

Nara City Information for Residents

June 2023 Issued by Nara City Hall (No. 1231)

(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



Moving to live in Nara City

The number of people moving into Nara City has been exceeding that of people moving out since 2019. The highest balance between the population inflow and outflows was 842 in 2022 (since 2013 when the statistical data became available). The moving-in population has been increasing for the last few years and it is obvious that the city is receiving attention as a moving-in destination.

In recent years there are various societal issues such as shortage of young people, vacant houses, shrinking public transportation services, etc. One of the measures to solve such problems is to help increase the number of people moving in. The city created a specialized section to make a stronger effort to resolve these issues.

Inquiries: Hisho-Koho-Ka Iju-teiju-sokushin-gakari (Secretary and Public Relations, Residence Promotion Section) Tel. 0742-93-3470

Preparation for Floods

You should consider evacuation measures regularly.

Please confirm the disaster risks in your neighboring area and your evacuation process by checking the hazard map, the public map information website, etc., and discussing where to evacuate with your family.

The City's Hazard Map and Public Map Information website --->



Special cautions during disaster evacuation

Please consider "dispersive evacuation" to prevent the spread of infections including Covid-19 at the evacuation site.

When evacuating, bringing sanitation materials such as face masks, disinfectant, etc. is an effective measure to prevent the spread of infections.

Please consider "My Timeline Plans" (Disaster Prevention Plan)

"My Timeline Plans" are the action plans that an individual person has developed in advance in order to evacuate safely in plenty of time when heavy rain, a typhoon, etc., approaches your area. Please always consider the proper action for your family structure and living environment.

Daily Preparedness

Make good use of the disaster/weather information issued by the Meteorological Agency.

Prepare emergency food and other necessities to bring for use during power failures, water stoppages, and evacuation.

Replenish your stockpiles whenever necessary, using the rotating stock method (purchasing ---> preserving ---> consuming)

Useful Tools for Collecting Information about Disaster Prevention.

Disaster prevention loudspeaker system

The outdoor loudspeaker systems installed at 72 places in the city will broadcast disaster and evacuation information. You can confirm information from the broadcast by dialing the city disaster broadcast confirmation hotline at **0120-090-163**.

Information about disaster prevention by email

The city will deliver emergency information about natural disasters such as alerts, warnings, and evacuation orders immediately (pre-registration is required).



To register, please scan the QR code on the right and send a blank message. ----->
The contents of disaster prevention loudspeaker broadcasts will also be delivered.

Disaster prevention related app.

NHK News / disaster prevention application --->



Inquiries: Kiki-Kanri-Ka (Crisis management section) Tel. 0742-34-4930

Heatstroke Alert

If a heatstroke alert is issued, what can you do?
The following actions are recommended.

1. Don't Go Out and Avoid Heat as Long as Possible.

The most effective way to prevent heatstroke is to avoid heat. Make moderate use of air conditioning day and night, and maintain an appropriate room temperature. Refrain from going out unless necessary.

2. Reach Out to the Vulnerable.

Elderly people, children, people with medical conditions, obese people, people with disabilities, etc. are at higher risk of heatstroke. Please encourage them to use air conditioning during day and night and stay well hydrated.

3. Take More Preventative Measures Than Usual.

*Drink water frequently before you feel thirsty. (The recommended amount of water per day is 1.2 liters.)

*Wear cool clothing.

*While you are outdoors, you may remove your face mask.

4. In principle, exercising outside is cancelled or postponed

Exercising outside or even inside, the place without air conditioning, etc. should be cancelled or postponed in principle.

Inquiries: Iryo-Seisaku-Ka (Medical Policy Division) Tel. 0742-93-8392

Get Vaccinated against HPV (human papillomavirus)! Younger Generations Are Equally Susceptible.

In Japan, approximately 11,000 women are newly diagnosed with cervical cancer each year. In addition, about 2,900 die and about 1,000 lose their uterus in their thirties or younger due to treatment each year. More than 95 percent of this disease is caused by HPV (human papillomavirus) infection and can be prevented by immunization.

Those Eligible for routine vaccinations: Females aged 12 (the 6th grade of elementary school) to 16 (the 1st grade of high school)

Those Eligible for catch-up vaccinations: Females born between April 2, 1997 and April 1, 2007

* Available until March 31, 2025

For basic information on the HPV vaccine,
refer to the Ministry of Health, Labor and Welfare website.



For more information, including how to get vaccinated, visit the Nara City website.

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



Subsidy for the Cost of the First Hearing Test for Newborns Born on or after April 1, 2023

Nara City started this subsidy this fiscal year. (The maximum amount is set depending on the testing method.)

Checkup tickets have been sent to those who had notified Nara City of their pregnancy and whose expected delivery date is on or after April 1, 2023.

* If you have not received the ticket, please contact Boshi-Hoken-Ka (Mother-and-Child Health Section).

* The subsidy does not cover babies born before April 1, 2023.

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

Garbage Collection

Please bring garbage to the collection site before 7:30.

Please use garbage dictionaries, garbage apps, etc. to sort garbage appropriately.

Please check on the city's website for details.

Please come to City Hall or the counter of each branch office for inquiries.

Collection Dates and Areas in May

Area	Burnable	Unburnable
A, F	Monday & Thursday	June 7 & 21 (Wed.)
B, E		
C, H	Tuesday & Friday	June 14, & 28 (Wed.)
D, G		

*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

COVID-19 Related Information for Spring 2023

Omicron-Targeting Vaccinations will be performed **individually** from June.

(No group vaccinations will be conducted this fiscal year).

Those Eligible:

65 years old and older, 5 years old and older who have an underlying disease



Vaccination

If you reserve at your family doctor: From June 1 (Thurs.) -

If you reserve through the Call Center: From June 8 (Thurs.) -

Call Center for COVID 19 Vaccination: 0120-340-112

(*Please be careful not to dial the wrong number)

9:00- 17:00 except Saturdays, Sundays and Holidays

If you reserve via the website, the day vaccination starts will differ depending on age

Those from age 75 to 79: From June 1 (Thurs.) -

Those from age 70 to 74: From June 5 (Mon.) -

Those from age 65 to 69: From June 8 (Thurs.) -



Reservation receptions for those 80 years old and older and those who have an underlying disease started from the end of May.

Please refer to the May issue of Nara City Information for more details, or check the City website for latest information.

We have sent Vaccination Vouchers to those **who meet conditions 1) or 2) below**

•60 years old and older

•5 to 59 years old and those who were confirmed to have an underlying disease at the time of the fourth vaccination or those whose medial practitioner contacted the City.

Conditions

1) Those who had the omicron- targeted vaccine once

2) Those who have passed or will pass three months or more since your last vaccination

*Please call the Center or notify us through the website “e 古都 なら (e Koto Nara)” if you have not received a Vaccination Voucher even though you are eligible.

Preliminary Examination Leaflets for Vaccinations Were Sent out in Late May for Those Born in April 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

Tel. 0742-34-5129

Japanese Encephalitis Vaccinations to Start (for those born in June 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 your child's ID document.

* 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

Maternal and Infant Health Care Consultation

Hagukumi Center 3F

* Consultations 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 Counselling Room (Gakuen-Minami 3-chome)

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

Date & Time: 10:00-14:00 on Monday, Wednesday, and 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 nurses or nutritionist

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

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

Tsukigase Hoken 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

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

Medical Checkups for Babies and Children

Checkup name (Eligibility)	Date	Place
4-month-old Babies Checkup (Born in March 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 September 2022)	From the 10-month birthday until the day before turning 11 months old	
19-month-old Babies Checkup (Born in November 2021)	July 6, 13, 20, 27 (Thurs.) * Appointment required	Chuo Hoken Center (Central Health Center) (On the 2nd floor of Hagukumi Center)
3-1/2-month-old Children's Checkup (Born in December 2019)	July 4, 11, 25 (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 June. Those who moved to Nara City after June 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

Various Classes for Babies and about Raising a Family

Supporting your first experience of child-rearing

Classes for Babies & Children and Tooth checkups

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

Those Eligible: First-born children born in January 2023 and their guardians

Talks about baby food by a dietitian and child rearing by a health nurse.

2 Ha-Pika Class for Twelve-month-old Babies (Preventing Tooth Decay)

Those Eligible: First-born children born in June 2022 and their guardians

Lecture about how to care for baby's new teeth and practice of tooth care

(Children born in March-May can attend)

3 Fluoride Coating for Preventing Tooth Decay

Those Eligible: children born in June 2021

Tooth checkup, tooth brushing instruction, application of fluoride

	1	2	3
Date & Time	June 14 (Wed.) 10:00-11:15	June 13 (Tues.) 10:00-11:00	June 16 (Fri.) 9:30-11:30 4 times each for 30m.
Place	Hagukumi Center 2F		Central Health Center
Capacity	32 babies and parents	21 babies and parents	25 children each time
Things to Bring	<i>Mother's and Child's Health Handbook</i>		
	leaflet about baby food enclosed with the questionnaire for the 4-month-old baby's physical checkup	gauze to wipe the baby's mouth	toothbrush with unspread bristles and towel
Application	Call Boshi-Hoken-Ka (Mother and Child Health Section) Excessive applications will be accepted for another day		Call Boshi-Hoken-Ka (Mother and Child Health Section) until June 14

Please contact Boshi-Hoken-Ka (Mother and Child Health Care Section) by phone. Tel. 0742-34-1978

Cancer Examinations (July)

Apply to Kenko-Zoshin-Ka (Health Care Section) by phone or fax. You may apply through the City's website. To apply for the Tsuge Hoken Center, please contact the center 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.

Applications accepted from June 1 (Thurs.) to June 20 (Tues.).

Stomach and Lung Cancer Examinations

Date	Place	Reception Time	Capacity
July 5 (Wed.)	Seibu Shutcho-sho	9:45-10:15	10 each
		10:15-10:45	
July 6 (Thurs.) July 11 (Tues.) July 18 (Tues.) July 21 (Fri.)	Hagukumi Center	8:45-9:45	33 each
July 10 (Mon.) July 24 (Mon.)	Hokubu Shutcho-sho	9:15-9:45	10 each
		9:45-10:15	
July 13 (Thurs.)	Tsuge Hoken Center	9:00-10:00 (Appointed time only)	30
July 19 (Wed.)	Co-op Oshikuma	9:15-10:15	27
July 20 (Thurs.)	Tomio Minami Kominkan	9:15-10:15	27
July 25 (Tues.)	Seibu Shogai Sports Center Club House	9:15-10:15	27
July 27 (Thurs.)	Nishi Fukushi Center	9:30-10:30	20

Lung Cancer Examination

Date	Place	Reception Time	Capacity
July 14 (Fri.)	Hagukumi Center	14:00-15:00	60

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

Lung Cancer Examination: Chest X-Ray (including TB 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 of age or older. 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 condition and questionnaire.

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

Naramachi Nigiwai-no-Ie

5 Nakashinya-machi 630-8333 Tel. 0742-20-1917

HITOTOSE Kawamura Makiko's photo exhibition

Date & Time: June 10 (Sat.) - June 25 (Sun.) 9:00-17:00

Theme: The four seasons in Nara park

Workshop and exhibition of Nara sumi strips of paper

Date & Time: July 2 (Sun.) 10:00-12:00 & 15:30- 16:00 (Application unnecessary)

Nara City History Museum

1-1 Wakido-cho 630-8337 Tel. 0742-27-0169

Closed on Mondays except for holidays and on July 18 (Tues.)

Planned exhibition

Naramachi summer festival, Enjoy ceremony from historical materials of Kasuga shaei daidaidai kagura

Date: June 13 (Tues.) - July 30 (Sun.)

Naramachi time travel through historical materials

Date & Time: July 24 (Sat.) 14:00-16:00

Place: Naramachi Nigiwai-no-Ie (Nakashinya-machi)

Contents: Exhibition of historical materials together with the planned exhibition

Special display

Naramachi-saijiki, Jizo-ko (A Buddhist service)

Date: June 27 (Tues.) - July 30 (Sun.)

Contents: Exhibition of Kainozukakunugi-cho Jizo Bosatsu pictures

Special release of historical materials from museum collections

Emas (votive horse tablets) of Kofukuji temple

Date: June 27 (Tues.) - July 30 (Sun.)

City Hall *Fureai* Concert

Date & time: June 16 (Fri.) 12:20-12:50

Place: 1st Floor Entrance hall of Nara City Hall

Performer: Enchanté, members of Nara City International Music Exchange Community
(Saxophone ensemble)

Inquiries: Bunka Shinko-Ka (Culture Promotion Section) Tel. 0742-34-4942

Nara Art Space

Entrance hall of Nara City Hall "Ohnaka duo exhibition"

Date & Time: June 19 (Mon.)-June 23 (Fri.) 9:00-17:00

Culture Hall of the Garden of Former Daijo-in Temple

1083-1, Takabatake-cho, 630-8301 Tel. 0742-24-0808, Fax. 0742-24-0807

Exhibition of materials about "The Painted Garden of the Former Daijo-in Temple" <Re-opening>

Date & Time: June 7 (Wed.) – July 9 (Sun.) 9:00- 17:00

* Free admission

Naramachi Center

38 Higashi-Terabayashi-cho 630-8362 Tel. 0742-27-1151 * closed on Mondays

Special Exhibition “What Are Nanairo (seven colors)”

Date & Time: June 1 (Thurs.) – 11 (Sun.) 10:00- 17:00 (Until 16:00 on the final day)

Exhibition of Works by Artists Loving Nara

Date & Time: June 21 (Wed.) – July 2 (Sun.) 10:00- 17:00 (Until 16:00 on the final day)

Sugioka Kason Calligraphy Museum

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

Goho and Kason —The history of the master and disciple who bloomed together—

Date & Time: June 17 (Sat.) 14:00

Calligraphy Experience Corner

Date & Time: June 17 (Sat.), 18 (Sun.) 9:00 - 17:00

Fee: 300 yen for individuals, 240 yen for groups (over 20 people)

Free of charge for those under 16 years old, high school students, those over 70 years old living in Nara City, and challenged people (Certificate needed) and their caregivers

The Former Residence of Irie Taikichi

49-2 Suimon-cho 630-8208 Tel. & Fax. 0742-27-1689

Coming Together in the Evening —Firefly viewing event—

Date & Time: June 16 (Fri.), 17 (Sat.) 18:00- 20:00 * Free admission

Basara Festival Is Looking for “Dance Groups”

Date: August 26 (Sat.), 27 (Sun.)

Place: Nara City Sanjo-dori, around Nara Park

Deadline: June 30 (Fri.)

Inquiries: Basara-shu office Tel. 090-9046-1999

We Are Strengthening the Crackdown on People Illegally Working or Living in Japan

Cases where some foreigners use false resident cards in Japan have been increasing. If you know of a suspicious case, please inform the police station or the nearest police box.

Inquiries: Nara Police Station Tel. 0742-20-0110

Nara Toastmasters Club

English Level-up for Public Speaking

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

Place: Online Meeting or at the Seibu Kominkan (Gakuen-Minami 3-Chome)

Fee: Necessary

Inquiries: Nara Toastmasters Club (takuya@gwu.edu)

KOMINKAN

Wakakusa Kominkan

575 Kawakani-cho 630-8202

Tel. & Fax. 0742-26-0130

Event Name	Date and Contents	Deadline
On Your Lap	Enjoy the <i>Tanabata</i> Festival by making Bamboo Grass Ornaments, etc. with parents and children. Those eligible: pre-kindergarten children and their guardians. July 6 (Thurs.) 10:30-11:30 Free entry	Not Necessary

Lifelong Learning Center

23 Suruga-machi 630-8357

Tel. 0742-26-8811

Fax. 0742-26-8813

Event Name	Date and Contents	Deadline
Salon Concert Let's Enjoy the Wind from Hawaii Together	Hula Dancing and Hawaiian Music Concert by Yumekaze Club June 24 (Sat.) 14:00-15:00 Free entry	Not Necessary
Piano Concert by Musica Domani	Charity Concert to Support Reconstruction for Areas Damaged by Disasters June 25 (Sun.) 14:00-15:00 Free entry	Not Necessary

Do Not Litter and Make the City Beautiful

Littering is banned throughout Nara City.

The empty cans or garbage you carelessly throw away might damage the scenery of Nara.

Maintaining the charm of this historical city depends on our awareness.

Fax: 0742-36-5466

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

Education Center Kids Learning Floor

Class Name	Date	Time	Deadline
Planetarium "Nijiro and Seasonal Constellations - Tale of <i>Tanabata</i>" Capacity: 40 seats each time	Every Saturday and Sunday in June	1) 10:30-10:50 2) 11:40-12:10 3) 13:40-14:10	Reception on the day
Petit-Petit Programming "Let's Move Robots!" Capacity: 6 children each time. Content is for first graders of elementary school and over.	June 11 (Sun.)	1) 11:10-11:30 2) 13:10-13:30	
Movie Screening "MOTTAINAI" Capacity: 200 seats	June 25 (Sun.)	13:00-13:30	
Night Planetarium "Whimsical Planetarium - Let's Stroll in the Seasonal Starry Sky!" Capacity: 40 seats. Content is for upper graders of elementary school and over. Adults without children can attend.	June 30 (Fri.)	18:30-19:10	

Robot Class for Beginners “Let’s Run a Race Car!” Capacity: 10 children each time Materials: Lego WeDo2.0 * Same content as in June	July 1 (Sat.) July 2 (Sun.)	1) 10:00-11:30 2) 13:30-15:00	June 12 (Mon.)
Science Experiment Class “Let’s Make Bath Salts!” Capacity: 12 children	July 2 (Sun.)	10:00-11:30	
Story Telling “Miakka-don”	July 8 (Sat.)	11:00-11:30	Reception on the day
Science Experiment Class “Do Miracles! Do Science! Let’s Find out How Sound Is Transmitted by a String Phone!” Capacity: 12 children each time, age 5 and over	July 8 (Sat.)	1) 11:00-11:40 2) 14:20-15:00	June 19 (Mon.)
Petit-Petit Science “Burdock Package Rocket!?” Capacity: 6 children each time, age 5 and over	July 9 (Sun.)	1) 11:10-11:30 2) 13:10-13:30	Reception on the day
Space Class “Let’s Fly a Syringe Rocket!” Capacity: 12 children each time, first graders of elementary school and over	July 15 (Sat.)	1) 10:00-11:30 2) 13:30-15:00	June 26 (Mon.)
Craft Experiment Class “Let’s Make It with a Piece of Wood!” Capacity: 12 children each time, first graders of elementary school and over	July 16 (Sun.)	1) 10:00-11:30 2) 13:30-15:00	
Science Experiment Class “Let’s Make a <i>Binchoutan</i> Charcoal Battery!” Capacity: 12 children each time, first graders of elementary school and over	July 17 (Holiday)	1) 13:00-14:00 2) 14:30-15:30	
Craft Experiment Class “Learn from a Bamboo Crafts Master. Let’s Make a Copter Toy and a Bird Whistle!” Capacity: 10 children, age 5 and over * Cutter knife will be used	July 21 (Fri.)	10:00-12:00	
Science Experiment Class “The World of Minus 196 Degrees Celsius” Capacity: 40 children each time, age 5 and over	July 23 (Sun.)	1) 13:00-14:00 2) 14:30-15:30	July 3 (Mon.)
Craft Experiment Class “Learn Make a Perpetual Calendar!” Capacity: 15 children each time, age 5 and over	July 26 (Wed.)	1) 13:00-14:30 2) 15:00-16:30	



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