

Nara City Information for Residents

February 2019 Issued by Nara City Hall (No.1179)

(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



Nara City Is Striving to Protect Children's Lives.

There are many dangers threatening children occasionally, such as incidents, accidents, bullying and so on. It is essential for children to know how precious their lives are and that they are protected heavily. After growing up they will contribute to build a "life protection-conscious" society based on what they learned in childhood.

The Present Situation of Dangers for Children

From data issued by the Metropolitan Police Department, 9,623 elementary and junior high school students (during the five years from 2014 to 2018) were killed or injured by traffic accidents on their way to or from school. This represents 35.3% of child casualties during those five years.

Children need to be more careful about traffic accidents, and we should be more conscious of children's safety at the same time.

In 2018 the Police Received 137 Reports about Dubious Persons, Connected to Elementary and Junior High School Students in Nara City. — from data issued by the Nara Prefectural Police

It shows that there was an average of 11.4 reports per month, or one report every three days. Especially in May, 23 reports - the greatest number in the year - were made. We need to work to observe children to protect them in our daily lives.

Safety for Children

The Whole Community Raising Children in a Safe Environment

Nara City is promoting safety through cooperation with communities, schools, and guardians.

Tomiokita Elementary School's 14-year-old Activity Hand-in-hand with the Community

Tomiokita Elementary School has been carrying out this activity since 2004. Children go to and return from school safely with support from the community. Each group of children is brought to a designated meeting by their guardians. Then they go to school passing through points where local volunteers check their safety, and the process is repeated as they go home from school.

Mindset of Protecting Children's Lives

Each group of children has a leader. As well older children are supposed to take care of younger ones. So children are involved in their safety with support from adults. In this way the mindset of protecting their own lives will be passed down to the younger children.

Broader and Deeper Relationships in the Community

Through this activity volunteers and guardians are making friends with people in the community and graduates of the school, such as junior and senior high school students.

Sharing the purpose of "Protecting Children's Lives", the school and its guardians are creating closer and stronger ties in the whole area.

Nara City's Approach: Introducing a Communication Device for Greater Safety

Nara City started introducing a communication device system for children's safety on their way to and from school in 2017. The equipment is already in operation at all public schools in Nara City.

Each child has a free IC tag. A detector installed at the school gate senses the tag, and the time is recorded in the terminals at the school and on the operator's device. If guardians want to know when their children pass through the gate, they can receive the information via email for a fee.

Consequently this system will help secure children's safety on the way to and from school effectively, as well as increase people's careful attention to children.

To Protect Children

Disaster Prevention: Studying Disaster Prevention for 11 Years Continuously at Kodomo-en, Elementary Schools, and Junior High Schools in the Heijo-Nishi Junior High School District

Among the “conferences for district education” established in each of the city’s junior high school districts, education for disaster prevention flourishes in the Heijo-Nishi junior high school district. Disaster prevention education has been carried out for 11 years from pre-school through junior high school. In 2016 this program was awarded the Fire and Disaster Management Agency’s “21st Annual Grand Prize for Town Disaster Prevention Planning” by the President of the Japan Fire and Disaster Prevention Association. Here are two of their selected characteristic programs.

1. Kid Fire Fighters, and Junior Paramedics Curriculum Training Course

Cooperating with a local fire station, education programs are practiced, based on school grade. For example, they can learn about disasters through physical practice of disaster prevention and picture story shows at Kodomo-en, they can experience first aid from elementary school, and they master the technique for cardiopulmonary resuscitation and using an AED when graduating from junior high school. Children and students are given certificates to cultivate awareness not only of disaster prevention but also of helping people.

2. Disaster Prevention Seminar

Events for disaster prevention are organized once a year, calling together residents, children, and students. There are various events, such as listening to stories about earthquake experiences by medical dispatchers, etc, cooking emergency rations, carrying people on a stretcher, lectures about first aid, etc. Children and adults study together to make them more aware and get useful information at disaster scenes.

Let’s Protect Children’s “Hearts”

Bullying is becoming a very big problem among children recently. It might cause serious problems.

Nara City’s Actions Against Bullying

1. Support Staff Specializing in Bullying

Support staff who watch students all day are deployed at some junior high schools where bullying was reported. They watch students carefully, especially during rest times when teachers are unable to watch students. The people chosen as staff members have many experiences in teaching. They are always in contact with students, so it is reported that they find out about bullying from conversations with students.

2. SNS, Consulting Applications

Consulting Applications, introduced last September, are available to consult about or report bullying anonymously. Chat-form consultations are also available by using a messenger. Emergency issues can be responded through the Municipal Bullying Counselling Hotline (It works 24 hours).

Shiawase Kairo (Paths of Happiness)

Nara Ruri-e

Period & Time: February 8 (Fri.) – 14 (Thurs.) 18:00 – 21:00

This event will be held in light rain, but might be cancelled in case of inclement weather.

Kasuga Taisha Shrine, Kofukuji Temple, Todaiji Temple and Nara National Museum will be connected by light corridors. You may feel like you are being illuminated by lapis lazuli.

Light Up Venue & Light Objects

Date & Time: February 8 (Fri.) – 14 (Thurs.) 18:00 -21:00

Place: Nara Park (Admission free)

*There is a 500 yen fee for a *Hana-tanzaku* (a strip of paper for writing wishes) in the *Fuyu-Tanabata* Road area in Nara Kasugano International Forum IRAKA.

Special Night-Time Admission

Date & Time: February 8 (Fri.) – 14 (Thurs.)

Place & Contents:

Kasuga Taisha Shrine

Night-time admission to *the main hall of the shrine. The hanging lanterns will be lit.

Night-time admission to **Kokuhoden* (museum of the shrine).

(February 9 to 11. Last entry at 20:00. Closing time is 20:30)

Kofukuji Temple

Night-time admission to **Tokon-do* Hall (Last entry at 19:45.),

**Kokuho-Kan* (Last entry at 20:00.)

The Five-Story Pagoda will be lit up.

Todayji Temple

Night-time admission to the *Daibutsuden* (Great Buddha Hall) (February 9 to 11. Last entry at 20:00) The *Chu-mon* (middle gate) and the *Kanso-mado* (wooden window) of the front arched gable of the *Daibutsuden* (Great Buddha Hall) will be opened to show the Buddha's face illuminated. The *Chu-mon*, the roof of *Daibutsuden* and the *Nandai-mon* (south gate) will be lit up. Also, the octagonal bronze lantern in front of the hall will be lit. (until 20:30) *Kongo-Rikishi* (guardian) statues will be lit up (until 21:00)

*Nara National Museum

Special exhibitions: Omizutori (Water-drawing ceremony); 770th Anniversary of Holy Priest Kakujo's death; Toshodaiji in the Kamakura era and reconstruction of Buddhist precepts. Fine arts on exhibit: The Treasure Arts of Buddhism and the Treasure Statues of Buddha. (Last entry at 20:00, regular closing time is 20:30; for February 8 (Fri.) and 9 (Sat.), last entry at 20:30 and closing time is 21:00)

*Closing times will be different at each place. Places with * charge an admission fee.

Night-Time Admission with Lanterns

Date & Time: February 8 (Fri.) – 14 (Thurs.) 18:00 – 20:00 (Last entry)

Place: In front of Nara Kasugano International Forum IRAKA (reception)
3 routes (Kasuga Taisha Shrine, Todayji Temple, Kofukuji Temple)

Sale of Shiawase (Happiness) Cocoa

Date & Time: February 8 (Fri.) – 14 (Thurs.) 17:30 – 20:30

Place: In front of Nara Kasugano International Forum IRAKA

Fee: 500 yen

ANNIVERSARY Sky Lantern Event

Date & Time: February 9 (Sat.)

Lantern exchange 19:00 – 19:50 Lanterns will be released all at once at 20:00,

(This event will be postponed to February 10 or 11 in case of light rain or strong wind.)

Place: Kasugano-enchi venue in Nara Park

Fee: 2,500 yen for an advance ticket (February 8 18:00 – 21:00)

3,000 yen for the day (February 9 15:00 – 18:00)

Others: Tickets are limited. Each ticket comes with a *Hana-tanzaku* (a strip of paper for writing wishes). Tickets are sold at Kasugano International Forum IRAKA

Birthday Fireworks to Celebrate the Foundation of Nara Park

Date & Time: February 14 (Thurs.) 19:00 – 19:30

Place: Kasugano-enchi venue in Nara Park

*Countdown event starts from 19:00

*Fireworks will start from 19:30 (This event will be cancelled in case of inclement weather and will not be postponed).

Inquiries: Nara *Rurie Jikko* Inkai (Executive Committee) Tel. 0742-20-0214

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.

Cancer Examinations in March

Please apply to Kenko-Zoshin-Ka (Health Care Section) by phone, fax or internet through the website. Applications will be accepted from February 1 (Fri.) to February 20 (Wed.), and online applications by February 10 (Sun.). Free of charge for those who are on social welfare or households exempt from residential tax. Please notify us of such when you apply.

A Set of Stomach and Lung Cancer Examinations

Date	Place	Reception	Capacity
1 (Fri.)	Tomio-minami Kominkan	9:15-10:15	27
4 (Mon.)	Hagukumi Center	8:45-9:45	33
8 (Fri.)	Nara City Hall (Conference Room 3)	9:00-10:00	30
12 (Tues.)	Hagukumi Center	8:45-9:45	33
15 (Fri.)	Seibu Shogai Sports Center Club House	9:15-10:15	27
18 (Mon.)	Hokubu Shutcho-sho	9:15-10:15	27
19 (Tues.)	Tomigaoka Kominkan	9:30-10:30	26
20 (Wed.)	Co-op Oshikuma	9:15-10:15	27
22 (Fri.)	Seibu Toshokan (Library)	9:45-10:45	23
25 (Mon.)	Hagukumi Center	8:45-9:45	33
26 (Tues.)	Nanbu Kominkan	9:15-10:15	27
27 (Wed.)	Koto Kominkan	9:30-10:30	24
28	Co-op Oshikuma	9:15-10:15	27

Lung Cancer Examination

Date	Place	Reception	Capacity
20 (Wed.)	Hagukumi Center	14:00-15:00	60

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

Lung Cancer Examination: Chest X-Ray

Fee: 1,500 yen (1,000 yen for stomach examination only, 500 yen for lung examination only).

600 yen as 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, except those who are pregnant; had stomach, lung or bowel surgery in the past or those organs are currently being treated; have barium sensitivity or have accidentally swallowed it (for those, the lung cancer exam is possible); or had the Nara City stomach cancer examination with an endoscope in FY 2017 (for those, the lung cancer exam is possible).

Others: If you are breastfeeding a baby, please notify us of such when you apply. The interval for examinations is once a year. You might not be able to have an examination depending on your physical condition or the results of the general check-up on the day.

Inquiries: Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129 Fax. 0742-34-3415

Japanese Encephalitis Vaccinations for Those Born in Feb. 2016

Check the Booklet of Pre-examination Sheets and Make Sure to Get First Term Vaccination against Japanese Encephalitis. The First Term Vaccination Consists of Two Initial Vaccinations and One Additional Vaccination.

Vaccination Period: Between age 3 and one day before the 7-1/2 years old birthday

Vaccination Method: The general schedule is two initial vaccinations with an interval of one to four weeks, followed by one additional vaccination one year after the completion of the initial vaccinations.

Things to Bring: The booklet of pre-examination sheets, *Mother's and Child's Health Handbook*, and an ID such as a Health Insurance Card. Fill in the pre-examination sheet with an indelible black pen beforehand.

Application: Make an appointment at a registered clinic (see the City website). Those who are not registered residents of Nara City are not eligible.

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

Fluoride Coating for Tooth Decay Prevention

Those Eligible: Those born in March 2017. Eligible up until age 2 years and 4 months.

Date & Time: March 15 (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 toothbrush, and towels

Application: Call or fax to Kenko-Zoshin-Ka (Health Care Section) with the title of the program you are applying for, your child's name, the date of birth and your phone number by Feb. 28 (Thurs.). You may also apply through the City website
Tel. 0742-34-5129 Fax. 0742-34-3145

Individual Notifications in February

Booklets of pre-examination sheets for those born in Dec. 2018 were sent out during the last 10 days of January

Vaccinations are available when you have the booklet, *Mother's and Child's Health Handbook* and a health insurance card. Before getting vaccinated, fill in the pre-examination sheet with an indelible black pen. Contact Hoken-Yobo-Ka (Health Protection Section), if you have moved to Nara City recently and don't have a booklet yet. Tel. 0742-93-8397

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 February. People who moved to Nara City after February 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 Kenko-Zoshin-Ka (Health Care Section).

Name	Date	Place
Checkup for 4-month-old babies (Born in Nov. 2018)	Within one month after 4-month birthday	Designated Medical Facilities
Checkup for 10-month-old babies (Born in May 2018)	Within one month after 10-month birthday	Designated Medical Facilities
Checkup for 19-month-old children (Born in July 2017)	March 7, 14, 28, April 4 (Thursday) 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 Aug. 2015)	March 5, 12, 19, 26 (Tuesdays) Reception: 13:15 - 14:15 Waiting numbers will be distributed at 12:45.	Central Health Center

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

Various Classes for Babies

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



Those Eligible: First babies born in Oct. 2018 and their guardians

Date & Time: March 6 (Wed.) and 20 (Wed.) 10:00 - 11:30

Contents: Lecture about baby food by a dietitian and lecture about child rearing by a health nurse

Things to Bring: *Mother's and Child's Health Handbook* and the leaflet on baby food included in the questionnaire for the checkup for 4-month old babies, etc.

Capacity: 40 families per day

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

Those Eligible: First babies born in March 2018 and their guardians

Date & Time: March 5 (Tues.), 19 (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 a piece of gauze for wiping the baby's mouth

Capacity: 30 families per day

Place: Hagukumi Center (13-1 Sanjo-Honmachi)

Application: please call or fax with the class name, address, child's name, the date of birth, guardian's name, phone number and the date you want to come, to Kenko-Zoshin-Ka (Health Care Section). Excess applications will be accepted for another day.

Tel. 0742-34-5129 Fax. 0742-34-3145

Maternal and Infant Healthcare Consultation

You can consult with us about how to look after yourself during pregnancy, breast-feeding, and infant growth and development.

Application is unnecessary. Just bring your *Mother's and Child's Health Handbook*.

Consultation by Public Health Nurse

Month	Date	Place
February	13 (Wed.)	Keisei Kominkan Hiramatsu Bunkan
	18 (Mon.)	Fushimi Kominkan Ayameike Bunkan
	20 (Wed.)	Heijo-nishi Kominkan
	26 (Tues.)	Heijo Kominkan
	28 (Thurs.)	Tomio-minami Kominkan

Time: 9:30-11:30

*Consultation over the phone or at the office is held on weekdays 8:30-17:15 at Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129

Maternity Nurse or Public Health Nurse Consultation

Place: Seibu Kaikan Second Floor Consultation Room: consultation at the office

Time: 10:00-14:00 on weekdays (Reception: until 13:30)

Place: Kenko-Zoshin-Ka: consultation over the phone or at the office.

Time: 9:00-15:00 on weekdays

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

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

Mottainai (Wasteful) Pottery Market

Ceramics tableware which you don't need at home will be collected, and donated tableware can be taken home for free.

Uncollectable Items: Tableware from other cities or which was used for business. Ashtrays and flower vases, which are not tableware. Dirty tableware with food, etc. on it. Unglazed pottery or earthen pots. Tableware made of glass, plastic, metal or wood. Tableware with rubber bottoms or handles (unless removed).

*Items will be checked when collected. Please take them back home if not accepted.

Dates & Places: February 6 (Wed.) at Co-op Oshikuma (Oshikuma-cho)

February 13 (Wed.) at Co-op Shichijo (Shichijo-Nishimachi)

February 20 (Wed.) at Hagukumi Center (Sanjo-Honmachi)

Time: 10:00 - 13:00 (Collection will be done until 12:30). Please bring your own shopping bag.

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

Hagukumi Center Nigiwai Ichiba

Date & Time: February 16 (Sat.) 9:30 - 12:00

Place: Hagukumi Center (Sanjo-Honmachi)

Contents: Sales of fresh vegetables, homemade bread and general merchandise, bazaar, games for kids, craft corners, planetarium, storytelling, health class, etc.

Inquiries: Hagukumi Center Kanri-ka Tel: 0742-34-2303

Seishonen Yagai Katsudo Center (Youth Outdoor Activities Center)

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

1. Skogamulle Class (Nature Experience Class)
2. Strövare Class (Observing Creatures Class)

Date & Time: Feb. 24 (Sun.) 10:00-15:30

It will be held rain or shine, but canceled in case of inclement weather.

Capacity:

1. 20 children from infants to senior kindergarteners.
2. 30 elementary school students.

Fee:

1. 2,000 yen for a pair of child and parent.
2. 3,000 yen for each person (an insurance fee is included)

Application: Please apply through the Seishonen Yagai Katsudo Center website by 17:00 on February 17 (Sun.).



Spring Citizen Tennis School

Date & Times: March 17 (Sun.), 21 (Holiday), 24 (Sun.) 9:00-12:00

Place: Kashiwagi Tennis Court (Kashiwagi-cho)

Capacity: 120 people, elementary school 4th graders and up. Open to both students and workers on Nara City. No experience required.

Fee: 3,000 yen per person and 2,000 yen for students from elementary to high school.

Application: Send a return postcard with your address, name, age, phone number, number of years of tennis experience, and any club you belong to; to Mr. Seiichi Yanagisawa of the City Tennis Society (8-4 Hiramatsu 2-chome 631-0846, Tel. 090-3629-7181) no later than March 5 (Tues.)

* The school will take place on the condition that it's held for two or more days out of three.

Schedule for Naraden Field Sports Classes

No.	Class Name	Date	Time	Capacity
①	Walking & Stretching	Feb. 5, 19, 26	A: 9:30-10:30 B: 13:30-14:30	15 people
②	Let's recover Physical Flexibility and Balance Function	Feb. 7, 14, 21, 28	A: 9:30-10:30 B: 13:30-14:30	15 people
③	Effective Methods of Stretching and Working Out	Feb. 1, 8, 15, 22	A: 9:30-11:00 B: 13:00-14:30	12 people
④	Soft Tennis	Feb. 23, 24, Mar. 2, 3, 9, 10, 16, 17, Apr. 6, 13 Occasional Date: Apr. 14, 28	9:30-11:45	50 people
⑤	Tennis Class	Feb. 23, Mar. 2, 9, 16, Apr. 6 Occasional Date: Apr. 13	9:20-10:20	8 people
⑥	Tennis Match Practice	Feb. 23, Mar. 2, 9, 16, Apr. 6 Occasional Date: Apr. 13	10:30-12:00	about 16 people

Place: ①・②・③: Naraden Field (5-1 Horen-Sahoyama 4-chome), ④・⑤・⑥: Naraden Konoike Field (9-1 Horen-Sahoyama 4-chome)

Fee: ①・②・③: 800 yen/each, ④: 7,000 yen/10 times (800 yen/each), ⑤: 3,800 yen/5 times (900 yen/each), ⑥: 4,000 yen/5 times (900 yen/each)

Those Eligible: ①・②・③: all people, ④: elementary school 3rd graders and over including senior citizens, ⑤: elementary school 3rd, 4th, 5th, and 6th grade students only, ⑥: all people who can play tennis matches

Things to Bring: All participants should bring sportswear, sports shoes, drinks and towels; those who participate in ④,⑤and ⑥ need tennis shoes and rackets

Inquiries: Naraden Field (Horen-Sahoyama 4-chome, Tel:0742-22-0001)

Change to Summer Vacation in Nara City's Elementary Schools and Junior High Schools

For the purpose of increasing of school hours for study and planning, reducing the burden on students, and also in light of the installation of air conditioners to improve the learning environment from the next fiscal year, we will make the following change to the summer vacation.

Changes: Summer vacation will be: July 21 - August 24. (However in 2019, the 2nd term's opening ceremony will be held August 26 (Mon..))

Others: Parents will be informed about the date of school lunch service and school hours in detail through each school.

Inquiries: Gakko- Kyoiku-Ka (School Education Section) Tel. 0742-34-4763

