

# Nara City Information for Residents

**April 2023** Issued by Nara City Hall (No. 1229)

(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 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](mailto:nsgghyk@gmail.com)



## Town Initiatives to Reduce Traffic Accidents “TRAFFIC SAFETY” , saving your life and someone else’s

Compared with the high number of traffic accidents at the five worst locations presented in the Nara City Information August 2019 issue, the number of traffic accidents decreased last year. The improvement was accomplished by not only city authorities and police but also many citizens and groups that are protecting the safety of the city regularly.

**Inquiries:** Kiki-kanri-ka (Crisis Management Section) Tel. 0742-34-4930

### <Worst Five Locations in the City with a High Number of Traffic Accidents>

[LOCATION]	[2018]	[2022]	
1. Kintetsu Gakuenmae Station Rotary	27	20	Decreased !
2. Kyusuitomae intersection (Gakuen-kita 1)	18	10	Decreased !
3.around Kintetsu Ayameike Station	17	11	Decreased !
4.Kintetsu Tomio Station North Road	14	6	Decreased !
5.around Hakkenmachi intersection	9	12	-----

### Traffic Safety School ----- Be aware of the traffic rules from childhood -----

Traffic safety schools are held at each school and preschool in Nara City in cooperation with the police.

(Held a total of 55 times in 2021)

Children are taught the traffic rules to be observed, playing in settings that imitate crosswalks, traffic signals and railroad crossings.



**Spring Traffic Safety Movement** in all Japan is from May 11 to 20,  
and **No Traffic Accident Death Day** is May 20.

**Driving while distracted** is subject to a fine up to 50,000 yen. Driving while holding an umbrella, or using a smart-phone or earphones is prohibited by the Road Traffic Act and violation is subject to punishment.

**Wear a helmet when riding a bike** from April 1. With enforcement of the revised Road Traffic Act, the wearing of helmets will become a “duty to make efforts” for all ages

### Information related to COVID-19 Novel Coronavirus (COVID-19) will be reclassified as a category V (five) Infectious Disease, starting on May 8 (Mon.).

\* This information is as of March 7 (Tues.) 2023, and subject to change.

#### What Will be Changed:

##### **Monitoring and tracking of infected patients:**

The daily monitoring of the number of infected will no longer be monitored. The number of infected and the trends will be reported regularly (once a week) by designated medical institutions.

##### **Medical Institutions which accept COVID-19 patients:**

More medical institutions will accept patients than now.

##### **Medical Expenses:**

Public funding will continue to be used to cover most medical expenses for the time being, but patients may share some expenses. COVID-19 testing will no longer be available free of charge.

**Advice to stay in hospital:**

Advice to stay in hospital will be given by medical institutions. (Administrative agencies will not give any advice.)

**Travel Restrictions:**

**Those infected:** Restrictions such as to stay home, stay at a hotel, etc. will be lifted.

**Close contact:** No close contact will be defined, and travel restrictions will be lifted.

\* If you have COVID-19 symptoms or if your family members are infected, refrain from going out or going to crowded areas, and try to wear a face mask.

**Mask Wearing Rules:**

From March 13 (Mon.), the government no longer enforces masks and now it is up to individuals to decide whether to wear a mask or not.

**Please consider wearing masks:****To prevent infection from spreading**

If you

visit medical institutions

visit nursing homes

are in a crowded train, bus, etc., during rush hour

**And to protect yourself from becoming infected**

If you are at high risk from coronavirus and plan to go to a crowded area when the infection is spreading.

**Elderly people, pregnant women, and those who have an underlying disease, such as chronic liver disease, cancer, cardiovascular disease, etc., please always be careful.**

**Food Assistance to Patients Recovering at Home and Drive-thru  
COVID-19 Testing Will End at the End of March.****(1) Food assistance to patients recovering at home**

Food assistance to patients recovering at home who have difficulty in getting food will end on March 31, 2023 (Fri.). Please always be prepared by having food stocked in case of infection.

**If you can go out (shopping for groceries and daily necessities):**

You can go out to buy groceries and daily necessities,

- If you have tested positive and if 24 hours have passed since the COVID-19 symptoms had become less severe
- If you have tested positive, but do not have any symptoms
- If you are a close contact person of the infected

If you contact someone, make sure to perform self-motivated actions to prevent infections, such as keeping the contact time to a minimum, wearing a face mask when traveling, trying to avoid using a public transportation, etc.

**If there is no one who can go out to buy groceries and daily necessities:**

Please consider finding a way to get groceries and daily necessities, such as asking your family or relatives who do not live with you, your friends, etc., for the delivery of such items, use internet orders for the delivery, etc.

**(2) Drive-thru Testing**

Drive-thru COVID-19 testing at *Narashi Sogo-iryō-kensa* (City Medical Check-up) Center in Kashiwagi-cho will end on March 30 (Thurs.) 2023. If you have symptoms such as fever afterwards, please consult with your doctor or contact a fever clinic.

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

## About COVID-19 Vaccination after April

\* The information is as of March 13, 2023

Nara City continues to give vaccinations to those who want them. To make vaccination reservations and for information about when the vaccination begins, check the May issue of Nara City Information as well as on the Nara City Website.

### Vaccination for Babies and Children

The vaccination program for babies and children will continue for the time being. Information about vaccination period, and which vaccines will be used will be posted on the Nara City Website.

### For those who could not be vaccinated in March

Omicron-Targeting Booster Shots will be discontinued on **May 7 (Sun.), 2023**. Those who have not yet been vaccinated but would like to get a vaccination and are eligible, please get vaccinated before the vaccination period ends.

### Those eligible for the booster shot which will start in Spring and Summer:

You have finished your first vaccinations (the first and second doses) and three months or more have passed since your last one and the following apply:

- Sixty-five years of age and older
- Those who are between five and 65 years of age and have an underlying disease
- Those who work as health providers, etc.

**Reservations will be accepted in April, too. Please visit the Nara City Website for details.**

**Inquires:** Novel Coronavirus Vaccination Call Center Tel. **0120-340-112**

**Time:** 9:00-17:00 Weekdays except Saturdays, Sundays and Holidays.

\* Opening hours, days of the week, etc. are subject to change.

## Garbage Collection

### Bring Garbage to the Collection Site Before 7:30

Due to accidents, construction, traffic jams, and the amount of garbage, the collection time may be changed. Nevertheless, please bring garbage to the collection site before 7:30 on the day, not at the time of collection.

### Collection Dates & Areas in April

Area	Burnable	Unburnable
A, F	Monday & Thursday	April 12・26 (Wed.)
B, E		
C, H	Tuesday & Friday	April 5・19 (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 Joint Venture. Collection days in some area might be different, so please check the city website.

**\*Garbage collection is scheduled as usual from May 3 (Holiday) to 5 (Holiday).**

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

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

Takeda Kankyo & Yamato Seiso J.V. Tel. 0742-63-2552

## The opening hours of the liaison offices will be changed from April.

The opening hours of the Liaison Offices given below will be changed from 8:30-17:30 to 9:30-16:15.

Liaison office	Opening days	Opening hours
Tatsuichi	Tuesday & Thursday	9:30-16:15
Touichi		
Obitoke		
Daianji	Wednesday & Friday	
Seika		

**Inquiries:** Chiiki-Zukuri-Suishin-ka (Community Development Promotion Section) Tel.0742-34-4869

## Preliminary Examination Leaflets were Sent in Late March

(For Those Born in February 2023)

Your child can receive vaccinations if you bring the preliminary examination leaflet, *Mother's and Child's Health Handbook*, and Health Insurance Card or other ID. 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

## 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)

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**

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

**\*Traveling Consultations with public health nurses**

**Date / Time & Place:** April 11 (Tues.) 10:00- 11:30, Koto Kominkan (Oyagyu-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 (appointment required)**

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

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

## Medical Checkups for Babies & Children

Checkup Name (Eligibility)	Date	Place
4-month-old Babies Checkup (Born in January 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 July 2022)	From the 10-month birthday until the day before turning 11 months old	
19-month-old Babies Checkup (Born in September 2021)	May 11, 18, 25 (Thurs.) (Reception Time: 12:45-14:15)	Chuo Hoken Center (Central Health Center) (On the second floor of Hagukumi Center)
3-1/2-year-old Children Checkup (Born in October 2019)	May 9, 16, 23, 30 (Tues.) (Reception Time: 13:00-14:15)	

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

\* The questionnaire will be sent in the middle of April. People who moved to Nara City after April 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

## Classes for Pregnant Women & Dental Checkup

### Mother's and Father's Class for First Pregnancies

**Date:** April 21 (Fri.) (apply by April 14), May 12 (Fri.) (apply by May 8), June 9 (Fri.) (apply by June 2)

**Time:** 10:00-12:00

**Place:** On the second floor of Hagukumi Center

**Contents:** lecture about lifestyle in pregnancy, breastfeeding, infant development and child rearing by a midwife, and interaction with other people.

**Capacity:** 16 people who will be between the 22nd and the 32nd week of the first pregnancy on the class day

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

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

**Date & Time:** April 27 (Thurs.) 9:30-11:30 (apply by April 20)

**Place:** On the second floor of Hagukumi Center

**Contents:** Dental checkup, lecture about tooth brushing, fluoride coating (only for applicants)

**Capacity:** 28 people who are between the 16th and the 32nd week of pregnancy on the class day

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

**Application:** Call Boshi-Hoken-Ka (Maternal and Child Health Section) by the application date.  
Tel. 0742-34-1978

## Cancer Examinations (May)

Apply to Kenko-Zoshin-Ka (Health Care Section) by phone or fax or on the City's website. 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 April 3 (Mon.) to 20 (Thurs.).

Date	Place	Reception Time	Capacity
May 11 (Thurs.)	CO-OP Oshikuma	9:15 – 10:15	27
May 12 (Fri.) May 16 (Tues.) May 22 (Mon.)	Hagukumi Center	8:45 – 9:45	33 each
May 15 (Mon.)	Hokubu Shutcho-sho	9:15 – 9:45	10 each
		9:45 – 10:15	
May 17 (Wed.)	Seibu Toshokan	9:45 – 10:15	10 each
		10:15 – 10:45	
May 18 (Thurs.)	Miato Kominkan	9:15 – 10:15	27
May 19 (Fri.)	Bosai Center	9:15 – 10:15	27
May 23 (Tues.)	Tomigaoka Kominkan	9:30 – 10:30	26
May 24 (Wed.)	Tomio Kominkan	9:15 – 10:15	27
May 25 (Thurs.)	Nishi Fukushi Center	9:30 – 10:30	20

### Lung Cancer Examination

Date	Place	Reception Time	Capacity
May 10 (Wed.)	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 fiscal year (lung 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

## Japanese Encephalitis Vaccination to Start (for those born in April 2020)

**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.

\* 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 Babies and Dental Checkup

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

**Date & Time:** April 19 (Wed.) 10:00-11:15

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

**Capacity:** 32 first-born children born in November 2022 and their guardians.

**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.

**Application:** Please contact Boshi-Kenka (Mother and Child Health Care Section) by phone.  
Tel. 0742-34-1978

### Ha-Pika Class for 12-month-old Babies (Tooth Decay Prevention Class)

**Date & Time:** April 18 (Tues.) 10:00-11:00

**Place:** Hagukumi Center (2F)

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

**Capacity:** 21 first-born children born in April 2022 and their guardians

\* It is possible for babies born from January to March in 2022 to attend.

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

**Application:** Please contact Boshi-Kenka (Mother and Child Health Care Section) by phone.  
Tel. 0742-34-1978

Excess applications will be accepted for another day.

### Fluoride Application to Prevent Cavities for Children Born in April 2021

**Date & Time:** April 21 (Fri.) (1) 9:30-10:00 (2) 10:00-10:30 (3) 10:30-11:00 (4) 11:00-11:30

**Place:** Central Health Center (Hagukumi Center 2F)

**Contents:** Tooth checkup, tooth brushing instruction, application for fluoride

**Capacity:** 25 children each time

**Things to Bring:** *Mother's and Child's Health Handbook*, tooth brush with unspread bristles, towel

**Application:** Please contact Boshi-Kenka (Mother and Child Health Care Section) by phone by April 19 (Wed.) Tel. 0742-34-1978



## Naramachi Nigiwai-no-Ie

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

### Carp Streamer Open-air Painting (Application unnecessary)

**Date & Time:** April 29 (Holiday) 14:00-

\*In case of rain, this event will be held on April 30 (Sun.)

## Nara City History Museum

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

### Special display

Naramachi-Saijiki, Cherry blossoms in Nara, Shokuoufu-no-hi

**Date:** April 1 (Sat.) – April 30 (Sun.)

**Contents:** Exhibition of rubbed copy of stone monument memorializing cherry tree planting in the end of Edo era

### Special release of historical materials of museum collections

Drawing of Kofukuji temple

**Date:** April 1 (Sat.) – April 30 (Sun.)

**Contents:** Introduction of Kofukuji temple's surroundings with maps of precincts drawn in Edo era and topography.

## City Hall *Fureai* Concert

**Date & time:** April 21 (Fri.) 12:20-12:50

**Place:** Entrance hall of Nara City hall 1<sup>st</sup> floor

**Performer:** E-friends of members of Nara City International Music Exchange Community (Euphonium ensemble)

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

## Nara City Museum of Calligraphy in Honor of Kason Sugioka

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

Admission: 300 yen (general admission), 240 yen (group rate for 20 visitors or more),

free (16 years or younger, high school students, Nara City residents aged 70 years and more, disabled certificate holders and an accompanying caretaker upon presenting the certificate)

### Old Calligraphy and Old Copied Sutras from the Matsuzaki Collection of Naritasan Museum of Calligraphy (Series 3)

**Date:** April 22 (Sat.)-May 21 (Sun.)

**Contents:** Exhibition of old calligraphy and old copied sutras

### Brush Writing Experience Corner

**Date & Time:** April 29 (Holiday)-May 7 (Sun.) 9:00-17:00

**Contents:** Experience calligraphy on paper that can be written on with water, without *sumi* ink

## Nara-Machi Center

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

### *Warabe-Uta* (Children's Folk Songs) in Yamato and *Origami* Display Works Exhibition

**Date & Time:** April 13 (Thurs.)-April 23 (Sun.) 10:00-17:00 (until 16:00 on April 23 (Sun.))

**Contents:** Expression of the world of the lyrics of *warabe-uta* with *origami* artwork

## Earth Day Nara 2023

### Connecting and Expanding the Earth Day Circle with Harmony

**Date & Time:** April 22 (Sat.) 10:00-16:00

**Place:** Nara Park (Nobori-Oji-Enchi)

**Inquiry:** Executive Committee Secretariat (c/o Nara Stop Ondanka-no-Kai) Tel. 0742-49-6730

## The 21st Photo Exhibition

### Organized by Japan Nature Scenery Photography Association Nara First Branch

**Date & Time:** May 16 (Tues.)-May 21 (Sun.) 10:00-17:00

**Place:** Nara City Museum of Art (1 Nijo-Oji-Minami)

**Inquiry:** Mr. Miyazaki, Branch Director Tel. 090-6820-0374

## Nara Toastmasters Club

### English Level-up for Public Speaking

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

**Place:** Online meeting or Seibu Kominkan (3 Gakuen-Minami)

**Inquiry:** Nara Toastmasters Club ([takuya@gwu.edu](mailto:takuya@gwu.edu))

### [Lifelong Learning Center and Kominkan]

**Lifelong Learning Center** 23 Surugamachi 630-8357 Tel. 0742-26-8811 Fax. 0742-26-8813

Event Name	Date and Contents	Application
<b>Salon Concert</b> <Free entry>	<b>&lt;Legate Twinkling Spring&gt;</b> Classical concert with piano and violin solos by Legate members <b>Date &amp; Time:</b> April 15 (Sat.) 14:00 – 15:00 <b>&lt;Let's enjoy the wind from Hawaii together &gt;</b> Hula dancing and Hawaiian music concert by Yumekaze club <b>Date and Time:</b> April 22 (Sat.) 14:00 – 15:00 <b>&lt;Nostalgic &amp; sweet memory, Ukiuki (Happy) Sounds&gt;</b> Band performance of jazz and popular songs from the Showa period by B.A.G <b>Date &amp; Time:</b> April 23 (Sun.) 14:00 – 15:00	Not necessary
<b>Kodomo Surugamachi Cinema and Interesting Games</b>	<b>Movie watching and board game experience</b> <b>Date:</b> Every third Saturday from April 15 to March 16, 2024. <b>Time:</b> 10:30 – 11:30 <b>Those eligible:</b> 4-year-old children to elementary school students and their guardians. (Including students enrolled in Nara City school.) Free entry	

**Tawara Kominkan**

1078-1 Myoga-cho 630-2175 Tel. &amp; Fax. 0742-81-0888

Event Name	Date and Contents	Application
<b>Child Raising &amp; Story-Telling Salon</b>	<b>Reading picture books, rhythm play, seasonal events and so on</b> <b>Date &amp; Time:</b> Every second Thursday from April 13 to March 14, 2024 (August & January will be closed), 10:00 – 12:00 <b>Those eligible:</b> 0 to 3-year-old children and their guardians. Free entry	Not necessary

**Chubu Kominkan**

23-4 Kamisanjo-cho 630-8228 Tel. 0742-26-6506 Fax. 0742-26-3263

Event Name	Date and Contents	Application
<b>Chubu Kominkan Cinema Theater</b>	<b>Raiders of the Lost Ark</b> <b>Date &amp; Time:</b> April 21 (Fri.) 10:00 – 12:00 <b>My Fair Lady</b> <b>Date &amp; Time:</b> April 21(Fri.) 13:00 – 16:00 <b>Those eligible:</b> Adults (Including people who work and study in Nara City.) Free entry	Not necessary

**Tsukigase Kominkan**

2815 Tsukigase Oyama 630-2302 Tel. &amp; Fax. 0743-92-0346

Event Name	Date and Contents	Application
<b>Story-Telling Salon</b>	Telling the picture card stories & reading picture books to get familiar with books. <b>Date &amp; Time:</b> April 15 (Sat.), July 15 (Sat.), October 14 (Sat.), December 16 (Sat.), 10:00 – 11:00 <b>Those eligible:</b> Elementary school students, preschool children and their guardians. Free entry	Not necessary

**Miato Kominkan**

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

Event Name	Date and Contents	Application
<b>Miato Child Raising Salon</b>	<b>Free space for playing, doing handicrafts, telling stories, and so on.</b> <b>Date &amp; Time:</b> Every third Wednesday from April 19 to February 21. (No class in August), 10:00 – 12:00 <b>Those eligible:</b> 0 to 3 year old children and their guardians. Free entry	Not necessary

**Nambu Kominkan**

27-1 Yama-cho 630-8434 Tel. &amp; Fax 0742-62-5931

Event Name	Date and Contents	Application
<b>Come Rediscover the Pleasure of Picture Books</b>	<b>Enjoy listening to stories from picture books</b> <b>Date &amp; Time:</b> Principally on the 4 <sup>th</sup> Friday of the month from April 21 to March 22, 2024 14:15 - 15:00 (No class in February) <b>Those eligible:</b> Preschoolers and their guardians Free entry	Not necessary
<b>Let's Play Kendama</b>	People from children to adults will enjoy juggling <i>Kendama</i> from its basics to applied skills, and mingling with other players while having fun. <b>Date &amp; Time:</b> The 1 <sup>st</sup> Sunday of the month from May 7 to Sept. 3 9:30 - 12:00 <b>Those eligible:</b> Elementary school children and over. (Those working or studying in Nara City can attend.) <b>Fee:</b> 300 yen per class.	

Event Name	Date and Contents	Application
Picture Books Hours	<p>Let's enjoy reading and listening to picture books, and make friends with each other.</p> <p><b>Date &amp; Time:</b> Principally on the 2<sup>nd</sup> Friday of the month from April 28 to March 8, 2024 (No class in August), 10:30 -11:30</p> <p><b>Eligible:</b> Pre-kindergarteners and their parents Free entry.</p>	Not necessary

### April 9 is Womb Day

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

In order to promote awareness of cervical cancer prevention, April 9 is designated as Womb Day. Among female-specific cancers, especially in women between their 20s and 30s, cervical cancer affects the most. This cancer is said to be caused by HPV infection which can be transmitted even by having sex only once. Additionally, in its early stage, you will not be aware of any symptoms. However, early detection will enable treatment in many cases. So, please be sure to have a medical check periodically (once every two years for women who are 20 years old and over).

#### Exhibition for Cervical Cancer Awareness

**Place:** Nara City Hall 1<sup>st</sup> floor. Passageway

**Date:** Until April 7 (Fri.)

**Contents:** About womb-related disorders focusing on cervical cancer and their preventive measures.

### Spring Sports Day on May 14 (Sun.)

**The opening ceremony will start at 8:00.**

**Place:** ROHTO Arena Nara (Horensahoyama 4-chome)

**Inquiries:** Sports Shinko-Ka (Sports Promotion Section) - Tel. 0742-34-5376



## Education Center Kids Learning Floor

**Inquiries:** Kids Learning Floor (Education Support and Consultation Section)

Tel. 0742-36-0401

Class Name	Date	Time	Application Deadline
<b>Planetarium “Nijiro and Seasonal Constellations --- Virgo”</b> Capacity: 40 seats each time	Every Saturday, Sunday and Holiday in April	1) 10:30-10:50 2) 11:40- 12:10 3) 13:40-14:10	Reception on the day
<b>Story Telling “The Wolf and Seven Little Kids”</b> Capacity: about 10 seats	April 15 (Sat.)	11:00-11:30	
<b>“Puti-puti” Programming Class(for beginners): “Let’s move pictures drawn by yourself”</b> Capacity: 6 children, age 5 or over	April 23 (Sun.)	1)11:10- 11:30 2) 13:10-13:30	
<b>Night Planetarium :</b> ”Walk in the seasonal starry sky -Touring stars” Capacity: 40 seats For higher graders of elementary school and over Adults without children can apply.	April 28(Fri.)	18:30-19:10	
<b>Craft Experince Class</b> <b>Let’s make a hand -cranked xylophone and nightingale flute</b> Capacity: 15 children of 5 years old and over Fee: 500 yen *We ’ll use cutter knives in the class	May 14 (Sun.)	10:00-12:00	April 24(Mon.)
<b>Space Class “Let’s launch a straw rocket”</b> Capacity: 12 children of 1 <sup>st</sup> graders and over	May 20 (Sat.)	1) 10:00-11:30 2) 13:30-15:00	May 1(Mon.)
<b>Craft Experience Class “Let’s enjoy styrene prints”</b> Capacity: 15 children of 4 years old and over	May 21 (Sun.)	1) 10:00-11:30 2) 13:30-15:00	
<b>Astronomical Observation Class “Let’s observe Moon and Venus” through telescope</b> Capacity: 10 children of 1 <sup>st</sup> graders and over Place: South side- parking lot at Nara Centennial Hall (Sanjo-miyamae-cho)	May 25 (Thurs.)	18:30—20:00	May 8(Mon.)
<b>Programming Class for Beginners “let’s create a funny aquarium” with viscuit app.</b> Capacity: 12 children of 5 years old and over	May 27 (Sat.)	1)10:00-11:00 2)13:30-14:30	
<b>Science Experiment Class</b> Do Miracle! Do Science! Experiment with air guns made from plastic bottles Capacity:12 children of 5 years old and over	May 28 (Sun.)	1) 11:00 - 11:40 2) 14:20 -15:00	

**Education Center – The Festival For Children 5/3 (Holiday) -5/7(Sun.)**

Contents	Date	Time	Application Deadline
<b>&lt;Special Talk about dinosaurs&gt;</b> Capacity:180 seats lecturer: Mr. Katsunori Watanabe of Tottori Prefectural Museum			
<b>Part 1) Appearance and Life of Dinosaurs</b> (For lower graders of elementary school)	May 3 (Holiday)	10:30-11:30	April 10 (Mon.)
<b>Part 2) Forefront of dinosaur research</b> (For middle graders of elementary school and older) Adults without children can apply.	May 3 (Holiday)	13:30-14:30	
<b>&lt;Planetarium GW Projection</b> <b>“Exploration to the universe”</b> <b>--- Journey to the Galaxy with Einstein---</b> Capacity: 40 seats for each session	May 4 (Holiday) – 6 (Sat.)	1) 9:20- 9:50 2) 10:10- 10:40 3) 11:00-11:30 4) 13:10- 13:40	Reception on the day
	May 7 (Sun.)	1) 9:20- 9:50 2) 10:10- 10:40 3) 11:00-11:30	

**<Special Day of The Festival>**

<b>Handcrafts Experience “Let’s make a Sensory Bottle”</b> Capacity:12 pairs (12-15 children) of 5 years old and over	May 5 (Holiday)	1)10:00- 10:50 2)11:20- 12:10	April 10 (Mon.)
<b>Scientific Experiments</b> <b>“Making an illustrated dinosaur from a plastic plate”</b> Capacity:12 children of 5 years old and over	May 5 (Holiday)	1)10:00- 10:40 2)11:10-11:50 3)13:30- 14:10 *Reception is available on the day for 3)	
<b>Programming Experience “Exploration of dinosaur’s island”</b> (For the first graders of elementary school and over) Capacity: 6 pairs (6- 8 children) Teaching materials: mBot2	May 5 (Holiday)	1)10:00-10:30 2)10:50-11:20 3)11:40- 12:10 4)13:30-14:00 *Reception is available on the day for 3) &4)	
<b>&lt;Story telling meeting&gt;</b> Content will be released as soon as it is decided at the City Website. Capacity: About 10 seats	May 6 (Sat.)	1)10:45-11:15 2)11:35-12:05	Reception On the day

<p><b>&lt;GW Movie Showing&gt;</b>  Content will be released as soon as it is decided at the City Website. Capacity:180 people</p>	<p>May 7 (Sun.)</p>	<p>13:00- From 12:30 for reception and opening</p>	
<p><b>&lt;Let's play with dinosaurs&gt;</b>  Coloring, Paper holding, Design sheet, Shooting corner, quiz, etc.,</p>	<p>May 4 (Holiday)- May 7 (Sun.)</p>	<p>10:00-16:00 *It'll be closed at 14:00 on May 7(Sun.)</p>	<p>Not necessary</p>

**Application:** Online application from the Nara City Website.  
A lottery will be held if there are too many applications.



**Others:** Participants must be accompanied by guardians.  
Reception on the day starts 15 minutes before the starting time and will end upon reaching capacity. In addition to the above, other classes may be held.  
Please refer to the city website or call us directly for the latest information.

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

## “Heijo-kyo Tempyo Sai” Festival in Spring

### The 25<sup>th</sup> Anniversary of the World Heritage Registratio

Welcome to Nara in spring, at the World Heritage Heijo Palace Site,

**Time & Date:** May 3 (Holiday)-5 (Holiday) 10:00-16:30

**Place:** Suzaku-mon Hiroba Square of Heijo Palace Site

**Fee:** Entrance is free

#### At Suzaku-mon Hiroba Square

**Heijo-kyo Tempyo Gyoretu Procession, and the the Speech proclaiming the “Imperial Rescript of Capital Transfer”.**

**Date:** May 3 (Holiday)

**Contents:** A procession of people dressed as emperors, aristocrats, and government officials like civil and military officers from Suzaku-oji to Suzaku-mon Hiroba Square followed by the Empress Genmei’s speech about the “Imperial Rescript of Capital Transfer”

#### **Falconry**

**Date:** May 4 (Holiday)

**Contents:** Dynamic falconry performances by Suwa School falconers

#### **Procession by children and Guard Troop**

**Date:** May 5 (Holiday)

**Contents:** Elementary school children living in Nara city change into a brave Guard Troop and cute aristocrats

#### **Tempyo Sangaku Gyoretu Procession**

**Date:** May 5 (Holiday)

**Contents:** Please enjoy watching Chinese entertainment from 1300 years ago.

#### **To-ichi, (Eastern market) and Sai-ichi, (Western market)**

Special foods from Nara will be displayed at shops like in the Tempyo period.

#### **Monozukuri Hiroba (Craft corner) (paid event)**

Please enjoy making bamboo insects, kaleidoscopes, braiding, etc.

**Tempyo Costume Wearing Experience** (paid event)

Rent aristocrats' costumes for men and women, children and adults

Let's walk around Heijo Palace Site as if we were Tempyo people.

**Recreation of the Ichi (Market), where capital residents come and go**

Let's meet with the people working at the Ichi (market)

**Performance of the Guard Troop**

Re-enactment of the Gate opening and closing ceremony, and the round guard in the Heijo Palace Site by a Tempyo-style Guard Troop. Photo opportunity in front of Kentoshi-sen (Japanese envoy ship to China)

**Sakura Tea Ceremony** (paid event)

High school students, college students, and members of the tea ceremony clubs in Nara will serve tea.

**Photo Shoots with Tempyo people, Sento-kun (Nara's mascot character)-Air Dome**

**At Suzaku-mon Stage**

**Chinese Super-Technical Groups Performances**

**Calligraphy Performances**

**Playing the Wa-daiko (Japanese drums)**

**Around Suzaku-mon Hiroba Square (at each corner)**

**Street performances by people in Tempyo fashion** (as appropriate)

**Education Stamp Collection Rally** (paid event)

**Guided Tour of Heijo Palace Site** (paid event)

**Date:** May 3,4,5 (Holidays)

There may be some changes in the contents of the events. For more details, please visit the official "Heijo-kyo Tempyo Sai" website. No parking lot will be available for visitors.

Please use public transportation.

**Inquiries:** Heijo-kyo Tempyo-Sai Festival Executive Committee Office

Tel. 0742-25-0707