

Nara City Information for Residents

December 2021 Issued by Nara City Hall (No. 1213)

(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



Wishing for a Happy City for Both People and Cats

Cats that have been neutered by the Animal Conservation Volunteer Group are called “Sakura cats” because the notches cut in their ears resemble cherry blossoms.

Dogs and cats are protected by public health centers for various reasons. In particular, there are many stray cats about ten times as many as dogs. Nara City is focusing on finding the owners of these cats. In addition, recently, we have been working to support TNR (trap, neuter, release) activities to neuter cats without owners, and to reduce the number of cats without owners.

An increasing number of transfer circles and zero culling

Locally protected dogs and cats are transferred as much as possible. In the first year of Reiwa (2019) and the second year (2020), we achieved zero culling for the second consecutive year.

Nara City’s Personnel Administration

Nara City has the aim of “Appropriate staff, system, and duties”. We have been implementing appropriate placement and adoption of the staff, reduction of labor costs, and so on. We wish to inform you about the number of staff and salary, mainly in F.Y. 2020, based on “Nara City’s ordinance concerning the publication of personnel administration.”

We have achieved the target point of staff reduction.

We have employed experienced persons and coped with administrative problems becoming more complicated.

The ratio of women in management has reached its maximum, 33.8 percent.

The number of male staff who took parental leave has increased.

We are making efforts to review “the number of staff, the system, and the duties” to reduce labor costs.

Inquiries: Jinji-Ka (Personnel Section) Tel. 0742-34-4821

More details can be seen at the information corner, in Somu-Ka (General Affairs Section) in Nara City Hall, and they are available on the website

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

Emergency Medical Care

Nara City will provide emergency medical services during the end of the year and the beginning of the New Year in cooperation with Nara City Medical Association, Nara City Dental Association, and Nara City Pharmaceutical Association. Please bring your health insurance card and any necessary certificates of qualification to receive emergency medical care.

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

The Holiday and Night -Time Emergency Medical Clinic:

Place: 519-28 Kashiwagi-cho, adjacent to the south of Nara City Central Medical Examination Center Tel.: 0742-34-1228

Reception Date & Time: Between Dec. 30 (Thurs.) and Jan. 3 (Mon.) 9:30-18:30, 21:30-5:30

The Holiday Emergency Dental Clinic

Place: 5-3-1 Sakyo, Sogo Fukushi Center 2nd floor Tel.: 0742-70-4182

Reception Date & Time: Between Dec. 30 (Thurs.) and Jan. 3 (Mon.) 9:30-11:30, 13:00-15:30

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

(Internal Medicine and Pediatric Departments, including infants, only)

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

Please make sure to call each designated hospital before visiting.

Date	Dec. 31(Fri.)	Jan. 1 (Holiday)	Jan. 2 (Sun.)	Jan. 3 (Mon)
Hospital	Sawai Hospital	Nara Tokujo Hospital	Yoshida Hospital	Okatani Hospital
Phone	0742-23-3086	0742-61-1118	0742-45-4601	0742-63-7700
Address	8 Funabashi-cho	752 Tokujo-cho	1-7-1 Saidaiji-Akada-cho	1-25-1 Minami-Kyobate-cho
Access	About 12 minutes' walk from Kintetsu or JR Nara Station, or take loop bus [2] from JR Nara Station, or loop bus [1] from Kintetsu Nara Station, and get off at Aburasaka-Funabashi-Sh otengai bus stop from which it is 5-minutes' walk	Take bus [85] bound for Karamomo-Minami-cho or bus [79・87・90] bound for Sharp-mae or bus [135・136] bound for Shiratsuchi-cho, and get off at Kita-Kodono bus stop from which it is located at close vicinity	About 18 minutes' walk from Kintetsu Yamato-Saidaiji Station, or about 16 minutes' walk from Kintetsu Ayameike Station	About 5 minutes' walk from JR Kyobate Station or take loop bus [1] from JR or Kintetsu Nara Station, and get off at Hakken-cho bus stop from which it is 6 minutes' walk

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

Counter Service

City Hall, Shutcho-sho (Western, Eastern, Northern), Kigyo-kyoku (Water Works Bureau) (*1), Citizen Services Center, My Number Card Center	Dec. 29 (Wed.)-Jan. 3 (Mon.)
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Life Support

Kinrosha Sogo Fukushi (General Employee Welfare) Center, Youth Outdoor Activities Center	Dec. 26 (Sun.)-Jan. 5 (Wed.)
Lifelong Learning Center, Kominkans	Dec. 27 (Mon.)-Jan. 5 (Wed.)
Bosai (Disaster Prevention) Center, Gender Equality Promotion Center "Asunara"	Dec. 28 (Tues.)-Jan. 4 (Tues.)
Health Care Center, Jinken Bunka (Cultural Human Rights) Centers (Northern, Central, Eastern, Southern)	Dec. 29 (Wed.)-Jan. 3 (Mon.)

Child Care, Health Care, Hospitals

Educational Center (In Hagukumi Center), Children's Development Center, Jido-Kan (Children's Center), Family Support Center, Local Child Care Support Center "Sorairo", City Hospital	Dec. 29 (Wed.)-Jan. 3 (Mon.)
General Medical Examination Center	Dec. 30 (Thurs.)-Jan. 5 (Wed.)

For Seniors, Welfare

Senior Welfare Centers (East, West, North, South), Sogo Fukushi (General Welfare) Center, City Council of Social Welfare, Volunteer Center, Volunteer Information Center	Dec. 29 (Wed.)-Jan. 3 (Mon.)
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Cultural Facilities

Meisho Daijyo-in Garden Cultural Hall (The Garden of The Former Daijyo-in Temple)	Dec. 26 (Sun.)-31 (Fri.) Jan. 4 (Tues.)-Jan. 5 (Wed.)
Naramachi Koshi no Ie (Lattice House), Museum of Calligraphy in Honor of Kason Sugioka, Onjo-kan, Nara Kogei-Kan (Craft Museum), Kyutei Teien (Palace Garden) of Heijyokyo-Sakyo-Sanjo-Nibo	Dec. 26 (Sun.)-Jan. 5 (Wed.)
Irie Taikichi Memorial Museum of Photography Nara City(*4)	Dec. 27 (Mon.)-uncertain
Nara City Museum	Dec. 27 (Mon.)-Jan. 3 (Mon.)
Hokubu Kaikan Civil Culture Hall, Naramachi Center (*5), Gakuenmae Hall	Dec. 27 (Mon.)-Jan. 4 (Tues.)
Kyu-Nabeya Koban Kitamachi Tourist Center, Kyobate Station Tourist Center	Dec. 27 (Mon.)-Jan. 5 (Wed.)
Kitamachi Tegaimon Tourist Center	Dec. 27 (Mon.)-Jan. 6 (Thurs.)
Nara Centennial Hall	Dec. 28 (Mon.)-Jan. 4 (Tues.)
Irie Taikichi's Old House	Dec. 27 (Mon.)-Jan. 3 (Mon.)

Shiryō-Hozonkan (Historical Materials Preservation House), Naramachi Nigiwai-no-Ie (House), Naramachi Karakuri Omocho-kan (Toy Museum), Archaeological Research Center	Dec. 29 (Wed.)-Jan. 3 (Mon.)
Libraries (Chuo /Central, Seibu/Western, Hokubu/Northern) (*6)	Dec. 29 (Wed.)-Jan. 4 (Tues.)

Eastern Area (Tsukigase, Tsuge, etc.)

Tsuge Gymnasium, Tsuge Lifelong Sports Center	Dec. 26 (Sun.)-Jan. 5 (Wed.)
Tsukigase Kenmin Athletic Field, Tsukigase Gymnasium,	Dec. 26 (Sun.)-Jan. 6 (Thurs.)
Tsuge Exchange Center,	Dec. 28 (Tues.)-Jan. 5 (Wed.)
Administration Centers (Tsukigase, Tsuge)Fukushi (Welfare)Center (Tsukigase, Tsuge)(*3)Tsukigase Plum Museum, Clinics(Tawara, Yagyū, Tsukigase, Tsuge, Koto)	Dec. 29 (Wed.)-Jan. 3 (Mon.)

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

*3 Please contact each center about the availability of bathing facilities.

*4 The museum will be closed for repair work of the facility from Dec. 27 (Mon.). Please contact the museum about its open hours.

*5 The parking lot at Naramachi Center will be closed between Dec. 29 (Wed.) and Jan. 3 (Mon.).

*6 Some limitations on book returns will apply between December and January. * See website of the libraries. The book returns at the City Tourist Information Centers (both JR and Kintetsu Nara Stations.), Seibu Kaikan, and the Free Passageway from the South to the North of Kintetsu Saidaiji Station will not be available from Dec. 28 (Tues.).

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

A large amount of garbage is produced during the New Year's season.

Please cooperate in reducing and recycling garbage.

Garbage Collection

	Burnable Garbage	Plastic Packages & Containers	Unburnable Garbage
Until Dec. 31 (Fri.)	Normal schedule		
Until Jan. 3 (Mon.)	No collection		
Jan. 4 (Tues.)	CDGH	-	-
Jan. 5 (Wed.)		ACDFGH	
Jan. 6 (Thurs.)	ABEF	ABCFH	
Jan. 7 (Fri.)	Normal schedule		

The garbage collection times between Jan. 4 (Tues.) and 7(Fri.) may be delayed until after 16:00 in some areas due to the larger amount of garbage than usual.

Unburnable Garbage: Collection starts from Jan. 12(Wed.) for ABEF, Jan.19(Wed.) for CDGH

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

City Seibi-Kosha & Co. Ltd. Tel. 0742-33-8782 Takeda Kankyo / Yamato Seiso Tel. 0742-63-2552

Collection of Recyclable Resources

Year-end: Dec. 29 (Wed.) District #6 Dec. 30 (Thurs.) District #7 Dec. 31 (Fi.) District #8

Beginning of the year: Jan. 5 (Wed.) District #13

Containers and net bags will be distributed on Jan. 4 (Tues.).

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

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

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

Collection of Dead Animals

Year-end: Until Dec. 30 (Thurs.) 7:30 – 16:00 Dec. 31 (Fri.) 7:30 – 11:00

Beginning of the year: From Jan. 4 (Tues.) 7:30- 16:00

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

Septic Tank Trucks *Except Tsukigase and Tsuge area

Year-end: Until Dec. 29 (Wed.), Please apply by Dec. 17 (Fri.).

Beginning of the year: Application and collection will start from Jan. 5 (Wed.).

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

*Those who live in Tsukigase and Tsuge Districts may ask for Yamabe-Kankyo-Eisei-Kumiai
Yamabe Eisei Center Tel. 0743-85-0253

Septic Tank Cleaning

Please make inquiries to the corporations listed below.

Tsukigase and Tsuge Districts

Matsumoto Seiso-sha Ltd. Tel. 0742-53-5211

All Districts except Tsukigase and Tsuge Areas

City Seibi-Kosha & Co. Ltd. Tel. 0742-33-8782 Okumoto Kanri Service Tel. 0742-61-3979

Matsumoto Seiso-sha Ltd. Tel. 0742-36-0523 Yamato Seiso Tel. 0742-61-4798

Daiwa Septic Tank Kanri Center Tel. 0742-61-0743

Applications for Bulky Household Waste Pickup

Application Phone Line: Tel. 0742-71-9011, 8:00- 15:00

Internet Application: Apply four days before the collection day you want, except for weekends and year-end & new year holidays. Available 24hours. *Please read the instructions carefully before applying.

We may not be able to collect bulky waste within this year due to the large demand for disposal.

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

*After you apply for bulky waste pickup, changes and additions to your application in December cannot be accepted. *Bulky waste will be collected until Dec. 31 (Fri.)

Application Period:

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

Closed from December 29(Wed.) to January 3 (Mon.).

Inquiries: Machi-Bika-Suishin-Ka (Town Clean Up Promotion Section) Tel. 0742-71-3003

The internet-application consultation counter Tel.0742-71-9202

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

Closed from December 29(Wed.) to January 3 (Mon.).

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

Phone Application for Carry-in Waste

You need to apply by phone or through the Internet to bring trash and renewable resources to the Kankyo-Seibi Kojo (Environment Sanitation Plant) beforehand.

Application Phone Line: 0742-71-9011, 8:00 - 15:00

Internet Application: *Until one day before the day you will bring in carry-in waste, except on weekends and year-end & new year holidays. Available 24hours *Please read the instructions carefully before applying. *Internet application is available once per day and per one carload. Both homes and businesses need to make an application.

You cannot bring in waste unless you apply in advance. Please separate the waste after referring to the "Gomi-Jiten"(instructions on to how to separate garbage). Pruned branches should be cut into pieces less than 5cm in diameter and 30cm in length.

Application Period

Application by Phone: Year-end: Until Dec. 28 (Tues.)

Beginning of the year: From Jan. 4 (Tues.) 8:00 – 15:00 (except Saturdays and Sundays)

*Please apply up to one day before the day you will bring the garbage.

Bringing in Garbage: Year-end: Until Dec. 31 (Fri.)

Beginning of the year: From Jan. 4 (Tues.) 9:00 – 16:30, *9:00 – 13:00 on Dec. 31 (Fri.)

- *Reservations for bring-in dates from Dec. 29 to 31 and Jan. 4 can be made until Dec. 28(Tues.).
 - *Applications will be accepted for waste which is brought in until the end of the next month.
 - *One phone application for waste per day will be accepted. If you wish to bring in more than one lot of waste per day, please make an appropriate number of applications for the day.
- Your application might not be accepted depending on the situation.

Inquiries: About the contents of carry-in garbage

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

About the telephone reservation

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

The internet-application consultation counter Tel.0742-71-9202

Information on COVID-19 Vaccinations

About Booster Shots (the 3rd Shots)

The Nara City will send a notice for the 3rd vaccination shot to those who received their 2nd vaccination eight or more months ago. In order to get it, please ask for advice from your family doctor after receiving the notice. More details will be in the January 2022 issue of the Nara City Information.

When the 3rd vaccination tickets (a vaccination ticket and a medical interview sheet combined) will be sent:

For medical workers who were vaccinated by the end of April, 2021 to be sent within December 2021.

For those other than the above to be sent in order starting from those who received the 2nd vaccination eight or more months ago.

About the First and the Second Shots

Percentage of vaccination in Nara City

More than 75% of those were given both shots, and more than 80% of them finished the 1st one as of October 28. This ratio exceeds our initial target of 70%. We appreciate your cooperation.

For those who have not been vaccinated twice, please visit medical facilities by yourself.

You can receive the 1st and 2nd vaccinations at medical facilities designated by the city. Please make a booking by phone or internet.

Please be aware that the call center will be closed during the new year and year-end holidays.

*The group vaccination venues temporarily set up by the city will be closed at the end of November.

Booking by phone: COVID-19 Vaccination Call Center Tel. 0120-340-112 (9:00 – 19:00)

Except Sundays, holidays and Year-end & New Year holidays.

*Please check the phone number before you call, and do not misdial.

Online booking: Around the clock <http://jump.mrsp.jp/292010>



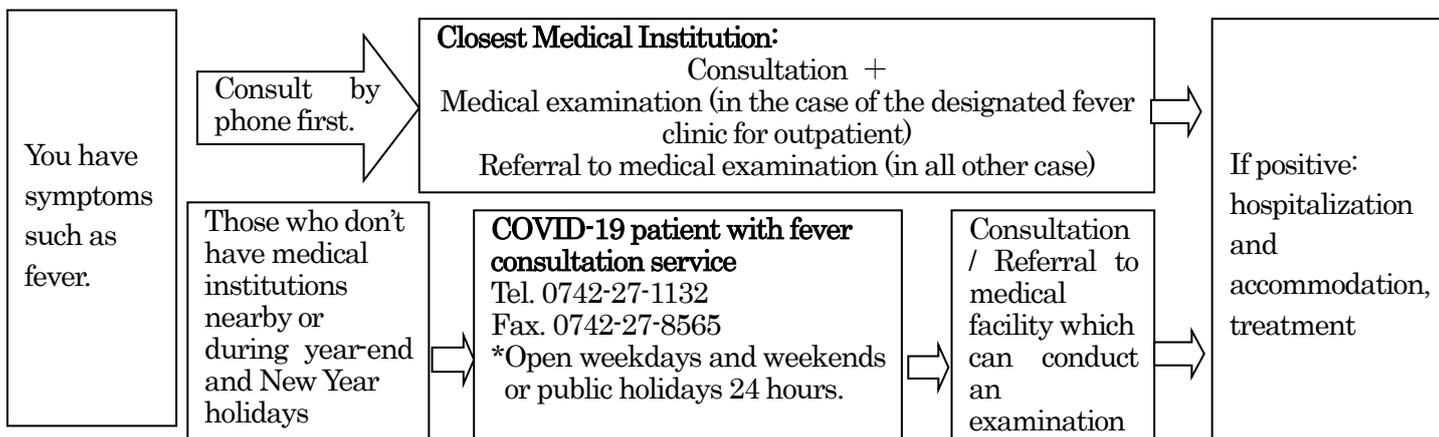
COVID-19 Infection

Consultation Services and Infection Measures during Year-End and New Year Holidays

There are many opportunities to dine together or to gather with relatives during the year-end and New Year holidays. For relatives who don't live together, please avoid sharing dishes and chopsticks while eating.

- Consultation Counter for Related Infections –

If you have symptoms such as fever, please contact your nearest medical institution by telephone. In case of the medical institution is closed during the end of the year and the beginning of the New Year, or if you don't have any medical institutions close to you, please contact the "COVID-19 patient with fever inquiry counter" for assistance.



Garbage Collection

Unburnable Garbage may be disposed of without being disassembled

Disassembled unburnable garbage cannot be collected. Intact garbage may only be disposed of in one transparent/semi-transparent 45-liter or less plastic bag. Garbage which does not fit in a 45-liter bag can be collected as “Bulky Garbage”, or must be brought in. For details, please look at the Nara City website (in Japanese only).

Garbage Collection in December

Area	Burnable Garbage	Unburnable Garbage
A, F	Mon. and Thurs.	8, 12 (Wed.)
B, E		
C, H	Tues. and Fri.	1, 15, 29 (Wed.)
D, G		

* Areas A-D are covered by Nara City, and areas E-H are covered by City Seibi-Kosha & Co., Ltd., or Takeda Kankyo and Yamato Seiso J.V. (Joint Venture). As collection days of the week are different in some areas, please refer to the city website for a confirmation.

Inquiries: Shushu-ka (Collection Section) Tel. 0742-71-3012
 City Seibi-Kosha (Public Corp.) Tel. 0742-33-8782
 Takeda Kankyo and Yamato Seiso J.V. (Joint Venture) Tel. 0742-63-2552

Approaching deadline for Fiscal 2020's cancer and various medical examinations

- * The deadline for cancer and other examinations (the examination passport was sent to those who are eligible around the end of June) is Feb. 28.
- * The deadlines for stomach cancer and lung cancer examinations (by application) are late in March.
- * Please check the Nara City website for details.

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

Preliminary Examination Leaflets Were Sent in Late November (to those born in October 2021)

If you bring the preliminary examination leaflet, *Mother's and Child's Health Handbook*, and Health Insurance Card or other ID, you can receive vaccinations. If you have not received the preliminary examination leaflet due to moving into the city, etc. call Kenko Zoshin-Ka (Health Care Section). Tel. 0742-34-5129

*Please fill in forms with an indelible black pen.

Japanese Encephalitis Vaccinations to Start (For Those Born in December 2018)

We recommend that your child receives the first term vaccination (the first two times, and a one-time booster). Please confirm their vaccination status on the preliminary examination leaflet.

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

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

Things to Bring: Pre-examination sheets (please fill in with an indelible black pen), *Mother's and Child's Health Handbook* and your child's ID document.

*Those who are not registered as residents of Nara City are not eligible.

Application: Make an appointment at one of the registered medical facilities listed on the city website.

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

Cancer Examinations in January

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

Those who are on social welfare or households exempted from municipal tax are free of charge.

Please inform us of such when you apply.

Stomach and Lung Cancer Examinations

The application period is from December 1 (Wed.) to 20 (Mon.).

*Electronic applications must be submitted by December 10 (Fri.).

Date	Place	Reception Time	Capacity
7 (Fri.)	Tomio Minami Kominkan	9:15- 9:45	14
		9:45-10:15	13
11 (Tues.) 21 (Fri.) 24 (Mon.)	Hagukumi Center	8:45- 9:15	17
		9:15- 9:45	16
12 (Wed.)	Tomio Kominkan	9:15- 9:45	14
		9:45-10:15	13
13 (Thurs.)	Nishi Fukushi Center	9:30-10:00	10
		10:00-10:30	10
14 (Fri.)	Miato Kominkan	9:15- 9:45	14
		9:45-10:15	13
17 (Mon.)	Hokubu Shutchosho	9:15- 9:45	8
		9:45-10:15	8
18 (Tues.)	Co-op Oshikuma	9:15- 9:45	14
		9:45-10:15	13
19 (Wed.)	Seibu Toshokan	9:45-10:15	10
		10:15-10:45	10
20 (Thurs.)	Toichi-Chiiki Fureai Kaikan	9:15- 9:45	14
		9:45-10:15	13
25 (Tues.)	Tomigaoka Kominkan	9:30-10:00	13
		10:00-10:30	13
27 (Thurs.)	Seibu Shogai Sports Center Club House	9:15- 9:45	14
		9:45-10:15	13

Lung Cancer Examination

Date	Place	Reception Time	Capacity
17 (Mon.)	Hagukumi Center	14:00-14:30	30
		14:30-15:00	30

Stomach Cancer Examination: X-Ray (Involving drinking barium on that day)

Lung Cancer Examination: Chest X-Ray (Includes tuberculosis examination)

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

Based on a general check-up for lung cancer, an additional fee of 600 yen might be needed for sputum examination. (Postage might need to be paid).

Those Eligible: 40 years old and over except for: 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 endoscopy for stomach cancer by Nara City in the previous fiscal year (lung cancer examination is possible)

Others: For those who are breast feeding, please inform us of such when you apply. The examination interval is once a year. There might be cases where you may not be able to have the examination depending on your physical condition or medical consultation on that day.

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

Medical Checkups for Babies & Children

Checkup Name (Eligibility)	Date	Place
4-month-old Babies Checkup (Born in September 2021)	Until the day before turning 6 months old from the 4-month birthday	Designated Medical Facilities in Nara City
10-month-old Babies Checkup . (Born in March 2021)	Until the day before turning one year old from the ten month birthday	*Checkup terms is for two months for the time being.
19-month-old Babies Checkup	The date will be on the notice sent to eligible children.	Designated Medical Facilities in Nara City
3-1/2-year-old Children Checkup		*In order to prevent the spread of COVID-19, internal medicine and dental examinations are given at two medical facilities temporarily.

Things to Bring: The questionnaire and *Mother's and Child's Health Handbook*. The questionnaire will be sent at the end of December. People who moved to Nara City after December 1 and have not received the questionnaire by the checkup day should contact Boshi-Hoken-Ka (Mother and Child Health Section) Tel. 0742-34-1978.

Various Health Classes for Expectant Mothers and Infants

Please check the date and time of the following classes through the Nara City Website. Please refer to the Nara City video channel "Health Information" for information about infant food and preventing tooth decay, and to the practical video on the website for information on how to bathe and carry your baby in your arms.

- Paku-Paku Class for 5-month-old babies (Baby Food Class)
- Ha-Pika Class for 1-year-old babies (Tooth Decay Prevention Class)
- Fluoride Coating for Tooth Decay Prevention
- Hajimete-no-Mama & Papa Salon (Salon for First-time Parents)
- Maternity Happy Check (Tooth Check)
- Over-40-year-old Mother Training Salon

Inquiries: Boshi-Hoken-Ka (Mother & Child Health Section)

Tel. 0742-34-1978

Maternal and Infant Health Care Consultations

You can consult with a public health nurse or midwife about your lifestyle during pregnancy, breastfeeding, infants' development and growth, etc.

Hagukumi Center 3F

Consultations by phone or in person with public health nurses or midwives.

Date & Time: 8:30-17:15 on Weekdays (9:00-15:00 with midwives) *An appointment is required.

Seibu-Kaikan 2F, The Consulting Room (Gakuen-Minami 3-chome)

Consultation in person (with midwives)

Date & Time: 10:00-14:00 on weekdays (reception ends at 13:30)

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

Things to Bring: *Mother's and Child's Health Handbook* and a bath towel

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

Tsuge Hoken Center

Consultation 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

Tsukigase Health Consultation Room

Consultation by phone or in person (with public health nurses)

Date & Time: 9:00-16:30 on weekdays *An appointment is required.

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

Senior Tuberculosis Examinations for Citizens

Date & Time: December 18 (Sat.) 9:30-10:30

Place: City General Examination Center (Kashiwagi-cho)

Detail: Chest X-ray examination

Capacity: 10 people who are 65 years old and over

Application: Call Hoken-Yobo-Ka (Health Protection Section) from December 1 (Wed.) through 17 (Fri.)
Tel. 0742-93-8397 *Please be careful not to dial the wrong number

Get Together, ECO KIDS!

Date & Time: December 18 (Sat.) 11:30-15:00

Place: Naramachi Center (Higashi Tera-bayashi cho)

Contents: * Exhibition of works from the ECO Idea Contest and its award ceremony

* Crafts using natural materials and reusable materials * Outdoor programs about enjoying nature

* Bicycle power generation * Log cutting experience, and so on.

There are some events that you need to apply for in advance.

Reuse Corner: Please bring picture books for reuse.

Food Drive: We will collect unused food you may have at home and donate it. (Unopened, with more than one month left until use-by date, can be stored at room temperature, no alcoholic beverages)

Application: Nara Stop Ondanka(Global Warming)-no-kai on the application form. Tel. 0742-49-6730,
E-mail otoiwase@naso.jp, businesses need to make an application.

Please scan the QR Code for details (Japanese page). --->



Nara Toastmasters Club

Why don't you brush up your skills by making a speech in English?

Date & Time: Second Sunday each month 14:00-16:30

Place: Seibu Komin-kan (Gakuen Minami 3-chome) or online

Fee: Required **Inquiries:** Nara Toastmasters Club (E-mail: naramasa111@gmail.com)

Shogai Gakushu Center (Lifelong Learning Center)

23 Suruga-machi 630-8357 Tel. 0742-26-8811 Fax 0742-26-8813

Event Name	Date & Contents	Deadline
Salon concert Christmas charity	A piano charity concert by Mujika-Domarni for assistance to affected areas Dec. 19 (Sun.) 14:00-15:00 Admission free	No application

Nanbu Kominkan 27-1 Yama-cho 630-8434 Tel. & Fax 0742-62-5931

Event Name	Date & Contents	Deadline
Play Space Cups and balls	Learn basic and applied skills and enjoy interaction with others Jan. 23 (Sun.), Feb. 20 (Sun.), Mar.13 (Sun.) 10:00-12:00 20 people and up who are first grade students and older (Both children and adults can attend.)	Jan. 13 (Thurs.)

Application: Send a return postcard with the class name, address, your name (with furigana) age (school grade) and phone number to the center or the kominkan by the deadline. Application is limited to one person and one class per postcard. If applications exceed the limit, acceptance will be decided by lottery. You can apply on the Lifelong Learning Foundation website. If you need day-care services (which are available only for certain classes and has limited capacity), please request on your application.

On-Matsuri Festival of Kasuga Wakamiya Shrine

Please join the festival online as a countermeasure for COVID-19 infection.

The On-Matsuri Festival is a festival of Wakamiya Shrine, which is inside Kasuga Taisha Shrine.

The origin of the festival dates back to 1136, when a festival was held to pray for nation-wide peace, a good harvest, and the well-being of the people. Since then, the festival has been held every year without interruption. It will be held for the 886th time this year.

All events are not open to visit this year.

Dec. 15 (Wed.): Oh-shukusho-moude will be cancelled. (Oh-shukusho will be closed)

Dec. 16 (Thurs.): Wakamiya Shrine will be closed during Yoimiya-sai.

Dec. 17 (Fri.): Omote-Sando and Otabisho will be closed during Senko-no-gi and Kanko-no-gi.

Please watch Matsuno-Shita-Shiki & Otabisho-sai on the internet.

Otabisho-sai: Dec. 17 (Fri.) 12:00-

You can watch simultaneous live broadcasting on the KCN Channel 12.

Details are on the Kasuga Taisha Shrine's website and the Preservation Society's Facebook.

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

December is "Global Warming Prevention Month" & "Air Pollution Prevention Promotion Month" Let's Protect Our Irreplaceable Earth

Introducing initiatives that can be done right now

Nara city has promoted a national "COOL CHOICE" movement for measures against global warming. It's important for us to change lifestyles to realize a carbon-free society. Let's work from what you can for the future.

- * Change to using the electricity generated from renewable energy sources.
- * Use energy-saving home appliances. * Receive home deliveries at one time as much as possible.
- * Use public transport, bicycles, or walk instead of driving.
- * Reduce the use of disposable plastics.
- * Use reusable shopping bags and drink bottles.
- * Reduce food loss by reducing leftover food, and shopping smartly, and storing ingredients properly.

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

Education Center KIDS LEARNING FLOOR

Class Name	Date	Time	Reception
Planetarium “Nijiro and Seasonal Constellations” Capacity: 12 seats each time	Every Sat. and Sun. in December excl. 25th (Sat.)	(1) 11:00-11:20 (2) 13:20-13:50	Reception on the day
Astronomy Class: “Making a constellation lantern” Intended participants: 5-year-olds and older Fee: 300 yen	Dec. 24 (Fri.)	(1) 10:00-11:30 (2) 13:30-15:00	Dec. 10 (Fri.)
Science Experiment Class: “Snow Crystal -Experiments and Crafts”	Dec. 25 (Sat.)	14:10-15:10	
Movie screening “The Life of the Guide Dog Quill”, “Christmas Presents” and “A Traveler who Became a Donkey” from Manga Fairy Tales of the World” Capacity: 40 seats	Dec. 25 (Sat.)	13:00-14:00	Reception on the day
Movie screening “A Dog of Flanders”, “ <i>Iwajūisan</i> ”, “December Moon”, “A Table Cover Given by the North Wind” from Manga Fairy Tales of the World. Capacity: 40 seats	Dec. 26 (Sun.)	13:00-14:00	
Cosmic Classroom: “Let’s launch a film case rocket” Intended participants: Elementary school 1st graders and older	Jan. 8 (Sat.)	(1) 10:00-11:30 (2) 13:30-15:00	Dec. 17 (Fri.)
Craft Experience Class: “Let’s enjoy handweaving!” *Same contents on both days	Jan. 9 (Sun.), 10 (Holiday)	10:00-11:30	
Programming Class (Intermediate): “Let’s make a horizontal scroll game with Scratch” Intended participants: From elementary school 3rd graders to junior high students *Same contents on both days	Jan. 15 (Sat.) 16 (Sun.)	10:00-11:30	
Science Experiment Class: “When pinecones open and close” *Same contents on both days	Jan 16 (Sun.) 23 (Sun.)	14:10-14:50	
Science Experiment Class: “Let’s play with the air” Intended participants: 5-year-olds and older	Jan. 22 (Sat.)	10:00-11:30	Jan. 7 (Fri.)

Capacity: 6 groups (6 to 10 children with guardians) unless the capacity is given above.

Application: Send a return postcard with the class name, your preferred date(s) up to second choice, your preferred time up to second choice, child’s name (with the reading in Kana), school name and grade, guardian’s name (with the reading in Kana) and address, and phone number to Education Center [Kids Learning Floor] (13-1 Sanjo-Honmachi 630-8122 Tel. 0742-36-0401) no later than each deadline.

You can apply for one class per return postcard. Siblings can be listed together. In case of excess application, a lottery will be held. Please visit the city website for details (written only in Japanese).

Others: Some classes need an advance application and others will accept an application on the day.

Reception on the day of the class will start 20 minutes prior to the starting time of each class and will be closed when the prescribed number of applications is reached. Please be cooperative with measuring body temperature beforehand, wearing a mask, and confirming your health condition when you arrive at the center. Participation in classes may not be possible depending on your health condition. In case of cancellation or postponement, we will inform you on the reply side of the application card.

For the latest information, please check the city website or contact us directly.