# Nara City Information for Residents

October 2020 Issued by Nara City Hall (No. 1199)

(All events, classes and lectures are conducted in Japanese.)

Please be advised that the programs in this issue may be put off, changed, or cancelled in order to prevent infection and spread of the new type of coronavirus.

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



# SPECIAL ARTICLE IN COMMEMORATION OF THE 20th ANNIVERSARY OF THE FOUNDATION OF THE NARA CRAFT MUSEUM Enjoy Nara's Traditional Crafts In Your Daily Life

*Nara-zumi* (Nara ink), *Nara-zarashi* (bleached hemp cloth), and *Akahada-yaki* (Akahada pottery) have been Nara's local specialties since ancient times. Artisans have maintained and passed down techniques and Japanese spirituality through the production of these traditional crafts.

"Traditional Craft" sounds very remote from everyday life; however, it has been developed together with our daily lives since ancient times. Why shouldn't people living in Nara, enjoy traditional crafts and incorporate them into our daily lives, using and appreciating them?

We visited master-artisans and master-users of traditional crafts in search of tips for daily life. Inquiries: Sangyo-Seisaku-Ka (Industrial Policy Section) Tel. 0742-34-4741

# <Akahadayaki Pottery>

Akahada-Cho, in the hills of Nishinokyo, is known as the production district of this pottery since olden times. Tea ceremony developed between the Azuchi Momoyama period and the Edo period (middle of 16 century – 18 century). Many tea ceremony instruments and tea utensils were made in the Akahadayama area. Akahadayaki ware has a soft and milky white color with a hint of red, and is decorated with the simple pictures called "Nara-E".

# <Nara Zarashi (Nara Bleached Cloth)>

Nara Zarashi is high quality hemp fabric. It was such an important domestic industry that 90% of the local residents were said to be involved in some way. It was recognized as a purveyor product by a Tokugawa Shogun of the Edo Bakufu (Japanese feudal government headed by the Tokugawa clan) and was widely known in Japan. It was used for luxury items, like traditional summer *Kimono* or samurai warrior costumes.

# <Ittobori Carving>

Ittobori carving was originally called "Nara Dolls" and is a traditional craftwork. It was said to have originated for the Kasuga-Wakamiya-On-Matsuri ceremony around the end of Heian period (11th century). Nara dolls were presented to a person who possessed powerful authority, such as Nobunaga Oda, Hideyoshi Toyotomi and Ieyasu Tokugawa, from various district's retainers in Japan. Their value as art has gone up with time, and Nara dolls are known as great works of art.

# <Sumi Ink>

Sumi ink was introduced from Kokuri around the year 600. When Kukai, a Japanese envoy to Tang Dynasty China, came back, this ink was refined and used at the Kofukuji Temple. It was called "Nanto Sumi". Sumi ink is a representative of traditional industry in Nara. Over 90% of Sumi ink is produced in Nara. In 2018, Nara Sumi Ink was designated a "Traditional Craft Product" by the Japanese government, together with Nara Fude calligraphy brushes (Nara Sumi Ink is the third designation in Nara Prefecture).



# To Support Your Life during the COVID-19 Pandemic Special Benefit for Babies (Based on Application)



For now it is almost impossible to foresee when the coronavirus pandemic will come to an end. Under such circumstances, in order to reduce economic burdens for households with babies, Nara City will provide a "Nara City Special Benefit for New-born Babies" for babies who are born after the base date (April 27, 2020) of the Special Benefit

#### Payment: 100,000yen per baby. One time only.

#### **Requirements for Application**

To apply, you and your baby have to meet all requirements from 1 to 3.

- 1. Babies are born from April 28, 2020 to March 31, 2021
- 2. Babies are registered in Nara City's resident register on the day of child birth notification, and continuously have it until the date of application.
- 3. Guardians whose baby meets both of 1 and 2, and who have continuously been on Nara City's resident register from the baby's birthday to the date of application.

\* If you and your baby are temporarily away from your registered domicile to avoid domestic violence, please contact the following section as soon as possible. Your baby may be eligible.

#### How to Apply

Application is necessary to receive the special benefit. Application forms will be sent to households with eligible babies based on birth registration. Please return the application form with other necessary papers within the application period.

Application Period: By May 31, 2021 (\*as indicated by the postmark on the envelope)

Inquires & Address: Kodomo-Seisaku-Ka (Children's Policy Section) Tel. 0742-34-4792

1-1 Nijo-Oji-Minami 1-chome 630-8580

# Discount taxi tickets for the elderly will be delivered

#### Application: Unnecessary Usable Period: Until March 31 (Wed.), 2021

As an urgent measure against COVID-19, discount taxi tickets will be delivered so that the elderly can use Them when they go to medical facilities or shop for daily necessities. (**four 500 yen discount taxi tickets per household**)

Eligibility: Those who are aged 70 and over and live in Nara City as of September 1, 2020.

**Delivery**: Discount taxi tickets will be sent to heads of households with eligible citizens in late September. **Inquiries**: Toshi-Seisaku-Ka (City Policy Section) Tel. 0742-34-4969

# Issuing of Anti-Infection Declaration Stickers

We will distribute the stickers shown below to stores and businesses in Nara City that are working to prevent new coronavirus infections. Since they will be posted at the entrances of stores and facilities, please look for it when shopping and eating in the city.

\* Criteria: A person is in charge of infectious disease prevention measures; preventive measures such as wearing masks for employees and visitors (excluding restaurants); cleaning, disinfection, ventilation, etc. of facilities

Inquiries: Sangyo-Seisaku-Ka (Industrial Policy Division) Te

Tel. 0742-34-4741



# Novel Corona Virus Contact Confirming App: Have you installed this app? 'COCOA' (COVID-19 Contact Confirming Application)

This is a smartphone app by the Ministry of Health, Labor and Welfare which allows you to learn if you might have been in contact with someone who is infected with COVID-19 in '1 meter, over 15 minutes'. This app's effect will be greater with more users and will help prevent the spread of COVID-19, so we would like to ask everyone to install this app.

#### Q. What will it do for us?

You will be able to get quick access to health care support at COVID-19 Consultation Centers, such as receiving an examination after finding a potential contact.

#### Q. If you are notified that there is a potential contact.

You will receive a notification once a day. Follow the on-screen procedure to select your symptoms and view your consultation contact information. It will guide the user through the examination.

#### Q. Is privacy protected?

Contact information is only recorded on your device by using the smartphone's Bluetooth. The record is stored encrypted and automatically disabled in 14 days.

For details, please check the website of the Ministry of Health and Labor and Welfare.

Inquiries: Iryo-Seisaku-ka (Medical Policy Section) Tel. 0742-93-8392

Services for Consultation about COVID-19 Infection			
Those who are connected with epidemic areas * Please refer to Nara City Website for information about epidemic areas (in Japanese only).	To confirm if you need to visit outpatient facilities for those who returning from abroad or who have been exposed to a person with confirmed COVID-19, please contact <b>The</b> <b>Consultation Center for foreign travelers or</b> <b>those who have been exposed to a person with</b>		
Those who are concerned about being infected with COVID-19 because of their workplace or travel destinations	confirmed COVID-19 (COVID-19 Consultation Center) Open 24 Hours a Day Tel.0742-27-1132 Fax. 0742-27-8565		
Those who have shortness of breath (difficult breathing), a strong feeling of weariness (fatigue), or high fever	The Health Center will arrange for a visit to medical institutions. Medical Treatment at an outpatient facility for people returning from abroad or who had close contact with an infected person (Outpatient Facility for COVID-19 Infections).		
Elderly people, pregnant women and those with	Image: Comparison of the control of t		
<ul> <li>underlying diseases (*) who have flu-like</li> <li>symptoms like fever or cough</li> <li>(*) Those who have diabetes, cardiac insufficiency</li> <li>and respiratory disease, are getting artificial</li> <li>dialysis, immunosuppressive or anti-cancer drugs</li> </ul>	growth       (Outpatient Facility for COVID-19 Infections).         Test Necessary       Test Unnecessary         PCR Test       Stay at Home         Positive       Negative         Hospitalization at       (Self-Isolation) or         Institutions for infectious       Doctor's Visit		
Those who have had flu-like symptoms for a couple of days	B       institutions for infectious         disease or other measures.       Doctor's Visit		
(Those who have flu-like symptoms for more than			
four days must contact the Consultation Center)	General Consultation (City Health Center)WeekdaySat. Sun. Holidays8:30-17:1510:00-16:00		
Those who need a general consultation about COVID-19 infections	3:30 17:15       10:00 10:00         Tel. 0742-95-5888       Tel. 0742-95-5888         Fax. 0742-34-2486       Fax. 0742-34-2321		

Re: Inquiries about COVID-19 countermeasure

# Please Use Information Tools to Prepare for Natural Disasters

Typhons often approach the Kinki area (Nara, Osaka, Kyoto, Hyogo, Wakayama, Mie, and Shiga prefectures) every October, and we need to continue being cautious about storm and flood damage. Nara City sends weather and disaster information through various information tools, which are the key to saving lives. Please prepare to collect information in addition to storing food, etc.

#### Disaster Prevention Administration Radios & Toll-free number (Loudspeakers over the city)

47 outdoor radio speakers broadcast information about disasters and evacuation. If you miss an announcement, you can check the Nara City website or call toll-free number for the first broadcast. Toll-free number: 0120-090-163

#### Nara City Email with Information about Disaster Prevention (Easy for anyone to register)

Emergency information and the same contents as broadcasts are supplied by email. Please use the QR code to send a blank email.

#### Email Alert by Nara City (Emergency information promptly)

Disaster information email from Nara City is sent at once to cell phones through NTT DOCOMO, KDDI, and SoftBank.

#### Nara- Dot- FM [Frequency: 78.4MHz] (Check the daily information about disaster and crime prevention.)

It broadcasts counter measures against disaster and crime prevention, advice by disaster prevention specialists, and special city information.

Programs	Date & Time	
Information from Nara City (1 minute)	Weekdays: 8:10, 11:30, 18:10	
mormation from Nara City (1 minute)	Weekends: 8:45, 12:07, 18:30	
Nara City Disaster and Crime Prevention	Weekdays: 8:30, 11:35, 14:10, 18:15	
Information (5 minutes)	Weekends: 8:50, 12:10, 14:10, 18:35	
Shittoko Information about Disaster and Crime	Fri.: 18:20	
Prevention (20 minutes)	Weekends: 18:40 (rebroadcasting)	

#### **Emergency Notification Radio**

#### Radios startreceiving automatically even when switched off

Emergency notification radios, which are powered automatically and start broadcasting the contents of public outdoor radio loudspeakers for disaster prevention in case of emergency, are available for sale at Nara-Dot FM. The first one hundred purchasers are eligible for a subsidy from Nara City.

**Eligible:** Purchasers who live, work, or study in Nara City. 4,000 yen will be provided for one radio which costs 8,800 yen including tax, upon the application. Up to five radios per person can be subsidized in one fiscal year.

Inquiries: Nara-Dot FM Tel. 0742-24-8415

#### Homepage, Twitter and LINE

#### Register now, if you are a SNS user

Information about disasters and crime and disaster prevention in your neighborhood is available on the Nara City Homepage and Kiki-Kanri-Ka (Crisis Management Section) Twitter account. Residents are encouraged to resister for the Nara City Official LINE Account which started on June 1.

(with registration)

#### Yahoo! App for News about Disaster Prevention

#### All the information about disasters and its prevention is available in one app

A free app is available, which offers information such as emergency earthquake warnings, heavy rain forecasts, and shelters. Meteorological information both in your current position and in designated areas and news from Nara City are also distributed through this app. (downloadable)

#### App for Power Interruption Information in Kansai Area

#### Offered by KEPCO (Kansai Electric Power), you can get information about power interruption quickly

Information about power interruption and restoration can be obtained. It is especially useful in case of power interruption, as there are a lot of inquiries to KEPCO and it is hard to get through on the phone. (downloadable)

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

## Garbage Collection

#### Please Let Us Know in Advance When Installing a Garbage Collection Box

Please make sure to contact us before you purchase and install collection boxes, as some types of Boxes, such as those deeper than 65 cm, could hinder collection work. The cost of installation should be shared by those who use the collection site.

#### Dispose of Pruned Branches as Bulky Garbage

Please apply to dispose of pruned branches as bulky garbage or bring in garbage after cutting branches to less than 5 cm in thickness and less than 30 cm in length.

#### Unburnable Garbage Collection Dates and Areas in October

Area	Burnable Garbage	Unburnable Garbage	
A F	Mon. & Thurs.	7, 21 (Wed.)	
ΒE	Mon. & Thurs.	7, 21 (wed.)	
СН	Tues. & Fri.	14, 28 (Wed.)	
D G	Tues. & Fri.	14, 28 (Wed.)	

\*Areas A – D are covered by Nara City, and areas E -H are covered by City Seibi Kosha or Takeda-Kankyo & Yamato-Seiso Kyodo Kigyotai.

The garbage collection dates are different in some areas, so please check the Nara City website.

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

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

Takeda-Kankyo & Yamato-Seiso Kyodo Kigyotai (Public Corp) (West side and a part of the east side of the Tomio River) Tel. 0742-63-2552

## Be Careful of Infectious Gastroenteritis (Norovirus, etc.)!

#### Infectious Gastroenteritis is an epidemic disease common from the end of October to around May. Please be careful about the following so as not to get the virus.

#### 1. Features of norovirus infectious disease

\*The incubation period (the period from infection to the onset of the disease) : 24-48 hours

\*Main symptoms : vomiting, nausea, diarrhea, stomachache, fever, and so on

#### 2. Prevention Points

#### a) Wash your hands appropriately

Wash your hands in an appropriate way and wash dirt away completely before you cook and eat, after coming home, using the toilet, and also after handling vomit and excrement.

#### b) Prevention of food poisoning

\*Heat bivalves like oysters, etc. sufficiently (over 90 seconds at a center temperature of 85-90 degrees Celsius).

\*Disinfect cookware used for cooking bivalves with boiling water or chlorinate kitchen bleach (an aqueous solution of sodium hypochlorite)

#### c) Proper handling of vomit and excrement

Wear rubber gloves, a mask, and an apron when you handle vomit and excrement, and clean the toilet. After you wipe it with paper towels permeated with 0.1% aqueous solution of sodium hypochlorite, wipe with a damp cloth.

#### d) Get a medical examination when having symptoms

Please especially pay attention to dehydration due to diarrhea and suffocation due to vomiting in infants and elderly persons.

#### Inquiries: \*Please make sure not to dial the wrong number

Regarding infection: Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397 Regarding Food Poisoning: Hoken-Eisei-Ka (Health Sanitation Section) Tel. 0742-93-8395

## **Cancer Examinations in November**

Please apply to Kenko Zoshin-Ka (Health Care Section) by phone, fax or the city website. Concerning examinations held at Tsuge Hoken Center, please apply to Tsuge Hoken Center (Tel. 0743-82-0341).

Application period is from October 1 (Thurs.) to October 20 (Tue.). [Internet applications will be accepted until October 10 (Sat.)]. Free of charge for those who are on social welfare or households exempted from residential tax. Please notify us of such when you apply.

Date	Place	Reception Time	Capacity
2 (Mon.)	Hokubu	9:15-9:45	
16 (Mon.) 30 (Mon.)	Shutchosho	9:45-10:15	8 each
5 (Thurs.)	Coor Oshilmura	9:15-9:45	14
18 (Wed.)	Coop Oshikuma	9:45-10:15	13
6 (Fri.)	Miato Kominkan	9:15-9:45	14
6 (FY1.)		9:45-10:15	13
9 (Mon.)	Hagukumi	8:45-9:15	17
19 (Thurs.) 26 (Thurs.)	Center	9:15-9:45	16
10 (Tue.)	Tsuge Hoken	8:30-10:30	20 l
11 (Wed.)	Center	(at specified times)	30 each
$20$ (E $\cdot$ )	Tomio-Minami	9:15-9:45	14
20 (Fri.)	20 (Fri.) Kominkan	9:45-10:15	13
	Caibu Tashalara	9:45-10:15	10 ccch
25 (Wed.)	Seibu Toshokan	10:15-10:45	10 each

#### Stomach and Lung Cancer Examinations

#### Lung Cancer Examination

Date	Place	Reception Time	Capacity
	Hagukumi	14:00 -14:30	
4 (Wed.) Center	14:30 - 15:00	30 each	

**Stomach Cancer Examination**: Stomach X-Ray (including drinking barium on that day) **Lung Cancer Examination**: Chest X-Ray (including examination for tuberculosis)

- **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. However, the following persons are excluded: pregnant women, those who are in treatment for stomach, lung, or intestine disease or had surgery, 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).
- **Others:** For those who are breastfeeding, 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 condition or questionnaire.

# Please Don't Forget to Get the Flu Vaccination. Information about Flu Vaccinations for the Elderly

Aimed at the Elderly, flu vaccinations will be given individually.

- **Those Eligible:** Those who are registered as residents in Nara City on the day of vaccination 1. 65 years old and over on the day of vaccination and want to get the vaccination
  - 2. between CO and CA mean ald as the day of vaccination and want to get the vaccination
    - 2. between 60 and 64 years old on the day of vaccination who have heart, kidney or respiratory function impairments which limit their daily lives extremely, or who have severe immune system suppression due to HIV, making their daily lives almost impossible and want to get the vaccination.
    - \* Those who are in the second category but who are in hospital or in prison and must get the vaccination outside Nara City (but within Nara Prefecture), should make the necessary arrangements in advance after Oct.1 (Thurs.) with Kenko- Zoshin-Ka (Health Care Section) or Tsuge Health Center. (The same arrangement is not available at the reception desk of Nara City Hall.)
    - \* Those who must get the vaccination outside Nara Prefecture may apply for the vaccination only at Kenko- Zoshin-Ka and get a request form to submit to a clinic. All fees will be charged.

Vaccination Period: October 1 (Thurs.) 2020– January 31 (Sun.) 2021 (excluding days clinic is closed) Fee: 1,700 yen. (once)

\* All fees will be charged in case of getting the vaccination at a non-designated clinic.

\* The fee will not be charged to those who show their certification of welfare assistance or of economic assistance for Japanese left in China granted by Hogo-ka (Protection Section) to the clinic at the time of vaccination. It is not possible to get a certification or a refund after then.

Things to bring: Identification document (Health Insurance Card, etc.)

**Others:** Please read carefully the explanatory notes for the preliminary questionnaire (the 1<sup>st</sup> page is titled "Before getting the flu vaccination for the elderly") given by the clinic.

\*The form must be filled in with an indelible black ball-point pen.

How to Get the Flu Vaccination: Make an appointment by phone at a designated clinic in the city

(found on the list on the Nara City website).

#### Those Who Cannot Get Flu Vaccinations:

- 1. Have a fever of  $37.5^{\circ}$ C or higher at the time of vaccination.
- 2. Have clear evidence of a severe acute disease.
- **3.** Ever had an anaphylactic reaction (severe allergic reaction within 30 minutes after vaccination) with substance(s) in the flu vaccine.
- 4. Ever had an allergy-like reaction of fever or generalized rash within 2 days after a flu vaccination.
- 5. Have been informed by their doctor that the vaccination is inappropriate.
- Inquiries: Kenko-Zoshi-Ka (Health Care Section) of Hagukumi Center (Sanjo-Honmachi) 3F. Tel. 0742-34-5129

# For Babies

#### From October 1 (Thurs), Rotavirus Infection Vaccinations Will Become Regular Vaccinations.

Those eligible: Babies born after August 1, 2020

\*Those who have already been vaccinated voluntarily will have those number of vaccinations counted.

Vaccination Method: There are two types of vaccine. Each has different period and number of vaccinations. Details are on the Nara City Website.

We sent the preliminary examination leaflet in late September. (Those born in August 2020) For Infants

Japanese Encephalitis Vaccinations Will Start (Those born in September 2017) Let's take the first term vaccinations (the first two times, and the additional one time)!

Please check the preliminary examination leaflet.

Those eligible: Between age 3 to one day before the 7-1/2-year birthday.

**Vaccination Method**: Normally, the first vaccinations are 1 to 4 weeks apart, and an additional vaccination is given one year after the second.

**Things to bring**: The preliminary examination leaflet, the *Mother's and Child's Health Book* and your child's ID, such as a Health Insurance Card, etc.

\* The preliminary examination leaflet should be filled in with indelible black ink. If you haven't received the preliminary examination leaflet due to moving in, etc., go to Kenko-Zoshin-Ka (Health Care Section) **Application**: Please make an appointment at a registered clinic (Refer to the Nara City Website).

On the day of vaccination, those who are not registered residents of Nara City cannot be vaccinated.

Inquiries: Kenko-Zoshin-Ka (Health Care Section) (on floor 3 of Hagukumi Center) Tel. 0742-34-5129

# Maternal and Infant Health Care Consultations

Consultations about lifestyle during pregnancy, breastfeeding, infant development, etc.

At Hagukumi Center 3F: Consultations by phone or in person with public health nurses & midwives Date & Time: 8:30-17:15 on weekdays (9:00-15:00 on weekdays with midwives)

# At Consultation Room at Seibu-Kaikan 2F (Gakuen-Minami 3-chome): Consultation in person with midwives

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

\* In some cases, consultations may be carried out with public health nurses.

Things to Bring: Mother's and Child's Health Handbook, Bath towel

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

At Tsuge Hoken Center: Consultations by phone or in person with public health nurses

**Date & Time:** 8:30-17:15 on weekdays

Inquiries: Tsuge Hoken Center Tel. 0743-82-0341

At Tsukigase Health Consultation Room: Consultations by phone or in person with public health nurses

Date & Time: 9:00-16:30 on weekdays (An appointment is necessary)

Inquiries: Tsukigase Health Consultation Center Tel. 0743-92-0480

# Assistance for Those Whose Children Will Be First Graders in Elementary School in April 2021

Nara City will provide preparation expenses for children entering elementary school in April 2021, according to the below-mentioned standards. Even if another of your children has received ssistance for the school year 2020, a separate application is required.

Application Period: November 2 (Mon.) - December 23 (Wed.)

**Those eligible:** Households whose citizen tax income for 2020 equals the amount mentioned in the table or lower. Please consult us if you are suffering from sudden financial difficulties.

	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	1 child	31,300 yen	42,400 yen	53,500 yen	64,600 yen
years of age	2 children	52,600 yen	63,700 yen	74,800 yen	85,900 yen
(*2)	3 children	73,900 yen	85,000 yen	96,100 yen	107,200 yen

\*1 Children born between January 2, 2001 and January 1, 2004

\*2 Children born between January 2, 2004 and January 1, 2020

For example, in the case of a household with one elementary school student and one junior high school student dependents, the amount of citizen income tax should be a maximum of 52,600 yen.

- **Application method:** Applicants should mail the application to Kyoiku-Somu-Ka (General Affairs Section of the Board of Education). If it is impossible, the municipal elementary school which your child will attend may accept the application.
- **Necessary Document:** The application form sent along with the notification letter of school start checkups. The form will be also available at checkup sites and on the Nara City website.

Inquiries: Kyoiku-Somu-Ka (General Affairs Section of the Board of Education) Tel. 0742-34-5337

# Medical Checkup for Babies & Children

Checkup by age	Date	Place	
Chooleun for Amontheold	Until the day before	Designated Medical Facilities	
Checkup for 4-month-old babies (Born in July 2020)	turning 6 months old from	*General checkup term is one	
	the 4-month birthday	month; however, it will be two	
Checkup for 10-month-old	Until the day before months temporarily for the		
babies (Born in January	turning one year old from	prevention of the COVID-19	
2020)	the 10-month birthday infection.		
Checkup for 19-month-old	Some of the contents have changed.		
babies	Those who are eligible will be notified on an individual		
Checkup for 3-1/2-year-old	basis.		
children	Please visit the city website for further information.		

Things to bring: The questionnaire and your "Mother's and Child's Health Book" The questionnaire will be sent in the end of October. People who moved to Nara City after October 1 and have not received the questionnaire by the checkup day should contact Boshi-Hoken-Ka (Mother & Child Health Section).
 Inquiries: Boshi-Hoken-Ka (Mother & Child Health Section) Tel. 0742-34-1978

# Various Health Classes for Expectant Mothers and Infants

Please check the Nara City website (in Japanese only) for details on the dates of the following classes and refer to "Nara City Video Channel – Health Information" for information about baby food for infants and prevention of tooth decay.

\*Paku-Paku Class for 5-month-old Babies (Baby Food Class)

\*Ha-Pika Class for 1-year-old Babies (Preventing Tooth Decay Class)

\*Fluoride Coating for Tooth Decay Prevention

\*Hajimete-no Mama Papa Salon (First-experienced Mom & Papa Salon)

\*Maternity Teeth Check

\*40-year-old Mother Training Salon

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

# Bosai Center (Disaster Prevention Center)

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

#### **Rescue Challenge for Kids**

Date & Time: Nov. 15 (Sun.) 9:30-12:00

**Contents:** Rescue experience (Rope crossing experience, stretching out fire hoses, disaster experience and watching fire fighters train)

The schedule might change because of weather conditions.

**Capacity:** 12 pairs of kindergarten and elementary school children living in the city with their guardians. **Things to bring:** Cotton gloves for children, something to drink, and all participants need to wear masks. **Application:** Please send an e-mail (<u>shoubou-bousaicenter@city.nara.lg.jp</u>) with child's name (with furigana),

age, address, telephone number, and guardian's name to the Center by October 19 (Mon.). Excess applications will be decided by lottery.

# Taking Applications for 2021 Municipal Kindergartens and No. 1 Nintei-Kodomo-En Nursery Enrollment

Application Date and Time: From Oct. 19 (Mon.) to Oct. 23 (Fri.) 13:00-16:00

(In case of kodomo-en, the application will be accepted until each facility's closing time)

What is Type 1 Certification? Parents and guardians whose child is three years old or above wish to provide their child with education. You may apply for kindergarten from the four-year-old class and for Kodomo-en nursery school from the three-year-old class (Type 2 Certification: those children who are three years old or above and meet the requirement of "Circumstances Necessitating Childcare" and are in need of childcare, Type 3 Certification: Children who are between zero and two year old and meet the requirements of "Circumstances Necessitating Childcare" and are in need of childcare.

- **Eligible**: Those children who wish to receive a normal education time certification (Type 1 Certification) and will meet both conditions of (1) and (2) below.
  - (1) One-year enrollment: Those born between April 2, 2015 and April 1, 2016 Two-year enrollment: Those born between April 2, 2016 and April 1, 2017 Three-year enrollment: Those born between April 2, 2017 and April 1, 2018
  - (2) Parents/guardians and their child live in the city or are scheduled to live in the city as of April 1, 2021. \* Three-year enrollment is for Kodomo-en nursery school only.
- **Distribution of Application**: Applications will be distributed at each institution between 13:00 and 16:00 (until each closing time in case of Kodomo-en) from Oct. 12 (Mon.), excluding Saturdays, Sundays and Holidays). Applications may be received at the desired institution.

- **Application**: Submit an enrollment application together with a resident certificate which shows the names of all family members and their relationships, issued within the past three months, or a statement that you will move to Nara City, must be submitted to the desired facility within the application period. If the applications exceed the facility's capacity, successful applicants will be selected by lottery.
- **Enrollment Fees**: Free. \*Actual expenses for school lunches (Kodomo-en nursery schools only) and teaching materials, etc. on the basis of actual costs must be paid.

#### List of Accepting Facilities

#### Kindergarten

Seibi, Saho, Omiya, Daianji, Meiji, Tomio-kita, Torimi, Tomigaoka, Nimyo, Rokujo, Saidaiji-Kita, Tomio-Daisan\*, Daianji-Nishi, Fushimi-Minami

\*Tomio-Daisan Kindergarten will be transferred to the private sector. Please contact for details.

#### Kodomo-en

Tomio-Minami, Sakyo, Miato, Seiwa, Tsuge, Tsukigase, Obitoke, Yagyu, Takamado, Jingu, Wakakusa, Suzaku, Heijo, Higashi-Tomigaoka, Tatsuichi, Gakuen-Minami, Fushimi

#### Short-Time Child Care (Fees apply): Children enrolled in a facility may stay outside of normal hours

(9:00-14:00) and during long holidays, such as summer holidays. Kindergarten: 14:00-17:00 on weekdays, 9:00-17:00 during long holidays Kodomo-en nursery school: 7:30-9:00 and 14:00-18:30 on weekdays. 7:30-18:30 during long holidays.

#### Enrollment Application for Asuka Kindergarten which will be closing (Type 1 Certification)

Although Asuka Kindergarten is scheduled to close in March 2021, the adjacent Gokurakubo Nursery School will be changed to an approved Kodomo-en in April 2021. Therefore, they will accept type 1 certification children. Please contact Gokurakubo Nursery School at 0742-22-4598 for details on the period of enrollment application, etc.

# Enrollment Application for Public-Private and combined kindergarten-nursery approved Kodomo-en (type 1 certification)

Public-private and combined kindergarten-nursery Tsurumai Yamato Kodomo-en (Tel: 0742-45-4753) and Ukyo Kodama Nursery School (Tel: 0742-71-1186) were transferred to the private sector and opened in April, 2020. For the period of type 1 certification enrollment application for these facilities, please contact each facility.

\*Enrollment application for nursery schools and Kodomo-en (type 2 and 3 certifications) for April 2021 will be published in the November issue of this publication.

Inquiry: For application and fees: Hoikusho-Yochien-Ka (Nursery and Kindergarten Section) Tel. 0742-34-5086 Reorganization plan and transfer to Kodomo-en nursery school, public-private and combined kindergarten-nursery approved Kodomo-en: Kodomo-Seisaku-Ka (Child Policy Section) Tel. 0742-34-4792

Temporary nursing care and nursing care details: Hoiku-Somu-Ka (Nursing Care, General Affairs Section) Tel. 0742-34-5493

