

Nara City Information for Residents

January 2019 Issued by Nara City Hall (No.1178)

(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



Wakakusa-yama Hill Grass Burning Festival on Jan. 26 (Sat.)

Venue Site: Foot of Wakakusa-yama Hill

Schedule: Festival begins at 17:40. Fireworks begin at 18:15.

All grass is set on fire from 18:30

In case of poor burning conditions, the festival will be postponed to Jan. 27 (Sun.)

Inquiries: Wakakusa-yamayaki Gyoji-jikko Inkai (Wakakusa-yama Hill Grass Burning Festival Practicing Committee), c/o Ken Nara-Koen-Shitsu (Nara Park Office)
Tel. 0742-27-8677

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

It may not be accessible from some IP phones.

Traffic Regulations Will Be Enforced on The Day, Please Use Public Transportation.



O-Tondo (A Big Bonfire) at Kasuga

Date & Time: Jan. 26 (Sat.) 13:00 – 19:00

Used Shimenawa (Straw ornaments for New Year's Day) will be accepted until 18:00. In case of rain, it will be postponed to Jan. 27 (Sun.), and will be accepted until 16:00)

Place: Tobihino Field in Kasuga Taisha Shrine

Inquiries: Nara City Tourist Center Tel. 0742-22-3900

2018 Annual New Year Fire Brigades Parade

Date & Time: January 12 (Sat.) 9:30 - 13:00

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

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

<Training Zone> Around Konoike Pond

Joint fire extinguishing practice by city fire stations and the Volunteer Fire Corps

<Citizens' Participation Zone> In front of Naraden Arena
Serving *Butajiru* (miso soup with pork and vegetables)
Exhibition about disaster prevention

Note: Participants are requested to come by public transportation

Bus stop: "Konoike" or "Shiei-Kyujō-mae"

Inquiries: Somu-Ka, Shobo-Kyoku (General Affairs Section, Fire Department)
Tel. 0742-35-1199 0742-35-1191 (on the day of the parade)



Advanced Elderly Medical Service System

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

Those eligible: Those insured under the advanced elderly medical service system within the applicable period. (Those who are over 75 years old or between 65 and 74 years old and have some disabilities, and have joined the advanced elderly medical service system.)

Contents: The amount overpaid will be refunded from the advanced elderly medical service system and long-term care insurance, when the total copayment costs for medical and long-term care expenses for all members under the advanced elderly medical service system in a household between Aug. 1, 2017 and July 31, 2018 exceed the numbers listed below and an application is submitted.

Payment ratio (Advanced elderly medical service system)	Classification	Limited amount during the term
30 %	Over certain amount of income earner	670,000 yen
10 %	General	560,000 yen
	Low-income earner II (*1)	310,000 yen
	Low-income earner I (*2)	190,000 yen (*3)

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

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

(*3) The limited amount may be 310,000 yen if multiple members are under long-term care insurance.

*Please ask Kaigo-Fukushi-Ka (Care Management Section) for details.

Application to Fukushi-Iryo-Ka (Welfare Section for Medical Payment):

An application form will be sent to those eligible in late February from Nara-Ken Koki-Koreisha Iryo Koiki Rengo (Nara Prefecture Advanced Elderly Medical Wide-Area Alliance). However, no information will be sent to those listed below:

1. Those who moved into or out of other local governments during the period.
2. Those who changed their medical insurance during the period.

*Those who correspond to the above 1) and 2) should apply after getting a certificate for the amount of their copayment from their medical insurance and/or long-term care insurance.

Needed for Application: Advanced elderly medical insurance card, long-term care insurance card, bank book, seal, individual number card or individual number notification card, identity verification documents, and certificate for the amount of copayment by the applicant (only for those who correspond to the above 1) and 2)).

Note: ● Expenses not paid by insurance (for example: meal costs, extra bed charges, diaper costs, etc.), expenses which have been paid as expensive medical charges, and expensive long-term care charges cannot be covered with the above application.

- Copayments for both medical insurance and long-term care insurance for one household are necessary.
- Allowances below 500 yen cannot be applied for.
- Those who receive financial assistance by medical treatment systems for serious mental and physical disabilities or advanced elderly mental disorders should subtract the amount from the above systems from the expenses for the advanced elderly medical system.

Inquiries: Fukushi-Iryo-Ka (Welfare Section for Medical Payment) Tel. 0742-34-4754

Kaigo-Fukushi-Ka (Care Management Section) Tel. 0742-34-5422

Garbage Collection over the New Year's Holiday

(1) Jan. 4 (Fri.) Burnable Garbage for C, D, G, H areas

(2) Jan. 5 (Sat.) Plastic packages & containers for BE, CH, DG areas

(3) Jan. 7 (Mon.) Burnable Garbage for A, B, E, F areas

*For (1) and (3), no collection of plastic packages & containers

Garbage will be collected regularly according to the garbage collection calendar after Jan. 8 (Tues.). However from Jan. 4 (Fri.) to Jan. 11 (Fri.), the garbage collection time may be delayed until around 16:00 in some areas due to the large amount of garbage to be collected. Deliver the garbage to the pick-up site by 7:30 as usual. Garbage will be collected regularly on Jan. 14 (Holiday).

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

Collection of Dead Animals starts from January 4 (Fri.)

Collection Days & Areas for Unburnable Garbage in January

Area Code	Burnable Garbage	Unburnable Garbage
A, B, E, F	Mondays & Thursdays areas	16 (Wed.), 30 (Wed.)
C, D, G, H	Tuesdays & Fridays areas	9 (Wed.), 23 (Wed.)

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

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

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

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

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 Examination for Citizens

Date & Time: January 19 (Sat.) 9:30 - 10:30

Place: Nara-shi Sogo Iryo Kensa Center (General Examination Center), Kashiwagi-cho

Contents: Chest X-ray examination

Capacity: 15 people, 65 years old and over

Application: Call Hoken-Yobo-Ka (Health Protection Section) between Jan. 4 (Fri.) and 18 (Fri.)

Tel. 0742-93-8397

23-Valent Pneumococcal Polysaccharide Vaccine (PPSV23) for Adults

People who live outside of Nara City and want to receive this vaccination need to complete a necessary procedure in advance.

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

Combined Vaccination Against Measles & Rubella (MR)

Check Your *Mother's and Child's Health Handbook* and Make Sure of Being Vaccinated Twice to Ensure Immunity

First Vaccination: Eligible at one year old. Encouraged to be vaccinated soon after the first birthday

Second Vaccination: Eligible at five or six years old. Encouraged for those born between April 2, 2012 and April 1, 2013, before entering elementary school

Without Vaccinations...

Measles: It's an infectious disease caused by the measles virus. It's very contagious and almost 100% of those who are infected by the virus become ill. Fever, cough, nasal flow, eye mucus, and rashes are the main symptoms.

Rubella: It's an infectious disease of which fever, rashes, and lymph node swelling are the main symptoms. Measles and rubella are recently prevalent in adults. In adult cases, they often become seriously ill. If women in early pregnancy are infected, there is a risk of their babies being delivered with congenital rubella syndrome. Remember to be vaccinated at the designated ages.

For Vaccinations

Place: Make an appointment beforehand at a registered clinic (see City website)

Things to Bring: *Mother's and Child's Health Handbook*, Health Insurance Card as ID, and a booklet of pre-examination sheets for those born on and after January 1, 2013

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

Various Cancer Examinations (February)

Applications: Please apply by phone, fax or online to Kenko-Zoshin-Ka (Health Care Section).

Period: From January 4 (Fri.) to January 18 (Fri.). Online applications will be accepted until January 10 (Thurs.). 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
1 (Fri.)	Tomio-Minami Kominkan	9:15 – 10:15	27
4 (Mon.)	Hokubu Shutcho-sho	9:15 – 10:15	27
5 (Tues.)	Seibu Library	9:45 – 10:45	23
6 (Wed.)	Nara City Hall (Conference Room No. 3)	9:00 – 10:00	30
12 (Tues.)	Hagukumi Center	8:45 – 9:45	33
13 (Wed.)	Hagukumi Center	8:45 – 9:45	33
15 (Fri.)	Miato Kominkan	9:15 – 10:15	27
18 (Mon.)	Seibu Shogai Sports Center Club House	9:15 – 10:15	27
19 (Tues.)	Naramachi Center	9:15 – 10:15	27
21 (Thurs.)	Co-op Oshikuma	9:15 – 10:15	27
22 (Fri.)	Hagukumi Center	8:45 – 9:45	33
25 (Mon.)	Hokubu Shutcho-sho	9:15 – 10:15	27
28 (Thurs.)	Seibu Shogai Sports Center Club House	9:15 – 10:15	27

Lung Cancer Examination

Date	Place	Reception Time	Capacity
4 (Mon.)	Hagukumi Center	14:00 – 15:00	60

For the stomach cancer examination, you will drink barium at the site. Lung cancer examination means chest x-ray inspection.

Fee: 1,500 yen (1,000 yen for stomach cancer examination only, 500 yen for lung cancer examination only). You may have to pay an additional 600 yen as a sputum examination fee, based on your general checkup (postage might also need to be paid).

Eligibility: 40 years old and over, excluding pregnant women; those who had stomach, lung or intestine surgery or are in treatment; those who have barium sensitivity; had aspiration in the past (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).

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 check or interview results at the site.

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

Let's Take Specific Medical Checkups for those covered by National Health Insurance

Period: Until the end of January 2019

Those eligible: Those who are from 40 to 74 years old, and covered by National Health Insurance

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

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

Others: Applications for subsidies for the Head MRI Exams are being accepted for those who had specific medical checkups.

Inquiries: Kokuho-Nenkin-Ka (National Health Insurance and National Pension Section)
Tel.0742-34-4736

Those Receiving Individual Notice in January (Notices were sent during the last 10 days of December.)

Preliminary Examination Leaflet (Those born in November 2018)

You can get the vaccination if you bring the leaflet, *Mother's and Child's Health Handbook* and your health insurance card on the day of vaccination. Those who moved to Nara City recently and don't have a Preliminary Examination Leaflet should contact Hoken-Yobo-Ka (Health Protection Section). Please fill in with an indelible black pen.

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

Medical Checkups for Babies and Children

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

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

*Central Health Center (Chuo Hoken Center) is located inside of Hagukumi Center.

Name	Date	Place
Checkup for 4-month-old babies (Born in October 2018)	Within one month from the 4-month birthday	Designated Medical Facilities
Checkup for 10-month-old babies (Born in April 2018)	Within one month from the 10-month birthday	Designated Medical Facilities
Checkup for 19-month-old children (Born in June 2017)	Feb.7, 14, 21, 28 (Thursdays) Reception : 13:15-14:15 ; Waiting numbers will be distributed at 12:45	Central Health Center (Chuo Hoken Center)
Checkup for 3 and half-year-old children (Born in July 2015)	Feb. 5, 12, 19, 26 (Tuesdays) Reception : 13:15-14:15 ; Waiting number will be distributed at 12:45	Central Health Center (Chuo Hoken Center)

Maternal and Infant Healthcare Consultation

Consultation by Public Health Nurse

Month	Date	Place
January	16 (Wed.)	Keisei Kominkan
	18 (Fri.)	Heijo Higashi Kominkan *
	21 (Mon.)	Tatsuichi Fureai Kaikan
	29 (Tues.)	Miato Kominkan
	30 (Wed.)	Fushimi Kominkan
	31 (Thurs.)	Tawara Kominkan **
February	5 (Tues.)	Koto Kominkan ***

Time: 9:30 – 11:30 (*13:30 – 15:30, **10:30 – 12:00, ***11:00 – 12:00)

※ Consultation over the phone or at the office is held on weekdays 8:30 – 17:15

◆ **Consultation by Midwives and Public Health Nurses**

Seibu Kaikan Second-Floor Consultation Room (Consultation at the office)

Time: Weekdays 10:00 – 14:00 (Reception until 13:30)

Kenko Zoshin-Ka (Health Care Section) (Consultation over the phone or at the office)

Time: Weekdays 9:00 – 15:00

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

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

Japanese Encephalitis Vaccinations (Born in January 2016)

Receive the first term vaccinations (the first two and the booster)!

(Please read and check the Preliminary Examination Leaflet)

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

Vaccination Schedule:

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

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

Things to Bring: 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 an indelible black ballpoint pen. Please note that only those who are registered residents of Nara City on the day vaccination are eligible.

Application: Please make an appointment at a registered clinic (See the Nara City Website)

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

Fluoride Coating for Tooth Decay prevention

Those Eligible: Those born in Feb. 2017 (It is possible to apply until age 2 years old and 4 months)

Date & Time: Feb. 15 (Fri.), 9:30 – 11:30

Place: Chuo Hoken Center (Central Health Center)

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

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

Application: Please contact Kenko-Zoshin-Ka (Health Care 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 Jan.31(Thurs)

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

Assistance For Those Whose Children Will Be First- graders in Elementary School from this April.

Nara City will provide preparation expenses for children entering elementary school this April, according to the below-mentioned standards. Applicants should submit the application to Kyoiku-Somu-Ka (General Affairs Section of the Board of Education) or the municipal elementary school which your child will attend. Even if another of your children already receives assistance, you are asked to apply separately.

Please consult us if you are struggling to make a living for some reason.

Application Certificate: Households whose citizen tax income for 2018 equals the amount mentioned in the table or lower.

	Dependents between age 16 and 19 years old (*1)				
		None	1 person	2 persons	3 persons
Dependents	None	0 yen	11,100 yen	22,200 yen	33,300 yen
Under 16 years of age (*2)	1 child	31,300 yen	42,400 yen	53,500 yen	64,600 yen
	2 children	52,600 yen	63,700 yen	74,800 yen	85,900 yen
	3 children	73,900 yen	85,000 yen	96,100 yen	107,200 yen

*1 Children born between January 2, 1999 and January 1, 2002

*2 Children born between January 2, 2002 and January 1, 2018

Example: In the case of a house hold with two elementary and/or junior high school student dependents, the amount of citizen income tax should be a maximum of 52,600 yen.

Application Period: January 4(Fri.), 2019 – January 31(Thurs), 2019

Necessary Documents: Application forms available at Kyoiku-Somu-Ka(General Affairs Section of the Board of Education), downloadable from the Nara City website and Nara municipal elementary schools, your seal, bankbook and etc..

Inquiries: Kyoiku-Somu-Ka (General Affairs Section of the Board of Education)

Tel. 0742-34-5337

Various Classes for Babies

Paku-Paku Class for Five-Month-Old Babies (Baby Food Class)



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

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

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

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

Capacity: 40 babies each

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

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

Date & Time: Feb. 5 (Tues.) and 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 some gauze for wiping the baby's mouth

Capacity: 30 babies each

Place: Hagukumi Center (Sanjo Honmachi)

Application: Please contact Kenko-Zoshin-Ka (Health Care Section) by phone or fax with the class name, address, child's name and birth-date, parents' name, and phone number, as well as your preferred date. Excess applications will be accepted for another day.

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

Classes for Pregnant Women & Dental Checkup

Mother's and Father's Class

A	B	Contents
Feb. 6 (Wed.)	March 6 (Wed.)	Exchange with experienced mothers and lectures. (*Women in their first pregnancy)
Feb. 9 (Sat.)	March 9 (Sat.)	Bathing practice and lectures (*Women in their first pregnancy and their husbands)

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

Time: 9:30-12:00

Place: Hagukumi Center (Sanjo Honmachi)

Capacity: 24 families per class

Application: Call, send an e-mail, or fax with the class name A or B, your name, address, age, phone number, the expected delivery date, and whether your husband will attend or not, to Kenko-Zoshin-Ka (Health Care Section) by Jan. 30 (Wed.) for A or by Feb. 27 (Wed.) for B.
Tel. 0742-34-5129 Fax. 0742-34-3145

You may apply through the Nara City Website, but in Japanese only.

Maternity Happy Check (Dental Checkup for Pregnant Women)

Those Eligible: Pregnant women (between approx. 16 and 32 weeks)

Date & Time: (1) Feb. 28 (Thurs.) 9:30-11:30 (2) March 14 (Thurs.) 9:30-11:30

Place: Chuo Hoken Center (Central Health Center)

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

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

Capacity: 30 people

Application: Call or fax with the event name, your preferred date, your name, your date of birth, phone number, and expected delivery date to Kenko-Zoshin-Ka (Health Care Section) by Feb. 21 (Thurs.) for (1), and March 7 (Thurs.) for (2).

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

Hello! Visiting Babies

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

(1) If you have worries about baby-rearing or you need consultation on breast feeding-

(2) If your baby's birth weight was 2,500g or under- (Please notify us in these cases because special care 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 Kenko Zoshin-Ka, after filling in the information on the back side of the card. A midwife or public health nurse will visit your home.

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

If you do NOT have any particular worries about baby-rearing-

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

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

*This is done under the Child Welfare Act. You may get a phone call about the counselor's visit from a different phone number from the above.

Mottainai Pottery Market

Unused ceramic tableware will be collected and given away for free

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

Tableware brought in will be checked and items that we won't accept will be returned.

Dates & Places: January 9 (Wed.) Coop Shichijo (Shichijo Nishimachi)

January 16 (Wed.) Hagukumi Center (Sanjo-Honmachi)

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

Please bring your own bags for bringing items home.

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

Get together, ECO Kids!

Date & Time: January 13 (Sun.) 11:00-15:00

Place: Naramachi Center (Higashi-Terabayashi-cho)

Contents: Experience various things under the theme of "Preventing Global Warming" and enjoy an ECO day; Make things using natural materials or recycled materials, try quizzes and games about ECO life, play with nostalgic toys such as Otedama or Kendama, enjoy the pla-rail square and stamp rally, etc. Exhibition of works by ECO idea contestants and its award ceremony.

Re-use Corner

You can bring stuffed toys, stationery, and pla-rail (plastic train tracks) to reuse.

Inquiries: Nara Stop Ondanka-no-Kai (Nara Stop Global Warming Association)

Tel. 0742-49-6730 E-mail: otoiawase@naso.jp

Bosai Center (Disaster Prevention Center)

404-1Hachijo 5-chome 630-8145 Tel/Fax.0742-35-1106

Ordinary Lifesaving Course

Course of Treatment for Adults (Ordinary Lifesaving Course I)

Date & Time: January 9 (Wed.), 27 (Sun.), February 13 (Wed.), 24 (Sun.) 13:00-16:00

Course of Treatment for Infants (Ordinary Lifesaving Course III)

Date & Time: January.17 (Thurs.) 9:30-12:30

Contents: Instruction in cardiopulmonary resuscitation and using an Automated External Defibrillator (AED)

Capacity: 20 people, junior high school students and over

Application: Call Bosai Center by the day before each course Tel 0742-35-1106

Midwinter Training and Meeting to Learn Zen

Date & Time: January 19 (Sat.), 20 (Sun.) 6:00-7:00 (reception from 5:30)

Place: Kendo: Naraden Arena

Yari: Naraden Arena Naka Dojo

Judo, Zazen: Naraden Daini Budojo

Naginata: Naraden Daini Arena

Japanese Archery: Naraden Kyudojo



Capacity: Elementary school students and over who attend a Dojo in Nara City and are experienced in each course. Those who live or work in Nara City can attend.

Application: Apply at each location on the day of the event.

Inquiries: Naraden Daini Budojo Tel. 0742-27-6163

Naramachi Center

38 Higashi-terabayashi-cho 630-8362 Tel. 0742-27-1151

Nakayoshi Family Theater (puppet play)

Date & Time: February 17 (Sun.) ① 11:00-12:00 ② 13:30-14

Perfomers & Plays: Puppet theater Goro-goro: "Pig Seed"

Puppet theater Cambria: "I'll Became at Japanese Wolf"

Fee: 300 yen for those 3 years and over

Tickets: Gondo-san Tel/ Fax 0742-43-6344

"Good Morning!", "Welcome Back!", "Hello!"-Let's Greet Each Other!

To keep Nara City peaceful and safe towns, let's follow regulations and make plans for safety and security, to promote crime prevention and traffic safety based on good manners.

You should not do these things.

1. Park cars, etc. on the street and blocking traffic, making trouble for people's daily lives.
2. Leave cars, etc. in public spaces or on others' property.
3. Occupy public spaces.
4. Litter empty cans, etc. or dump rubbish illegally.
5. Smoke on the street without using an ash-trays.
6. Keep pets which hurt and trouble people.
7. Scrawl graffiti on public facilities, building, or other properties.

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

Let's Think about Disaster Preparation and Volunteer Activities!

Jan. 17 (Thurs.) is the Day of Disaster Prevention and Volunteering.

Jan. 15 (Tues.)-21(Mon.) is the Week of Disaster Prevention and Volunteering.

Exhibition of Photos and Materials related to Disaster Prevention.

Date & Time: Jan. 15 (Tues.)-18 (Fri.), 8:30-17:15 (by 16:00 on the 18th)

Place: Entrance Hall of City Hall on the 1st Floor

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

Information about Disaster Prevention on the Radio (Nara Dot FM78.4Mhz)

Information about daily measures for disaster prevention, crime prevention, influenza, etc.

“Nara City Information about Disaster and Crime Prevention” (5-minute program)

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

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

“Shittoko Information about Disaster and Crime Prevention” (20-minute program)

Fri.: 18:20

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

Let's Prepare Necessary Emergency Supplies!

Put emergency rations and necessary items into backpacks in preparation for an emergency.

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

Keep Your Tank Full & An Extra *Toyu* (Paraffin Oil) Can on Hand.

As it is difficult to get fuels after a disaster, please keep your car's fuel tank full and keep one tank of *toyu* on hand for heating.

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

To decrease the amount of garbage in Nara City Please Cooperate with Recycling *Zatsugami* (miscellaneous paper)!

Typical examples of recyclable paper are newspapers, magazines and corrugated cardboards, but there are other recyclable paper products beside those.

They are '*Zatsugami*'.

What is *Zatsugami*?

They are paper products like flyers, photocopies, wrapping papers, paper boxes for sweets, etc. which are recyclable. Until now many of them have been thrown away as burnable wastes. Recycling them is expected to decrease a considerable amount of garbage.

It is still possible! To produce less garbage.

The greatest amount of burnable waste is kitchen garbage. About 80 percent of the weight of kitchen garbage is said to be water. You can reduce the amount of burnable garbage by repeating small efforts as mentioned below. According to surveys of other cities, this can reduce garbage about 8-10 percent.

Draining of the Kitchen Garbage!

*When peeling vegetables, peel first and wash afterward.

*Before putting garbage out, 'give it one last squeeze'.

Inquiries: Haikibutsu-Taisaku- Ka (Waste Management Section) Tel. 0742-71-3001

Education Center Floor of Kids Learning

Class name & Others	Date & Time	Deadline
The Fourth "Make and work" Robot Class Capacity: 10 children	January 27 (Sun.) (1) 10:00-11:30 (2) 13:00-14:30	January 11 (Fri)
Craft Class "Make a moving car from rubber." Fee: 300 yen	February 3 (Sun.) (1)10:00-11:30 (2)13:00-14:30	January 18 (Fri)
Science Experiment Class "Let's play with air"	February 9 (Sat.) 10:00-11:30	January 25 (Fri)
Programming Class "First programming" Capacity: 10 children	February 11 (Holiday) (1)10:00-11:30 (2)13:00-14:30	January 25 (Fri)
The Fifth "Make and work" Robot Class Capacity: 10 children	February 16 (Sat.) February 24 (Sun.)	February 1 (Fri) February 8 (Fri)
Science Experiment Class "Mysteries of magnets"	February 23 (Sat.) 10:00-11:30	February 8 (Fri)
Craft Class "Let's make camellias that are related to the Omizutori"	March 3 (Sun.) (1)10:00-11:30 (2)13:00-14:30	February 15 (Fri)

Capacity: 20 children for each class (with guardians)

Application: Send a return postcard with the desired class, the date and (1)or(2), child's name (with the reading in Kana), school name and grade, your or the guardian's name on that day (with the reading in Kana), address and phone number to Hagukumi Center 9th Floor (1-3-1 Sanjo-Honmachi 630-8122) no later than each deadline. One class per one post card. Lottery in case of excess applications.

*Other programs are also held. Contents or the date could possibly be changed.

Inquiries: Education Center Tel. 0742-36-0401

