

Nara City Information for Residents

July 2022 Issued by Nara City Hall (No. 1220)

(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.

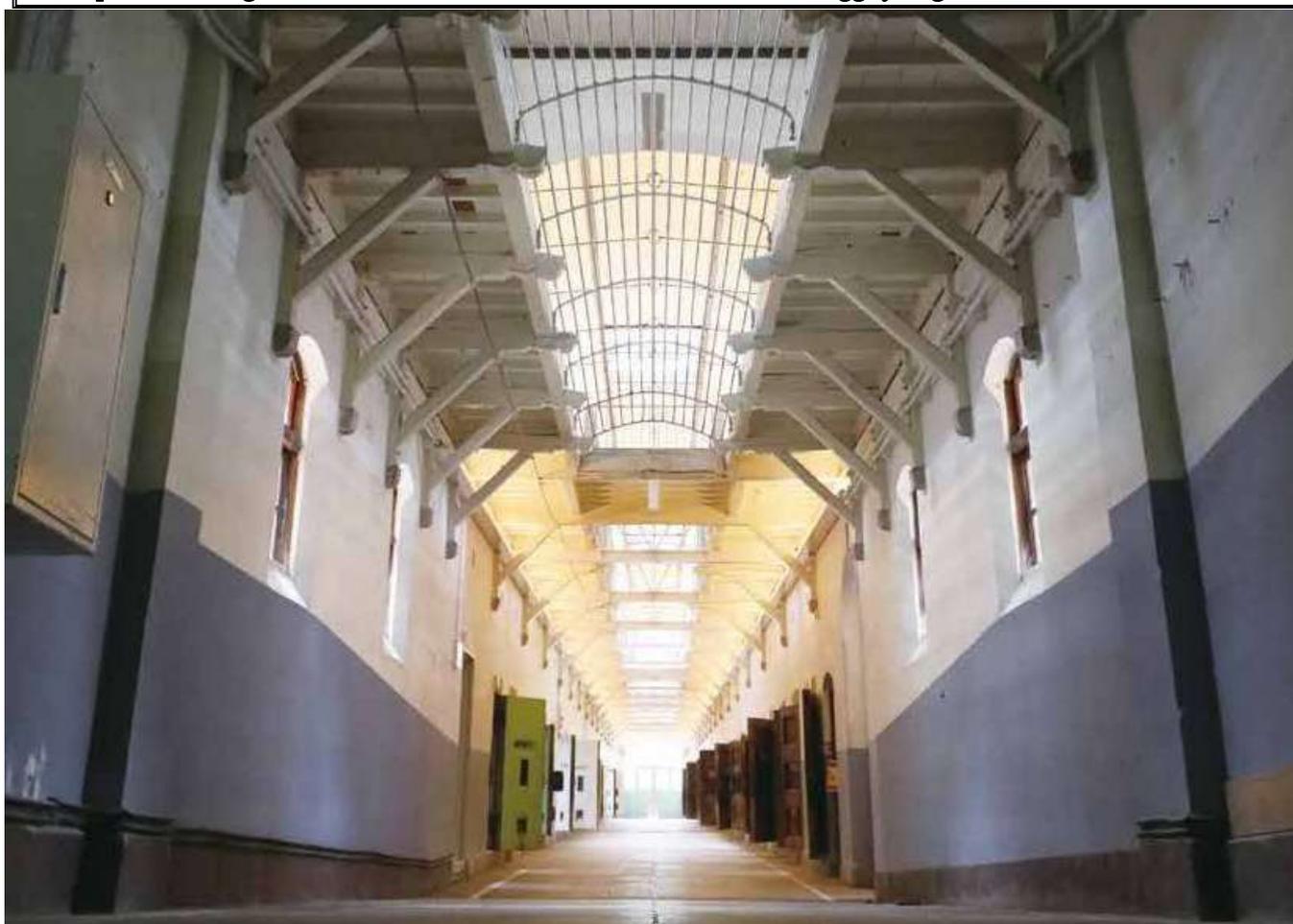
Translation by Nara SGG Club (Systematized Goodwill Guide Club)

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



New Relationship between Enterprise and City through the Company Version of Hometown Tax Program

The nature-rich area near the city center, around Rohto Nara Konoike Park.

Nara City has improved by attracting cafes and developing promenades.

The adjacent old Nara prison will be renovated into a hotel in the future, and the development of this new attractive district has begun under a public-private partnership.

The key to this project is a company version of the hometown tax payment.

This month's issue introduces two new initiatives that connect enterprise with the city.

1) Urban Development around the Konoike area (Project in collaboration with the old Nara prison)

This area will change from a sports venue to a peaceful place for all citizens, from children to the elderly.

The city, together with the hotel renovation of the neighboring old Nara prison, will create a new fascinating city as a "Town with a World Heritage Site".

2) Development Project around the Children's Center (Project in the 2021 fiscal year)

The Children's Center opened in April of this year, and the city will continue to improve the surrounding area as a park.

Information about the Fourth, Booster Vaccination against COVID-19 as of June 14, 2022

Those Eligible:

- 1) Sixty years of age and older
- 2) From age 18 to under age 60 who have an underlying disease, or who have risk of potential severe conditions diagnosed by their doctor

Interval between your third and fourth vaccination: Five months and more

Vouchers will be sent before five months have passed after the third vaccinations to those eligible as follows.

- 1) Sixty years of age and older
- 2) From age 18 to under age 60, and those who have an underlying disease and were given priority in receiving the vaccination when you applied for the first vaccination.
- 3) From age 18 to under age 60, those who have a "Health and Welfare Handbook for the Mentally Disabled" or a "Rehabilitation notebook."

Sending schedule →



Please apply as follows, if you are eligible but haven't received a voucher.

But please consult with your doctor about whether you can get the vaccine or not.

How to apply

- 1) Apply via "e-Koto Nara" (Electronic application)
- 2) Visit the counter in Nara City Public Health Center

Please visit the COVID-19 Vaccine Inoculation Promotion Section, Public Health Center (3F, Hagukumi Center) with your "Certificate of third vaccination" or "vaccination records (copies are acceptable)". We can't issue your voucher on the day.

- 3) Apply by mail

Please send an application sheet to the Section with copies of your "Certificate of third vaccination" and "vaccination records for COVID 19". Application sheets are available from the city's website.

Address: Hagukumi Center 13-1, Sanjo-honmachi Nara City, 630-8122



4) Apply by phone

Call the “Nara City COVID 19 Vaccination Call Center”

(Please look below for the information on the Center)

Venues

Individual vaccinations: At your family doctors’ clinic

Please refer to ‘List of Medical Institutions’ on pages 8 and P.9 in the Japanese version.

Vaccines: manufactured by Pfizer or Takeda/Moderna

Group vaccinations:

The fourth vaccinations will be scheduled as follows.

Date: Thursdays - Saturdays between July 1 (Fri.) - August 6 (Sat.), except July 30 (Sat.)

Please choose a morning or afternoon session during the days above.

Venue: 6F, Central bldg., Nara City Office

Vaccines: manufactured by Takeda/Moderna

How to Make a Reservation for Your Fourth Vaccination

1, Make a reservation when you see your family doctor.

2, By phone: Call “Nara City COVID 19 Vaccination Call Center”

(There is the information about the Center below).

3, Via Nara City’s internet reservation system

<https://jump.mrso.jp/292010>



Other Information:

Venues for vaccinations by Nara Prefecture and the SDF are open throughout July.

Please inquire or check the details on each web site.

Nara Prefecture-wide venues

Tel. 0570-02- 0120 from 9:00 to the time, vaccination is finished.

Closed at 17:00 on days without vaccination

Large- scale vaccination venues in Osaka run by the SDF (There are two venues in Osaka City).

Tel. 0120-296-567 7:00- 21:00

“Nara City COVID 19 Vaccination Call Center”.

Tel. 0120-340- 112

Please make sure to dial the correct number.

9:00- 17:00 except Saturdays & Sundays, Holidays, Year-end and

New-year Holidays open on Saturdays until August 27.

Address for sending your application and inquiries;

COVID-19 Vaccine Inoculation Promotion Section Tel. 0120-340-112

Address: Hagukumi Center 13-1, Sanjo-Honmachi Nara City, 630-8122

The latest information about COVID-19 vaccinations on the Nara City website

[http:// www. city.nara.lg.jp/site/corona-vaccine/](http://www.city.nara.lg.jp/site/corona-vaccine/)



Medical institutions planning the fourth dose of the vaccination

*This information is as of June 14.

Those who have a family doctor who regularly visits the hospital:

If the medical institution you usually go to has the notation (1) below, you can be vaccinated.

As a general rule, **please make an appointment at the time of your visit.**

*Only medical institutions with permission are listed, so it may be possible to be vaccinated at other medical institutions. Please check the next time you visit the hospital.

Those who do not have a family doctor who regularly visits the hospital:

You can get vaccinated at the medical institutions indicated in (3) below or at the city's mass vaccination site. (on Thursdays, Fridays and Saturdays from July 1 to August 6 excluding July 30)

As a general rule, **you should make a reservation on the city's online reservation page.**

*The target of the city's mass vaccination is those over 60 years old.



Nara City Vaccination Call Center:

Toll-free **0120-340-112** 9:00-17:00 on weekdays excluding Saturdays, Sundays, Holidays, and the year-end and New Year holidays (Open on Saturdays until August 27) *Be careful not to dial the wrong number.

Note! The situation may change at any time depending on the supply status of the vaccine and the inoculation system of the medical institution. The city's website will have the latest updated information.

How to make a reservation

The notation of (1), (2), and (3) represents the following.

If there is no notation, it is a reservation method that is not supported.



Reception at a medical institution:

(1) **Reservation is possible at the time of consultation.** You should make an appointment at the time of a regular examination. (Visits to the hospital only for vaccination appointments are not permitted.)

(2) **Online reservations at medical institutions are available.** Make a reservation on your own system such as your hospital's website.

Reception in the city:

(3) **Reservation is possible on the city's website and call center.** Anyone who has received a ticket for the fourth dose and five months have passed since the third dose can make an appointment.

*For a list of medical institutions that are scheduled to receive the fourth dose of the new coronavirus vaccine, please refer to pages 8 and 9 of the Japanese version of "the July 2022 issue of Nara City Information ."

Take Preventive Measures against *BOTH* COVID-19 and Heat Stroke Simultaneously This Summer

Measures against COVID-19

Wash hands or disinfect them with alcohol-based (hand) sanitizer

Wear a mask

Avoid the Three Cs (Closed spaces with poor ventilation, Crowded places with many people nearby, and Close-contact settings such as close-range conversations)

Measures against Heat Stroke

In summer, our bodies tend to get hot. If you can maintain a proper distance (at least 2 meters) from others, you may remove your face mask. Wiping your face with a cool towel will be effective to cool down.

Drink water frequently so as not to have heat stroke.

Try to make your body ready for the severe heat.

A Basic Preventive Measure against Heat Stroke Is to Avoid Dehydration and Elevation of Body Temperature.

Seven Daily Preventive Measures against Heat Stroke

1. Avoid severe heat

2. Drink water frequently

- Hydrate yourself well with 1.2 liters of water per day, drinking frequently before becoming thirsty (when rising, before and after taking a bath, and so on)

- It is NO GOOD to hydrate using alcoholic beverages

- Take salts after sweating profusely

- Drink some tea normally. Beverages between 5 to 15°C are more easily absorbed and have a cooling effect

3. Be careful of fast-rising temperatures.

4. Try to make your body ready for the severe heat.



5. Be considerate of your body condition.
6. Take care of each other during group activities.
7. Check the Heat Index (WBGT) values, etc.

Inquiries: Iryo-Seisaku-Ka (Medical Policy Section) Tel: 0742-93-8392
 “Heat stroke preventive reinforcement campaign” from April to September
 Please visit Nara City’s website for more details.

About Garbage Collection

Please drain wet garbage thoroughly.
Please notify us before installing folding collection site boxes.

Garbage Collection Dates & Areas in July

Area	Burnable	Unburnable
A, F	Every Mon. & Thurs.	July 13 (Wed.) & 27 (Wed.)
B, E		
C, H	Every Tues. & Fri.	July 6 (Wed.) & 20 (Wed.)
D, G		

*The garbage collection for the date of July 18 (holiday) will be scheduled as usual. Areas A-D are covered by Nara City, and E-H are covered by City Seibi-Kosha, or Takeda Kankyo and Yamato-Seiso JV. The garbage collection dates are different from the above schedule 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 (Joint Venture) Tel. 0742-63-2552

Japanese Hepatitis Day and World Hepatitis Day is on July 28.

The Hepatitis virus progresses without subjective symptoms; consequently, it may lead to liver cirrhosis or liver cancer. We should take the examination to prevent liver cancer. Please refer to other pages for information on the city’s hepatitis virus examinations.

Those eligible: Those who have had no chance to undergo the hepatitis examination in the past, or who had it but might have been infected with hepatitis afterwards.
 *Those who have opportunities to have the hepatitis examination through work and have had the hepatitis examination in the past are not covered.

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

Preliminary Examination Leaflets Were Sent in Late June (to Those Born in May 2022)

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)

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

Medical Checkups for Babies & Children

Checkup Name (Eligibility)	Date	Place
4-month-old Babies Checkup (Born in April, 2022)	From 4-months-old until the day before turning 6 months old .	Designated medical facilities in Nara City.
10-month-old Babies Checkup (Born in Oct. 2021)	From 10-month birthday until the day before turning one year old	*Checkup terms are for two months for the time being.
19-month-old Babies Checkup	Eligible children will receive individual notices.	Designated medical facilities in Nara City.
3-1/2-year-old Babies Checkup		*For the time being, please visit internal and dental medical facilities individually.

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

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

Maternal and Infant Health Care Consultations

Hagukumi Center 3F

Consultation 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 until 13:30)

* The counselor may be a public health nurse

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

Application: Call Boshi-Hoken-Ka (Mother and Child Health Section) by 14:00 before the day
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

Travelling Consultations with public health nurses

Date, Time & Place : July 12 (Tues.) 10:00-11:30 Koutou Kominkan (Oo-Yagyu-cho)

July 19 (Tues.) 10:00-11:30 Dongoga-Oka Community Center

(Yokota-cho, former Tawara Kindergarten)

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

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

Japanese Encephalitis Vaccinations (for Those Born in July 2019)

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

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

Things to bring: Preliminary examination leaflet, *Mother's and Child's Health Handbook* and your child's ID document

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

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

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

Various Health Classes for Expectant Mothers and Infants

Please check the date and time of each class 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 videos on the website “*Hajimete-no* Mommy and Daddy Salon” for information on how to bathe and carry your baby in your arms.

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

Cancer Examinations (August)

Please apply to Kenko-Zoshin-Ka (Health Care Section) by phone or fax. You can also apply on the city website. Applications for Tsuge Hoken Center are accepted only by phone. Free of charge for those who are on social welfare or belong to households receiving residential tax exemption. Please notify us of such when you apply.

Stomach and Lung Cancer Examinations

Application Period: From July 1 (Fri.) to 20 (Wed.)

* Internet application will be accepted until July 10 (Sun.).

Date	Place	Reception Time	Capacity
Aug. 5 (Fri.)	Hagukumi Center	8:45-9:15	17
Aug. 15 (Mon.)			
Aug. 19 (Fri.)		9:15-9:45	16
Aug. 31 (Wed.)			
Aug. 9 (Tues.) Aug. 10 (Wed.)	Tsuge Hoken Center	8:30-10:30 (Time will be specified)	30 each
Aug. 17 (Wed.)	Co-op Oshikuma	9:15-9:45	14
		9:45-10:15	13
Aug. 18 (Thur.)	Nishi Fukushi Center	9:30-10:00	10 each
		10:00-10:30	
Aug. 26 (Fri.)	Tomio Minami Kominkan	9:15-9:45	14
		9:45-10:15	13
Aug. 29 (Mon.)	Hokubu Shutchosho	9:15-9:45	8 each
		9:45-10:15	
Aug. 30 (Tues.)	Tomigaoka Kominkan	9:30-10:00	13 each
		10:00-10:30	

Lung Cancer Examination

Date	Place	Reception Time	Capacity
Aug. 8 (Mon.)	Hagukumi Center	14:00-14:30	30 each
		14:30-15:00	

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

Examination: Chest-X-Ray (including tuberculosis test)

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. Pregnant women; those who had stomach, lung, or intestine surgery or are in treatment; those who have barium sensitivity or had aspiration (lung cancer examination is possible); and those who had an endoscope stomach cancer check by Nara City in the previous fiscal year (lung cancer examination is possible) are excluded.

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 when you may not be able to take the examination depending on your health or questionnaire.

Inquiries: Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129 Fax. 0742-34-3145
Tsuge Hoken Center Tel. 0743-82-0341

Nara Craft Museum

1-1Azemame-cho, Nara 630-8346 Tel. 0742-27-0033. Fax. 0742-27-9922

Nara Traditional Craft Summer Exhibition (Exhibition and sale)

Date & Time: July 5 (Tues.) – August 21 (Sun.) 10:00 – 18:00 (Entrance closes at 17:30)
Closed on Mon.

Naramachi Nigiwai-no-Ie

5 Naka-shinya-cho, Nara 630-8333 Tel. 0742-20-1917

Class No. 2. Let's make lanterns! (Events for children during summer vacation.)

Date & Time: August 7 (Sun.) 10:00 – 12:00

Instructor: Ms. Nanami Hosoda, an art leader

Capacity: 6 people **Fee:** 300 yen

Applications: Call or send an e-mail (nigiwainoie@gmail.com) with the class number, your address, name (with *furikana*), phone number and the number of participants to the Naramachi Nigiwai-no-Ie by a week before the date of the event.
Excess application will be decided by lottery.

Aoyama Swimming Pool Will Open

Open Period	From July 21 (Thurs.) to August 31 (Wed.)	
Open Hours	9:00-12:00	13:00-17:00
Swimming Hours	9:00-11:30	13:00-16:30
Facilities	25 meter long swimming pool and small pool for children	

Admission Fee Table

Classification	Individual		Group**	
	Child*	Adult***	Child*	Adult***
AM	¥150	¥300	¥120	¥240
PM	¥200	¥400	¥160	¥320

* Child: three years old or older and fifteen years old or younger

** Group: more than thirty people; attendance of a responsible person is necessary

*** Child fee for those sixty-five years old and over living in Nara City (needs to show ID certifying the address and the age)

Note: Lockers are available for 50 yen each. Elementary school students must be attended by an adult eighteen years old or over for every two students. (This is also applicable to groups.)

Inquiries: Aoyama Swimming Pool 2 Aoyama 3-chome 630-8101 Tel. 0742-26-2996

Nara City Museum of Art

(3-1 Nijo-Oji Minami 1-chome Mi-Nara 5th floor 630-8012) Tel. 0742-30-1510 Fax. 0742-35-7160

Open Museum Project “Yokai POP Yokai Shoka・ Ouka Ten”

Date: From July 16 (Sat.) to August 21 (Sun.)

Closed: Every Monday (except July 18 (Mon.))

Closed on July 19 (Tues.) and August 12 (Fri.)

Naramachi Center

(38 Higashi-Terabayashi-cho 630-8362) Tel.0742-27-1151

Exhibition of Cork drawings, “Fly out, Insects!”

Date & Time: Between July 27 (Wed.) and August 7 (Sun.) 9:00-17:00 (until 16:00 on August 7)

Naramachi Marche

Delicious, Happy, Cute things of Nara will come together to the Festival, Naramachi Marche.

Place: Naramachi area **Date & Time:** August 6 (Sat.) 15:00-19:00 (Cancelled, if it rains.)

Keisei Kominkan

(3-43-2, 1-Chome Rokujo-nishi 630-8044) Tel, Fax: 0742-44-2669

Event Name: Summer Vacation, Movie Festival

Date & Time: August 6 (Sat.) 13:30-15:00

Contents: Movie of “*Okori Jizo*, (Angry Guardian Deity for Children)”, rolled paper play of “Swimmy”, fishing game, origami, some exhibition, etc.

Eligibility: Elementary school students or above (Those who study in Nara city are also eligible.)

Application: Not necessary.

Lifelong Learning Center

23 Surugamachi 630-8357

Tel. 0742-26-8811 Fax. 0742-26-8813

Event Name	Date and Contents	Application
Salon Concert	<p>• Sumo <i>Jinku</i> - July <i>Basho</i> Let's listen to various topics about Sumo and Sumo Jinku (Sumo Folk Songs). 7/10 (Sun.) 14:00-15:00 *Free entry</p> <p>• Guitar and mandolin melodies A performance by Guitar & Mandolin Club of Kasuga Middle School 7/30 (Sat.) 14:00-14:30 *Free entry</p> <p>• Peace Festa 2022 Chorus and violin performance by the executive committee of Nara City War Exhibition for Peace 7/31 (Sun.) 14:00-15:00 *Free entry</p>	Not necessary
Summer Children's Festival	<p>Short anime film viewing, making a fan, storytelling, picture-letter making experience, confectionery sale, etc. 8/6 (Sat.) 10:00-12:00, 13:00-15:00 Eligible: From 3-year-old toddlers to elementary school students *Free entry *Children of pre-school age must be accompanied by their guardians. The confectionery sale is available while supplies last. 50 yen for the picture-letter making experience.</p>	Not Necessary

Miato Kominkan

204-1 Gojo-cho 630-8032 Tel. & Fax. 0742-34-5954

Event Name	Date and Contents	Application
DEAI meeting at Miato Salon	Music and Reminiscence "Let's talk about the good old days! Slip back into the 1960s." July 16 (Sat.) 13:30-15:30 *Free entry	Not Necessary

(Specific) Medical Checkups

For Those Covered by Medical Insurance for the Elderly aged 75 or over

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

Items: Period & Those eligible	Contents	Things to Bring	Application	Place
1. Physical Exams: July 1 (Fri.) through the end of February 2023	Inquiry, physical measurements, blood/urine exams, blood pressure check, anemia, ECG, eye fundus (only for those eligible) Fee: 500 yen	*Consultation ticket (Checkup Passport) *Questionnaire *Health Insurance Certificate	Notices will be sent to those eligible in late June *1	Medical institutes or clinics registered in Nara Prefecture
*1: Those who were insured April 1 through August 31 or later will receive the card for physical checkups in July or later.				

For Those Covered by National Health Insurance (40 years or over)

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

Items: Period & Those Eligible	Contents: Fee	Things to Bring	Application	Place
2. Specific Physical Exams: July 1 (Fri.) through the end of February 2023 Those covered by Nara City NHI (40 - 74 years old) as of April 1 2022. *2 For those who were insured after April 2 (Sat.) and want to receive this exam, please contact the section in charge.	Inquiry, physical measurement, blood/urine exams, blood pressure check, anemia, ECG (EKG) eye fundus (only for those eligible) for free.	*Consultation ticket (Checkup Passport) *Questionnaire *Health Insurance Certificate	Notices will be sent to those eligible in late June.	Medical institutes or clinics registered in Nara Prefecture
3. Head MRI Exam: July 1 (Fri.) through the end of March 2023 Those covered by NHI and who will have 2. Special Physical Exam this fiscal year, and are without unpaid premiums. Capacity: up to 670 persons Deadline as soon as capacity is reached	Head MRI Exam: 8,100 yen	*Health Insurance Certificate *Results of the specific physical exam *Certificate for Reception	Contact the Kokuho-Nenkin-Ka: July through the end of February, 2023	Nara City General Medical Examination Center (Kashi-wagi-cho)
*2: Those who will be 75 years old by the end of August will be informed of the No. 1 Physical exams sequentially after July.				

*For those covered by insurance aside from the above-mentioned two, please ask that insurance company.

*Those who do not have health insurance (such as welfare recipients) will receive the card for free.

For those who became welfare recipients on May 10 (Tues.) or later, please contact the Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129

*For those who are in institutions, Nara City will send notifications only to those who apply.

Please contact us by phone. Fukushi-Iryo-Ka Tel. 0742-34-4754, Kokuho-Nenkin-Ka Tel. 0742-37-4736

* The results of the medical exam will be sent to that person from Nara City by mail later.

Cancer and Other Exams

Period: July 1, 2022 – February 28, 2023

(Stomach cancer and lung cancer exams: May 2022 to late March 2023)

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

Item & Those Eligible *3	Contents (Fee)	Things to Bring	Apply to	Place
4. Stomach Cancer Exam Those 40 years old and over	Interview, stomach x-ray exam (barium exam) (1,000 yen)	Jushin-hyo (Consultation form)	Kenko-Zoshin-Ka (Please see August schedule on page 15 of the Japanese edition.)	Group exam (exam cars will stop at multiple locations in Nara City)
5. Lung Cancer Exam Those 40 years old and over *4	Interview, chest x-ray exam (500 yen), sputum test (only if necessary, extra 600 yen)			
6. Stomach Cancer Endoscopic Exam Those aged 50, 52, 54, 56, 58, 60, 62, 64, 66, 68 and 70	Interview, stomach endoscopic exam (4,000 yen)	Jushin-hyo (Medical Exam Passport)	Notices will be sent to those eligible in late June.	MNC (Medical Institutions or clinics registered in Nara City)
7. Bowel Cancer Exam Those 40 years old and over	Interview, fecal occult blood test (1,000 yen). *Those who are 40 years old as of April 1, 2022 can use free check-up cards.			
8. Cervical Cancer Exam Women 20 years old and over who are even-numbered ages (Those with odd-numbered ages who did not have the exam last year, please apply)	Interview, inspection, cytological diagnosis (2,000 yen) *Those who are 20 years old as of April 1, 2022 can use free tickets.			MNP (Medical institutions or clinics registered in Nara Prefecture)

<p>9. Breast Cancer Exam Women 40 years old and over who are even-numbered ages (Those with odd-numbered ages who did not have the exam last year, please apply)</p>	<p>Interview, breast x-ray exam (mammography) (2,000 yen) *Those who are 40 years old as of April 1, 2022 can use free tickets.</p>			
<p>10. Osteoporosis Exam Women aged 40, 45, 50, 55, 60, 65 and 70 (Those who did not have the exam last year, please apply)</p>	<p>Interview, bone mineral testing (DXA). (1,200 yen)</p>			
<p>11. Periodontal Diseases Exam Those aged 40, 50, 60 and 70 (Those who did not have the exam last year, please apply)</p>	<p>Interview, periodontal tissue testing (1,000 yen)</p>			
<p>12. Stomach Cancer Risk Exam Those aged 40 to 70 who have never had a stomach cancer risk exam</p>	<p>Interview, blood exam (Free of charge) * If you wish to have this exam in place of a stomach endoscopic exam, please let us know.</p>			
<p>13. Lung Cancer Low Dose CT Exam Those aged 50, 55, 60, 65 and 70</p>	<p>Interview, chest low dose CT scan (4,000 yen)</p>			
<p>14. Hepatitis Virus Exam Those 40 years old, or those other than 40 years old who have never had the hepatitis virus exam</p>	<p>Hepatitis Virus C Exam (HCV antibody test), Hepatitis Virus B Exam (HBs antigen test) Selectable. (Free of charge) *Those not eligible but who have concerns about hepatitis virus B/C can apply regardless of the period. Call Kenko-Zoshin-Ka (Health Care Section)</p>	<p>Those aged 40: Jushin-hyo (Medical Exam Passport) Those aged other than 40: Hepatitis Virus Medical Exam Sheet</p>	<p>Notices will be sent to those aged 40. Those aged other than 40: apply for Kenko-Zoshin-Ka (Health Care Section)</p>	<p>MNC (Medical Institutions or clinics registered in Nara City)</p>

*3: Age as of March 31, 2023 *4: Exams for tuberculosis included.

Exemption from Fees for Various Cancer Exams

Exams number 4. to 11. are free of charge for those who apply as city-tax exempt or livelihood protection household. Please apply no later than 10 days in advance with the application form. You can apply online. Upon submission and approval of your application, you will receive the Medical Exam Passport with Free Exemption. No refunds are available.

Education Center KIDS LEARNING FLOOR

Class Name	Date Time Application	Deadline
Planetarium “Nijiro and Seasonal Constellations” Capacity: 12 seats each	Every Saturday, Sunday, holiday in July 1) 10:30-10:50 2) 13:40-14:10	Reception on the day
Summer Vacation Movie Screening “Hello Kitty’s Alice’s Adventures in Wonderland, Gulliver’s Adventures by Kerokero-Keroppi’s” Capacity: 40 seats each	July 21 (Thurs.) 1) 11:00-12:00 2) 13:00-14:00	
Summer Vacation Movie Screening “Kerokero-Keroppi’s Great Adventure- Magical Beanstalk, Hello Kitty’s Little Princess” Capacity: 40 seats each	July 22 (Fri.) 1) 11:00-12:00 2) 13:00-14:00	
Planetarium for summer vacation “Star’s Life” Capacity: 12 seats each *Only a movie.	July 22 (Fri.),27 (Wed.), Aug. 3 (Wed.),5 (Fri.), 10 (Wed.) 1) 10:30-11:00 2) 13:40-14:10	
Astronomical Class “Making Constellations Lanterns” Those eligible: 5 years old and over Fee: 300 yen	July 28 (Thurs.) 1) 10:30-12:00 2) 13:30-15:00	July 11 (Mon.)
Night Planetarium “Walk in the Seasonal Starry Sky – Astronomical Tour” Capacity: 12 seats *From elementary school fourth graders. Adults can apply without children.	July 29 (Fri.) 18:30-19:10	
Craft Experience Class: Let’s Learn from an Ink & Watercolor Painter. -Let’s Draw with Ink Gradation! Those eligible: Five years old and over Things to bring: Calligraphy supplies	July 31 (Sun.) 10:00-11:30	
Science Experience Class: “Little Sea Creatures (Chirimen Monsters) Those eligible: Elementary school first graders and over Fee: 500 yen	Aug.3 (Wed.) 1) 10:00-12:00 2) 13:30-15:30	
Programming Class “Programing Class by Senior High School Students” Those eligible: Elementary school first to sixth graders	Aug. 6 (Sat.) 10:30-12:00	July 18 (Holiday)
Story Telling “Ghosts”	Aug. 6 (Sat.) 11:00-11:30	Reception on the day
Robot Class “Robot Class by Senior High School Students” Those eligible: Elementary school first to sixth graders	Aug. 7 (Sun.) 10:30-12:00	July 18 (Holiday)

Science Experiment Class “Let’s Become Insects Professors!” Those eligible: Elementary school first graders and over Things to bring: Insects 1 to 5 cm long for specimens Fee: 1,000 yen	Aug. 10 (Wed.) 9:30-11:00	
Basic Level Robot Class “Wakuwaku Robot Lecture” Those eligible: Elementary school third graders and over *Same contents for both days.	Aug. 10 (Wed.), 11 (holiday) 9:30-12:30	
Craft Experience Class “Let’s Make a Leather Coaster!” Fee: 300 yen	Aug. 12 (Fri.) 1) 10:30-11:50 2) 13:00-14:20	July 25 (Mon.)
Space Class “Let’s Launch a Space Shuttle!” Those eligible: Elementary school first graders and over Things to bring: Two 1-liter paper milk, etc. cartons	Aug. 13 (Sat.) 1) 10:00-11:30 2) 13:30-15:00	
Advanced Level Robot Class “Wakuwaku Robot Lecture” Those eligible: Elementary school third graders and over who finished the basic class	Aug.18 (Thurs) 9:30-12:30	
Craft Experience Class: “Let’s Make Floss from Silkworm Cocoons.” Fee: 300 yen Things to bring: Towel	Aug. 19 (Fri.) 13:00-15:00	Aug. 1 (Mon.)
Craft Experience Classroom: “Let’s Learn from a Master of Bamboo Work -Let’s Make Taketombo “ Those eligible: Elementary school third graders and over *Will Use a box cutter and other tools.	Aug. 21 (Sun.) 10:00-12:00	
Craft Experiment Class: “Let’s Make an Eternal Calendar!” Those eligible: five years old and over	Aug. 24 (Wed.) 13:30-15:00	Aug. 8 (Mon.)
Night Planetarium “Walk in the Seasonal Starry Sky – Astronomical Tour” Capacity: 12 seats *From elementary school fourth graders. Adults can apply without children.	Aug. 26 (Fri.) 18:30-19:10	

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

Application: Web application from Nara City Website.

In case of excess application, a lottery will be held.

This QR code links to application pages.

Others: 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 cooperate in measuring your body temperature beforehand, wearing a mask, and confirming your health condition when you arrive at the center.

Participation in classes may not to be possible depending on your health condition.

Other courses may also be held.

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

Inquiries: Kids Learning Floor (Education Support and Consultation Section) Tel. 0742-36-0401