

Nara City Information for Residents

July 2023 Issued by Nara City Hall (No. 1232)

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

Translation by Nara SGG Club (Systematized Goodwill Guide Club)

For some local government section names, the Nara SGG Club uses those decided upon by our translation team. As the city's English website uses machine translation, some names and terms may differ between our translation and the website. We ask for your understanding.

Copies available on request at:

Nara City Hall Information Counter, Nara City Hall Shimin-Ka Counter,
Nara-shi Shimin Service Center (Nara Family 5F), Nara City Tourist Center,
Public Health Center (4F, Hagukumi Center), Chubu Kominkan, Seibu Kominkan,
Hokubu Kaikan, 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



特集
pick up!

守る。支える。
人の輪でつくる明るい社会

しみんだよりは、今月号から5年間、
地域情報ネットワーク(株)が配布します。
(一部地域を除く。くわしくは6ページへ)

Building a Bright Society by Creating a Circle of People

After the lift of restrictions on COVID19, streets are becoming busier. Along with this the number of crimes is expected to increase at such places.

In Nara City, residents of each district are voluntarily involved in patrolling, street beautification activities, installing security cameras, etc. Also, for offenders who are trying to recover from committing crimes or delinquency, various kinds of support are provided by the city and concerned organizations to prevent reoffending. These activities will pave a way to create a citizens' circle in which we protect and support each other.

Inquiries: About support for offenders' rehabilitation: Shakai-Fukushi-Seisaku-Ka
(Social Welfare Policy Section) Tel. 0742-34-5196

Free Childcare Fees after the Second Child since April, 2023

As the city's policy to support child rearing, the childcare fee (user-paid amount) after the second child became free from this April. In this measure all the children of a family except the first child are eligible regardless of the amount of family income and ages of children.

Inquiries: Hoikusho-Yochien-Ka (Nursery & Kindergarten Section)

Tel. 0742-34-5086

For details



Eligible Facilities: Specified education & childcare facilities (nurseries and certified childcare centers)

Specified region-based childcare services (small-scale childcare services, on-site childcare services, etc.)



Garbage Collection

Please cooperate in separating and disposing of your garbage appropriately.

In April, a fire accident occurred in a garbage collection truck, possibly caused by "small rechargeable batteries"

Please pay attention to the following precautions.

- Dispose of insecticide, spray paint and hair mousse cans as unburnable garbage. Dispose of cartridge-type gas cylinders and body spray cans as recyclable resources. (Please use up the contents of spray cans and make several holes in them.)
- Bring dry-cell batteries, button batteries, and coin batteries to a hub collection site. (Be sure to insulate them with tape).
- Bring rechargeable batteries, such as portable chargers and lithium-ion batteries to a hub collection site or to the recycling boxes placed inside electronics retail stores. (The locations of recycle boxes are shown on the JBRC website.)
- Use up all the gas in disposable lighters and dispose of them as burnable garbage.

Please drain wet garbage thoroughly.

Collection Dates and Areas in July

Area	Burnable	Unburnable
A, F	Monday & Thursday	July 5 & 19 (Wed.)
B, E		
C, H	Tuesday & Friday	July 12 & 26 (Wed.)
D, G		

*Garbage collection is scheduled as usual July 17 (Holiday).

Areas A, B, C and D are covered by Nara City, and areas E, F, G, and H are covered by City Seibi Kosha or Takeda-Kankyo & Yamato-Seiso Kyodo-Kigyotai (Joint Venture). Collection days in some areas might be different, so please see the city website for confirmation.

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

City Seibi Kosha Tel. 0742-33-8782

Takeda-Kankyo & Yamato-Seiso Kyodo-Kigyotai (Joint Venture) Tel. 0742-63-2552

Vaccination Against COVID-19 has Begun

Eligibility: Those who are 65 years or older, or 5 years or older with underlying diseases.

Includes those diagnosed by a doctor with a high risk of severe illness, health and care service providers working in facilities for people at a high risk of severe illness such as medical facilities, nursing home and facilities for people with disabilities.

Application: Please contact the Vaccination Against COVID-19 call center by phone. Tel. 0120-340-112

Reservations can be made on the website.

For more information, please check the City's website or the May issue of Nara City Information for Residents.



Medical Checkups for Babies and Children

Checkup name (Eligibility)	Date	Place
4-month-old Babies Checkup (Born in April 2023)	From the 4-month birthday until the day before turning 5 months old	Designated Medical Facilities in Nara City
10-month-old Babies Checkup (Born in October 2022)	From the 10-month birthday until the day before turning 11 months old	
19-month-old Babies Checkup (Born in December 2021)	Aug. 3, 10, 24, 31 (Thurs.) * Appointment required	Chuo Hoken Center (Central Health Center) (On the 2nd floor of Hagukumi Center)
3-1/2-year-old Children's Checkup (Born in January 2020)	Aug. 1, 8, 22, 29 (Tues.) * Appointment required	

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

* The questionnaire will be sent by the middle of July. Those who moved to Nara City after July 1 and have not received the questionnaire by the checkup day should contact Boshi-Hoken-Ka (Mother and Child Health Section)

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

Rubella Antibody Examination

Eligibility: Those women who expect to become pregnant, or family members who live together with a woman (spouse, etc.) whose antibody titer is 16 times and under according to an HI test (hemagglutination inhibition test) or under 8.0 according to EIA (enzyme immunoassay). Only for those who will be registered as Nara City citizens on the examination day. Excluding those who have already had a rubella examination, have been vaccinated against rubella twice, suffered from rubella, or are currently pregnant.

Application: Please contact Hoken-Yobo-Ka (Health Protection Section) by phone, fax, or e-mail with your application form by January 31, 2024.

Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397, Fax. 0742-34-2486,

E-mail: fushinkensa@city.nara.lg.jp

For more information, please visit the website. Application forms are also available for download.

Preliminary Examination Leaflets for Vaccinations Were Sent out in Late June for Those Born in May 2023.

In order to have your baby vaccinated, the preliminary examination leaflets, *Mother's and Child's Health Handbook* and health insurance card are required on the day of vaccination. In case you have no preliminary examination leaflet due to recently moving into Nara City, etc., please contact Kenko-Zoshin-Ka (Health Care Section).

Inquiries: Kenko-Zoshin-Ka (Health Care Section)

Tel. 0742-34-5129

Maternal and Infant Health Care Consultation

Hagukumi Center 3F

***Consultation by phone or face-to-face with public health nurses or midwives (appointment required)**

Date & Time: 8:30-17:15 on weekdays (9:00-15:00 on weekdays with midwives)

Seibu-Kaikan 2F, the Counseling Room (Gakuen-Minami 3-chome)

***Face-to-face Consultations with midwives (appointment required)**

Date & Time: 10:00-14:00 on Monday, Wednesday, Friday (accepted until 13:30)

Except for holidays.

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.

Application: Call Boshi-Hoken-Ka (Mother and Child's Health Section) Tel. 0742-34-1978

Tsuge Hoken Center

***Consultations by phone or face-to-face with public health nurses or nutritionist**

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

***Traveling Consultations with public health nurses**

Date & Time	Place
July 11 (Tues.) 10:00-11:30	Koto Kominkan (Oyanagi-cho)
July 14 (Fri.) 10:00-12:00	Tsukigase Fukushi Center (Tsukigase Oyama)
July 18 (Tues.) 10:00-11:30	Yagyū Kodomo-en (Yagyū Shimo-cho) Tabara Dongoga-oka Community Hiroba (Ex-Tabara kindergarten, Yokota-cho)

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

Inquiries: Tsuge Hoken Center Tel 0743-82-0341

Tsukigase Health Consultation Room

***Consultations by phone or face-to-face with public health nurses or nutritionist (appointment required)**

Date: & Time: 9:00-16:30 on weekdays

Application: Call Tsukigase Health Consultation Room Tel. 0743-92-0480

Hello, Visiting Babies (under four months old)

For those who are worried about rearing babies

A midwife or a public health nurse will visit your home

Those Eligible: Those who want to consult about breast-feeding or those whose baby's birth weight was under 2,500g

Application: Apply to Boshi-Hoken-Ka (Mother and Child Health Section) by phone (Tel. 0742-34-1978) or by sending the green postcard issued with the *Mother's and Child's Health Handbook*

For those who have no particular worries about baby rearing

A city-commissioned counselor will call you and visit your home

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

Japanese Encephalitis Vaccinations to Start (for those born in July 2020)

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

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

Things to Bring: Preliminary examination leaflet, *Mother's and Child's Health Handbook*, and health insurance card. * Those who are not registered as a citizen 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

Classes for Pregnant Women & Babies and Dental Checkup

Mother's & Father's Class

Date & Time: 1) Aug. 4 (Fri.) 10:00-12:00, 2) Sept. 8 (Fri.) 10:00-12:00

Place: Hagukumi Center 2F

Contents: Lecture by midwives and public health nurses about babies and childcare
Conversation with other expectant mothers

Capacity: 16 women for each class, who are in their first pregnancy and in the 22nd to 31st week of pregnancy

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

Application: 1) by July 28 (Fri.), 2) by Sept. 1 (Fri.)

Maternity "Happy" Check (Dental Checkup for Pregnant Women)

Date & Time: July 27 (Thurs.) 9:30-11:30

Place: Hagukumi Center 2F

Contents: Dental checkup, effective tooth brushing, fluoride coating (for those who want it)

Capacity: 28 women in the approximately 16th to 31st week of pregnancy

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

Application: by July 20 (Thurs.)

Classes for Babies

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

Date: July 12 (Wed.) 10:00-11:15

Place: Hagukumi Center 2F

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

Those Eligible: First born children born in February 2023 and their guardians

Capacity: 32 babies and their guardians each day

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

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

Date: August 8 (Tues.) 10:00-11:00

Place: Hagukumi Center 2F

Contents: How to care for babies' new teeth and a brushing practice

Those Eligible: First born children born in August 2022 and their guardians

Capacity: 21 babies and their guardians * babies born from in May to July are eligible

Things to Bring: *Mother's and Child's Health Handbook*, and some gauze for wiping the baby's mouth

Fluoride Coating for Tooth Decay Prevention for Children Born in July 2021

Date & Time: July 21 (Fri.) ①9:30-10:00 ②10:00-10:30 ③10:30-11:00 ④11:00-11:30

Place: Chuo Hoken Center (Central Health Center, Hagukumi Center 2F)

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

Capacity: 25 babies and their guardians

Things to Bring: *Mother's and Child's Health Handbook*, a toothbrush which is not worn-out (as good as a new one) and towels

Deadline: July 19 (Wed.)

Study Salon for New Mothers over 40 Years of Age

Date & Time: August 25 (Fri.) 10:00-11:30

Place: Hagukumi Center 2F

Contents: Exercise guided by a health exercise leader, "Let's move your body with your baby", and friendly exchange among mothers and individual consultation

Those Eligible: Women 40 years old and up, in their first pregnancies

(Mothers with babies under one-year-old or expecting mothers under 32 weeks)

Capacity: 15 women and their babies

Things to Bring: *Mother's and Child's Health Handbook*, goods necessary for your baby

Deadline: August 18 (Fri.)

Application: Call Boshi-Hoken-Ka (Mother and Child Health Section) by each deadline.

Inquires: Boshi-Hoken-Ka Tel. 0742-34-1978

Cancer Examinations (August)

Apply to Kenko-Zoshin-Ka (Health Care Section) by phone or fax or on the City's 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 residence tax exemption.

Please notify us of that when you apply.

Stomach and Lung Cancer Examinations

Accepted from July 3 (Mon.) to 20 (Thurs.).

Date	Place	Reception Time	Capacity
Aug. 7 (Mon.) Aug.18 (Fri.) Aug. 22 (Tues.) Aug.28 (Mon.)	Hagukumi Center	8:45 – 9:45	33 each
Aug. 8 (Tues.) Aug. 9 (Wed.)	Tsuge Hoken Center	8:30 – 10:30 (Appointed time only)	30 each
Aug. 14 (Mon.)	Seibu Shogai Sports Center Club House	9:15 – 10:15	27
Aug.15 (Tues.)	Tomigaoka Kominkan	9:30– 10:30	26
Aug.16 (Wed.)	CO-OP Oshikuma	9:15 – 10:15	27
Aug.17 (Thurs.)	Tomio-Minami Kominkan	9:15– 10:15	27
Aug. 21 (Mon.)	Hokubu-shutcho-sho	9:15 – 9:45	10 each
		9:45- 10:15	
Aug. 29 (Tues.)	Tomio Kominkan	9:15 – 10:15	27

Lung Cancer Examination

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

Stomach Cancer Examination: 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 a sputum test based on the 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 and this fiscal year (lung cancer examination is possible), and those who had low dose CT screening for lung cancer by Nara City in this fiscal year (stomach cancer examination is possible) are excluded.

Others: For those who are breastfeeding, please notify us of such when you apply. Examination interval is once a year. There might be cases when you may not be able to take the examination depending on your health and questionnaire.

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

Nara City History Museum

1-1 Wakido-cho 630-8337 Tel. 0742-27-0169 Closed on Monday

Let's try a quiz!

Date: July 21 (Fri.) - August 24 (Thurs.)

Contents: Have a look around exhibitions and take a quiz with the distributed self-made, mini block-shaped worksheet.

Special display

Naramachi-saijiki, Nara Magistrate and Mantoro Festival

Date: August 1 (Tues.) - August 27 (Sun.)

Contents: Introduce historical materials about Mantoro by Hotta awaji-no-kami (a magistrate).

Special release of historical materials from museum collections: Nara-machi during wartime

Date: August 1 (Tues.) - August 27 (Sun.)

Contents: Introduces life in Nara-machi during wartime with documents from that time.

Aoyama Swimming Pool Will Open on July 21 (Fri.)

Open Period	From July 21 (Fri.) to August 31 (Thurs.)	
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 yen	300 yen	120 yen	240 yen
PM	200 yen	400 yen	160 yen	200 yen

* 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 (need to show ID certifying their address and age)

Note: Lockers are available for 50 yen each. Elementary school students must be accompanied by one 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 Marathon 2023

Date: Dec. 9 (Sat.), 10 (Sun.)

Place: Rohto Nara Konoike Park (4 Horen-sahoyama), Nara City, Tenri City

<Entry to Marathon>

Quota of runners: Full Marathon 12,000 persons
 10 km 4,000 persons
 3 km 1,500 persons

Application: Via the Nara Marathon website

Application begins at July 12 for prefectural inhabitants and at July 19 for general inhabitants.

Applications will close when maximum number of applicants is reached,

Inquiries: Nara Marathon Executive Committee (Tel. 0742-81-8752)

Nara Art Space

6th Wool Collage Private Exhibition at Nara City Hall Main Entrance

Date & Time: July 10 (Mon.) - 14 (Fri.) 9:00 - 17:00

Inquiries: Bunka-Shinko-ka (Cultural Development Section) Tel. 0742-34-4942

Sugioka Kason Calligraphy Museum

3 Wakido-cho 630-8337 Tel. 0742-24-4111

Quiz in Summer Vacation: "Operation to Decipher KANA characters –Let's get a wonderful present"

<Free admission>

Date & Time: July 22 (Sat.) - Aug. 31 (Thurs.), 9:00 - 17:00

July 22 (Sat.) 13:00 is a day when students in the KANA Calligraphy Laboratory of Nara

University of Education will help you answer quizzes.

Contents: Quizzes about calligraphy and exhibited works

Souvenirs will be given to high school students and younger.

Those eligible: infants to high school students

Others: Work sheets to help visitors' appreciation are distributed at the simultaneous event "Let's Sketch".

Daijo-in Temple Garden Heritage Center

1083-1 Takabatake-Cho Nara City 630-8301 Tel. 0742-24-0808 Fax. 0742-24-0807

◆ **Panel Exhibition "The world of Calligrapher, Kason Sugioka & the Oldest Anthology of Japanese Poetry, Man'yoshu" <Admission free>**

Date: August 1 (Tues.) – 27 (Sun.)

Naramachi Center

38 Higashi-Terabayashi-Cho 630-8362 Tel. 0742-27-1151 (Closed on Mondays)

◆ **Exhibition of Wood Prints & Ceramics by Junior High School Students in Nara City**

Date & Time: July 5 (Wed.) – 17 (Holiday), 10:00 – 17:00 (until 16:00 on the last day)

◆ **Let's play with board games in Naramachi Center!**

Date & Time: July 23 (Sun.) 11:00 – 16:00 (Reception time: 10:30 – 15:00) *About 1 hour

◆ **Exhibition of Pop-Up Cork Art of Insects**

Date & Time: July 26 (Wed.) – August 6 (Sun.), 10:00 – 17:00 (until 16:00 on the last day)

◆ **Naramachi Marchais beginning from here – Sustainable Marchais Festival**

Date & Time: August 5 (Sat.) 15:00 – 19:00 (Canceled in case of rain)

Lifelong Learning Center

23 Surugamachi 630-8357 Tel. 0742-26-8811 Fax. 0742-26-8813

Event Name	Date & Contents	Application
Salon Concert	<p>Sumo Jinku for the July Basho Let's listen to various topics about Sumo and SumoJinku (Sumo Folk Songs). July 16 (Sun.) 14:00-15:00 *Entrance is free</p> <p>Guitar and Mandolin Melodies A performance by the Guitar & Mandolin Club of Kasuga Middle School July 22 (Sat.) 14:00-14:30 *Entrance is free</p> <p>Letter in Song "Hajimemashite" Female chorus and full chorus by Female choir July 29 (Sat.) 14:00-14:45 *Entrance is free</p> <p>Peace Festa 2023 Chorus and violin performance by the executive committee of Nara City War Exhibition for Peace July 30 (Sun.) 14:00-15:00 *Entrance is free</p>	Not Necessary
Summer Children's Festival	<p>Short anime film viewing, Making Kendama with plastic bottles, a fishing game, talking session, etc. August 5 (Sat.) 10:00-12:30 Those eligible: From 3-year-old toddlers to elementary school students *Entrance is free *Pre-school aged children must be accompanied by their guardians. Confectionery sales are while supplies last.</p>	Not Necessary

Seibu Kominkan

1-5 Gakuen-Minami 3-chome 630-0034 Tel.0742-44-0101 Fax. 0742-44-0103

Event Name	Date & Contents	Application
Experimental exchange event by a volunteer group	<p>Watching & trying hula dance July 15 (Sat.) 13:30-14:30 *Entrance free for 3-year-olds and over *Pre-school aged children must be accompanied by their guardians.</p>	Not Necessary

Mikasa Kominkan

313-3 Omiyacho 4-chome 630-8115 Tel/Fax. 0742-33-0515

Event Name	Date & Contents	Application
Sakutto Shukudai Dandori	<p>Open to the public for summer vacation learning or as a place for interaction July 25 (Tues.), 27(Thurs.), August 1(Tues.), 3(Thurs.), 22(Tues.) and 24(Thurs.) 9:30-11:30 *Free for elementary and junior high school students.</p>	Not necessary

Cancer and Other Exams

Period: July 1, 2023 – February 29, 2024

(Stomach cancer and lung cancer exams: May 2023 to late March 2024)

Inquiries: Kenko-Zoshin-Ka (Health Care Section) (3rd floor of Hagukumi Center) 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 *4	Interview, stomach x-ray exam (barium exam) (1,000 yen)	Jushin-hyo (Consultation form)	Kenko-Zoshin-Ka (Please see August schedule on page 13 of the Japanese edition.)	Group exam (mobile exam unit will stop at multiple locations in Nara City)
5. Lung Cancer Exam Those 40 years old and over *4	Interview, chest x-ray (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 endoscope exam (4,000 yen)	Jushin-hyo (Medical Exam Passport)	Notices will be sent to those eligible in late June.	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, 2023 will receive a free exam ticket.			
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, 2023 will receive a free coupon.			Medical institutions or clinics registered in Nara Prefecture
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)	Interview, breast x-ray exam (mammography) (2,000 yen) *Those who are 40 years old as of April 1, 2023 will receive a free coupon.			Medical institutions or clinics registered in Nara City
10. Osteoporosis Exam Women aged 40, 45, 50, 55, 60, 65 and 70 (Those who did not have the exam last year, please apply)	Interview, bone mineral testing (DXA) (1,200 yen)			

11. Periodontal Diseases Exam Those aged 40, 50, 60, and 70 (Those who did not have the exam last year, please apply)	Interview, periodontal testing (1,000 yen)			
12. Stomach Cancer Risk Exam Those aged 40 to 70 who have never had a stomach cancer risk exam	Interview, blood test (Free of charge) *If you wish to have this exam in place of a stomach endoscopic exam, please let us know.			
13. Lung Cancer Low Dose CT Exam Those aged 50, 55, 60, 65, and 70	Interview, chest low dose CT scan (4,000 yen)			Medical institutions or clinics registered in Nara City
14. Hepatitis Virus Exam Those 40 years old, or those other than 40 years old who have never had the hepatitis virus exam	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)	Those aged 40: Jushin-hyo (Medical Exam Passport) Those aged other than 40: Hepatitis Virus Medical Exam Sheet	Notices will be sent to those aged 40. Those aged other than 40: Apply at Kanko-Zoshin-Ka (Health Care Section)	

*3: Age as of March 31, 2023

*4: Exams for tuberculosis included.

Exemption from Fees for Various Cancer Exams

Exams numbered 4. To 11. are free of charge for those who apply as city-tax exempt or a livelihood protected household. Please apply no later than 10 days in advance with the application form. You can apply online through the city website. Upon submission and approval of your application, you will receive the Medical Passport with Fee Exemption. No refunds are available after the exam.



Education Center Kids Learning Floor

Class Name	Date	Time	Deadline
Planetarium “Nijiro and Seasonal Constellations - Tale of Tanabata” (until July 2)•Cygnus (from July 8) Capacity: 40 seats each time	Holidays, Every Saturday and Sunday in June	1. 10:30-10:50 2. 11:40-12:10 3. 13:40-14:10	
Planetarium for summer vacation “Star’s Life” (Only a movie) Capacity: 40 seats each time	July 21 (Fri.) July 26 (Wed.) August 2 (Wed.) August 4 (Fri.) August 9 (Wed.)	1. 10:30-11:00 2. 11:40-12:10 3. 13:40-14:10	Reception on the day
Summer Vacation Movie Screening “New Jungle Taitei” 1. Birth 2. Promise 3. Start of a journey 4. Friends Capacity: 200 seats each time	1.& 2. July 21(Fri.) 3.& 4. July22(Sat.)	1. 11:00-12:00 2. 13:00-14:00	
Astronomical Class “Making Constellation Lanterns” Capacity: 12 children age 5 and over each time Fee: 300 yen	July 27 (Thurs.)	1. 10:30-12:00 2. 13:30-15:00	
Science Experiment Class “Let’s Make a Hand-Cranked Generator” Capacity: 12 children in the third grade and over in elementary school each time	July 27 (Thurs.)	1. 13:00-14:00 2. 14:30-15:30	July 10 (Mon.)
Night Planetarium “Whimsical Planetarium We will Deliver a Seasonal Starry Sky.” Capacity: 40 seats. Content is for upper graders in elementary school and over. *Adults can participate without children.	July 28 (Fri.)	18:30-19:10	Reception on the day
Craft Experience Class: “Learn from an Ink & Watercolor Painter. Let’s Draw with Ink Gradation.” Capacity: 15 children age 5 and over Things to bring: calligraphy supplies	July 30 (Sun.)	10:00-11:30	
Science Experiment Class “Little Sea Creatures (Chirimen Monsters)” Capacity: 12 children in the first grade and over in elementary school each time Fee: 500 yen	August 3 (Thurs.)	1. 10:00-12:00 2. 13:30-15:30	July 10 (Mon.)
Science Experiment Class “Let’s Become Insect Professors” Capacity: 12 children in the first grade and over in elementary school Things to bring: Insects 1 to 5 cm long as specimens Fee: 1,000 yen	August 4 (Fri.)	9:30-11:00	
Story Telling “The Story of the Three Bears”	August 5 (Sat.)	11:00-11:30	
Petit-Petit Craft “Making fans with handmade stamps” Capacity: 6 groups of children age 4 and over each time (6 to10 children)	August 6 (Sun.)	1. 11:10-11:30 2. 13:10-13:30	Reception on the day
Craft Experience Class “Let’s Make Floss Silk from Silkworm Cocoons.” Capacity: 15 children age 5 and over Things to bring: Towel Fee: 300 yen	August 8 (Tues.)	13:00-15:00	July 24 (Mon.)

Craft Experience Class “Botanical Kaleidoscope- Mysterious Patterns Created by Plants” Capacity: 15 children age 5 and over each time Things to bring: Towel Fee: 300 yen	August 9 (Wed.)	1. 13:00-14:00 2. 14:40-15:40	
Robot Class (Basic) “Wakuwaku Robot Lecture” Capacity: 12 children in the third grade and over in elementary school each time *Same contents on both days.	August 10 (Thurs.) August 11 (Holiday)	9:30-12:30	July 24 (Mon.)
Space Class “Let’s Launch a Space Shuttle” Capacity: 12 children in the first grade and over in elementary school each time Things to bring: Two 1-liter paper cartons	August 12 (Sat.)	1. 10:00-11:30 2. 13:30-15:00	
Robot Class (Advanced) “Wakuwaku Robot Lecture” Capacity: 12 children in the third grade and over in elementary school *Those who have previously taken the basic class	August 17 (Thurs.)	9:30-12:30	July 31 (Mon.)
Craft Experiment Class “Learn from a Bamboo Crafts Master. Let’s Make a Windmill Whistle!” Capacity: 10 children in the third grade and over in elementary school * Uses saws, box cutters, etc.	August 20 (Sun.)	10:00-12:00	
Craft Experiment Class “Let’s Make a Perpetual Calendar!” Capacity: 15 children age 5 and over each time	August 22 (Tues.)	1. 13:00-14:30 2. 15:00-16:30	
Stargazing “Let’s see the waxing moon with a telescope” Capacity: 15 children in the first grade and over in elementary school Place: Nara <i>Hyakunen-Kaikan</i> Hall South Parking Lot (Sanjo Miyamae-cho)	August 24 (Thurs.)	18:30-20:00	August 7 (Mon.)
Programming Class “Programming Class by Senior High School Students” Capacity: 10 children in the 3rd to 6th grade in elementary school each time	August 26 (Sat.)	1. 10:30-12:00 2. 13:30-15:00	
Robot Class “Robot Class by Senior High School Students” Capacity: 10 children in the 1st to 6th grade in elementary school each time	August 27 (Sun.)	1. 10:00-12:00 2. 13:00-15:00	

Application: Apply from the Nara City website. Lottery in case of excess applications.

Others: Reception on the day starts 15 minutes before the class and will end upon reaching capacity. Participants must be accompanied by guardians. In addition to the above, other classes may be held. Please refer to the Nara City website or contact the following directly for the latest information.

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



Do NOT Feed Deer!

Deer in Nara Park live on the natural vegetation of the area, such as grass, tree leaves, and acorns. They find food on their own.

What Happens to Deer When Fed Human Food?

Breads and Pastries: deer may suffer from food additives. They may even die from accidentally eating plastic bags or cases with food odours.

Vegetables: deer will learn their tastes, and cause crop damage in the surrounding area.

Deer Crackers: the ONLY Option

Deer crackers are a safe snack for deer.

Wrong Feeding Practices May Affect Traffic Safety.

Do not feed from a car or on the roadside. It may interfere with smooth traffic flow, leading to congestion and accidents.

Do Not Dispose of Litter in Nara Park.

Deer may eat litter and become ill. Never leave rubbish in the park.

If you find litter in the park, kindly pick it up and take it away. This will help keep the park clean and deer-friendly.

Inquiries: Kanko-Senryaku-Ka (Tourism Strategy Section) Tel. 0742-34-4739



