Tel. 0742-93-8395

HEALTH COLUMN

Hagukumi Center (13-1 Sanjo-Honmachi)

(The nickname for the Public Health Center / General Education Center

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

Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397

Tsukigase Administrative Center (Tsukigase Oyama) Tel. 0743-92-0480

Tsuge Health Center (Tsuge Shiraishi-cho) Tel. 0743-82-0341

Nara City hospital (Higashi-Kidera-cho 1-chome) Tel. 0742-24-1251

The Central Health Center is on the 2nd Floor of the Hagukumi Center Building.

Tuberculosis Examinations for Citizens

Tuberculosis is not a disease of the past. In recent years, in this city, tuberculosis in elderly people is increasing. Early detection prevents not only severe disease in yourself but also of the spread of disease. You should have a chest-X-ray examination at least once a year for yourself and those around you.

Date & Time: April 20 (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 Protection Section) between April 1 (Mon.) and 19 (Tues.).

Tel. 0742-93-8397

23-Valent Pneumococcal Polysaccharide Vaccine (PPSV23) for Adults

Vaccinations will be given only to those who choose to receive them and take responsibility, as it is classified as a B-category disease. Those who are between 60 and 65 and have disabilities of the heart, kidney or respiratory organs or have extreme limitations in daily life due to HIV must get approval in advance from Kenko-Zoshin-Ka (Health Care Section).

Age	Those Eligible (You can vaccinate even before DOB until March 31, 2020)
65 years old	Those born between April 2, 1954 and April 1, 1955
70 years old	Those born between April 2, 1949 and April 1, 1950
75 years old	Those born between April 2, 1944 and April 1, 1945
80 years old	Those born between April 2, 1939 and April 1, 1940
85 years old	Those born between April 2, 1934 and April 1, 1935
90 years old	Those born between April 2, 1929 and April 1, 1930
95 years old	Those born between April 2, 1924 and April 1, 1925
100 years old and over	Those born on or before April 1, 1920

*You need to be registered as a citizen of Nara City by the vaccination day.

Vaccination: One time at a registered clinic in Nara City.

Make an appointment in advance.

Fee: Copayment of 3,000 yen

Things to bring: Health Insurance Card or something to confirm your name, address and date of birth.

To those who are in Public Assistance Households or family members receiving Support Benefits for Remaining Japanese in China, etc.

You are exempt from vaccination fees if you get a certificate such as “Welfare recipient” or “Support Benefits for Remaining Japanese in China”, etc. issued by Hogo-Daiikka (First Public Assistance Section), or Hogo-Dainika (Second Public Assistance Section) of Nara City office, and bring it on the vaccination day.

***Those who have already received PPSV23 are not covered by the subsidies.**

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

Cancer Examinations (May)

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

Period: From April 1 (Mon.) to 19 (Fri.). Internet applications will be accepted until April 10 (Wed.).

*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.

Stomach and Lung Cancer Examinations

Date	Place	Reception Time	Capacity
9 (Thurs.)	Hagukumi Center	8:45 – 9:45	33
14 (Tues.)	Seibu Toshokan	9:45 – 10:45	23
15 (Wed.)	Nara City Hall (Conference Room No. 3)	9:00 – 10:00	30
16 (Thurs.)	Corop Oshikuma	9:15 – 10:15	27
17 (Fri.)	Miata Kominkan	9:15 – 10:15	27
21 (Tues.)	Tomigaoka Kominkan	9:30 – 10:30	26
23 (Thurs.)	Hagukumi Center	8:45 – 9:45	33
24 (Fri.)	Hagukumi Center	8:45 – 9:45	33
27 (Mon.)	Hokubu Shutchosho	9:15 – 10:15	27
28 (Tues.)	Bosai Center	9:15 – 10:15	27
30 (Thurs.)	Corop Oshikuma	9:15 – 10:15	27

Lung Cancer Examination

Date	Place	Reception Time	Capacity
13 (Mon.)	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 may be added as an additional fee for a sputum examination based on general checkup (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 last 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

Medical Checkup for Babies and Children

Things to Bring: The questionnaire which will be sent to you during the middle of April and your *Mother's and Child's Health Handbook*. People who moved to Nara City after April 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 Tel. 0742-34-1978

Name	Date	Place
Checkup for 4-month-old babies (Born in January 2019)	Within one month from the 4-month birthday	Designated Medical Facilities
Checkup for 10-month-old babies (Born in July 2018)	Within one month from the 10-month birthday	Designated Medical Facilities
Checkup for 19-month-old children (Born in September 2017)	May 9, 16, 23, 30 (Thursdays) Reception: 13:15 – 14:15; Waiting numbers will be distributed at 12:45	Central Health Center (Chuo Hoken Center)
Checkup for 3 and a half-year-old children (Born in October 2015)	May 7, 14, 21, 28 (Tuesdays) Reception: 13:15 – 14:15; Waiting numbers will be distributed at 12:45	Central Health Center (Chuo Hoken Center)

Classes for Babies

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

Those Eligible: First-born children born in December 2018 and their guardians

Date & Time: May 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 May 2018 and their guardians

Date & Time: May 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 (Sanjo-Honmachi)

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 Healthcare Consultation

Consultation by Visiting Public Health Nurses

	Date	Place
April	16 (Tues.)	Koto Kominkan*
	17 (Wed.)	Heijo Nishi Kominkan
	23 (Tues.)	Heijo Kominkan

Time: 9:30 – 11:30 (*10:00 – 12:00)

Consultations over the phone or at the office are held on weekdays in Boshi-Hoken-Ka (Mother-and-Child Health Section) 8:30 – 17:15

Midwives' Consultation

Seibu Kaikan (2F) Consultation Room (Consultation at the Office)

Date & Time: Weekdays 10:00 – 14:00 (Reception time is until 13:30)

Boshi-Hoken-Ka (Health Section) (Consultation over the phone or at the office)

Date & Time: Weekdays 9:00 – 15:00

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

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

Those Who Will Receive Individual Notices in April

(Notices were sent in late March)

Preliminary Examination Leaflet: Those born in February 2019.

Preliminary Examination Leaflet, *Mother's and Child's Health Handbook* and the Health Insurance Card, etc. are needed to get vaccinations. Those who don't have a Preliminary Examination Leaflet due to moving to Nara City should contact us. *Fill out forms with an indelible black ballpoint pen.

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

Bosai Center Fire Fighting Fair

(Entrance is free)

Date & Time: May 11 (Sat.) 9:30 – 12:00

This event will be held even in light rain. Contents might change in case of heavy rain, disaster, etc.

Place: Bosai Center (Hachijo 5-chome)

Contents: 1. Fire operations center tour (1st time: 10:00 - , 2nd time: 11:00 →)
2. Fire engine water discharge experience (10:30 – 12:00)
3. Experience riding an ambulance and fire engine (support vehicles).
4. Disaster prevention experience (firefighting, smoke evacuation)
5. Big 119 Sugoroku (Japanese traditional board game)
6. Fun corner (puzzles & quizzes, etc.)



Inquiries: Bosai Center (Disaster Prevention Center) Tel. 0742-35-1106

Japanese Encephalitis Vaccinations for Those Born in April 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 7-1/2 year old birthday

Vaccination Method:

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 vaccination

Things to Bring: The Preliminary Examination Leaflet, the *Mother's and Child's Health Handbook* and your child's ID document, such as a Health Insurance Card, etc.

*Fill in the Preliminary Examination Leaflet with indelible black ballpoint pen.

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

Applications: Make an appointment at a registered clinic on the City website.

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

To Those who Have Moved to Nara City with pre-school children

We're asking parents of preschool aged children to submit the form "current status of vaccinations" to get an idea of the vaccination history of preschool children who have moved to Nara City.

We will explain what vaccinations will be needed in the future after finding out the child's history at their previous residence. Please see the post on the City website for further details.

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

Hello! Visiting Babies (Free of Charge)

We are visiting all homes to see babies less than 4 months old.

If You Have Worries about Baby-Rearing or You Need Consultation on Breast feeding

If Your Baby's Birth Weight was 2,500g or Under

Please notify us of these cases because special care under the mother-child health law will be needed, such as in living conditions and prevention of diseases.

Application: please phone or send the green "newborn baby" postcard attached in the "*Mother's and Child's Health Handbook*" to Boshi Hoken-ka, after filling in the information on the back side of the card. 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 Don't Have Any Particular Worries about Baby-rearing

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

*This is done for all homes under the Child Welfare Act.

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

You may get a phone call about the counselor's visit from a different phone number from the above.

Fluoride Coating for Tooth Decay Prevention

Those Eligible: Those born in May 2017 (Until age 26 months as of the month of coating)

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

Place: Central Health Center

Contents: Dental checkup, fluoride application, brushing guidance

Things to Bring: *Mother's and Child's Health Handbook*, a tooth brush, towels

Application: Phone, fax or apply through the City website with the class name, child's name, the date of birth and phone number to Boshi-Kenko-Ka by April 26 (Fri.)

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

Mottainai Pottery Market

Unused ceramic tableware you have at home can be collected, or can be taken home for free.

Items which Can't Be Collected:

Items from other cities or used by a business. Ashtrays and flower vases, which are not tableware.

Tableware with food, etc. stuck on it. Unglazed dishes and earthen pots. Tableware made of glasses, plastic, metal or wood. Tableware with rubber bottoms and handles (unless removed).

*Items will be checked when donated. If they can't be accepted, please take them back home.

Date & Place: 1. April 3 (Wed.) at Co-op Oshikuma (Oshikuma-cho)

2. April 10 (Wed.) at Co-op Shichijo (Shichijo-Nishimachi)

3. April 17 (Wed.) at Hagukumi Center (Sanjo-Hommachi)

Time: 10:00-13:00 Collection will be until 12:30

*Please bring your own bags to bring items home in.

Inquiries: Kankyo-Seisaku-Ka (Environmental Management Division) Tel. 0742-34-4591

Seeking Participants for an Outdoor Soft Tennis Class

Date & Time: Every Saturday & Sunday from May 18 (Sat.) 9:30-11:30, 10 times

Place: Seibu Shogai Sports Center Tennis Court (Maruyama 1-chome)

Capacity: 30 elementary school students from the 3rd to 6th grades

Fee: 3,300 yen

Application: Send a return Postcard with the class name, address, your name (with the reading in Kana), age, grade, the guardian's name, gender and phone number to Naraden Arena (1-3 Horen-Sahoyama 4-chome 630-8108) no later than April 30 (Fri.). Excess applications will be decided by lottery. Tel. 0742-24-1501

Junior Exercise Class

Period: Around 30 times from April to February 2020.

Place & Date:

1. Saturday mornings at Sahogawa Elementary School starting on April 13 (Sat.) 8:30

2. Saturday afternoons at Ukyo Elementary School starting on April 20 (Sat.) 13:00

3. Sunday mornings at Omiya Elementary School, starting on April 14 (Sun.) 8:50

Capacity: 20 elementary school students each class

Fee: 20,000 yen for one year

Contents: Learning the basic art of mat gymnastics, the vaulting horse and low iron bar, etc.

Application: Send a return postcard with the class number 1-3, your name (with the reading in Kana), address, gender, school name, grade, phone number, and the guardian's name, to Ms. Kimiyo Uenishi of the City Gymnastics Society (314 Tukise Tsukigase 630-2305) no later

than April 6 (Sat.). Excess applications will be decided by lottery which takes priority to lower grades. One card per person. Tel. 0743-92-0405

Exercise Class for Parents and Children

Date & Time: Every Saturday from May 18 (Sat.) to March 21 (Sat.) 2020.

25 times 1.13:40-15:00 2. 15:10-16:00

You can participate in both classes.

Place: Sogo Fukushi Center Gymnasium (3-1, Sakyo 5-chome 631-0801)

Contents: Build up basic physical strength by rythmique gymnastics and move the body happily.

Capacity: 80 mentally handicapped children elementary school students and over with guardians

Period: Until May 16 (Thurs.)

Application: Send an application form, a return postcard or fax with class name, address, child's name (with the reading in Kana), age, phone number, fax number, and whether the child has a disability or not (if yes, its type and grade), the guardian's name (only for those who are under 20 years old) to Naraden Arena by May 16 (Thurs.). Excess applications will be decided by lottery.

*If a weather warning has been issued by Nara City two hours before starting time, the class will be cancelled.

Nara Centennial Hall

7-1 Sanjo-Miyamae-cho 630-8121 Tel. 0742-34-0100

Nara Centennial Hall Seeks Participants for Classes for Children

Chorus Class for Children

Date & Time: Thursdays from May 2019 to March 2020, 17:00-18:30 (about three times a month)

Instructors: Ms. Atsuko Yamaguchi and Ms. Setsu Takagaki

Capacity: Elementary school students/ Guardians need to take their children to and from the class.

Fee: 2,500 yen a month

Others: A trial lesson will be held April 18 (Thurs.) 17:00-18:30. An application is needed.

Application: Send a return post card with the class name, your address, the guardian's name, child's name (furigana), child's age (school grade) and phone number, to Nara Centennial Hall no later than April 20 (Sat.).

Joyful Rythmique Class (6 times, the first half period)

Date & Time: Thursdays from May to July

1.10:00-10:45 2.11:00-11:45 3.Either time is OK.

Instructor: Kanai Keiko-san who has an advanced rythmique teaching license

Capacity: children aged one or two-year-old and their guardians, about 15 pairs

Fee: 6,000 yen for one guardian and one child, 9,000 yen for one guardian and two children

Application: Send a return post card with the class name, the desired time, your address, the guardian's name, child's name (furigana), child's age (school grade), and phone number to Nara Centennial Hall no later than April 20 (Sat.). Excess applications will be decided by lottery.

Please Follow Rules When You Put Garbage Out!

On February 12 there was a fire in a garbage collection car while collecting large-size garbage at Aono-cho 1-chome, and the car was destroyed. We have been investigating the cause of the fire.

When you dispose of a kerosene stove or a stove burner, be sure to remove batteries from them in order not to cause a fire, and defuel the tank to prevent fire spreading. Please cooperate with garbage collection by following the rules for proper disposal. For detail, please visit the website of Machi-Bika-Suishin-Ka (Town Beautification Promotion Section).

Inquiries: Machi-Bika-Suishin-Ka (Town Beautification Promotion Section)

Tel. 0745-71-3003



Please Cooperate with Recyclable Garbage Collection When You Put Garbage Out, Check the Following.

Plastic Bottles Collection

Please tear off labels on plastic bottles and remove caps, and put them out as recyclable garbage. Please dispose of the removed caps and labels as plastic-container packaging garbage.

Beverage Carton Collection

Please dispose of beverage cartons with caps as recyclable garbage after removing caps and spouts. Cartons with caps and spouts are not collected. Please throw away caps and spouts as plastic-container packaging garbage.

Others

- *Please separate empty glass bottles depending by color; transparent, brown, or other colors. Then put them in designated containers.
- *Please put garbage in a container filled to 60 per cent of its capacity. Then use another container.
- *When you throw away bottles in a net bag, only put them as many as you can and bind the bag. Then please use another net bag.
- *Please return containers and net bags including unused ones after garbage collection on the day.

Inquiries: Recycle-Suishin-Ka (Recycle Promotion Section) Tel. 0745-33-5380

Children's Festival at *Kids Manabi-no-Floor* in the Education Center Special Day Event on April 29 (Holiday)

- 1) Planetarium Show "*Nijiro-to-Uchu-Tanken*" (*Nijiro's Space Expedition*)
- 2) Experiment "*Hikari-to-Asobo!*" (*Let's Play with Light!*)
- 3) Handcraft "*Asobiya-Hasshi-no-Chocho-to-Asobi*" (*Play for a bit with Hasshi*)
- 4) Fun talk show on the starlit sky "*Hoshi-ni!*" (*Star-Brother*)

Time: 1) 2) 3) 9:50-14:00 4) 11:00-12:00

Capacity: 1) 40 people 2) 20 people 3) 20 people 4) 190 people (adults without children may attend)

Others: It is necessary for children to be accompanied by guardians.

For attendance, numbered tickets for each event will be distributed from 9:30 on the day.

For 4), seating is free, hall admittance by numerical order.

Other Events on May 3 (Holiday), 4 (Holiday) and 5 (Holiday)

Golden Week movie screening

Talk show (only on May 5 (Holiday))

Golden Week planetarium show "*Boku-Tachi-Wakusei-8-Kyodai*" (*We 8 Planets Are Siblings*)

Planetarium Show

Date: Every Saturday and Sunday

Capacity: 40 people for each show. Children must be accompanied by guardians.

Reception starts 30 minutes prior to the show in front of the elevator.

First-come-first-served basis.

Inquires: Kyoiku-Shien-Ka (Education Support Section, Education Center)

Hagakumi-Center, 13-1 Sanjo-Honmachi 9F, 630-8122 Tel. 0742-36-0401

Closed on April 30 (Holiday), May 1 (Holiday), 2 (Holiday) and 6 (Holiday) during Golden Week

*There is a possibility that contents and schedule may change.

*For further information, please refer to the event leaflet or Nara City website (only in Japanese).

