

Nara City Information for Residents

March 2023 Issued by Nara City Hall (No. 1228)

(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



A huge shield-shaped bronze mirror excavated at the Tomio-Maruyama Tumulus

The Great Discovery of the Century in Japan's Archeological Studies

At the Tomio-Maruyama Tumulus

The Tomio-Maruyama Tumulus in Nara City is said to have been built in the 4th century and is the largest circular tomb in Japan. This burial mound has been under excavation for years and has drawn people's attention. Last December this tomb mound revealed two astonishing findings among others; one is a massive iron sword, and the other is a huge shield-shaped bronze mirror.

The sword has an undulating blade that's reminiscent of a snake, and is the longest and the oldest of its kind unearthed in Japan. On the other hand, the shield-shaped mirror was the first to be excavated within the country. Undoubtedly this mirror has an artistic value and shows us the remarkably high technological level in metalware manufacturing in those days.

COVID-19 RELATED INFORMATION

The New Corona Vaccination service period is until March 31.

If you want to be vaccinated against the new coronavirus, please get vaccinated as soon as possible.

Future vaccination policy is under consideration by the government.

Please see the up-to-date information on the Nara City Website. ⇒



[Omicron-Targeting Vaccination]

Those Eligible:

People 12 years or older who have finished the primary (1st and 2nd) vaccination at least three months before. * The Omicron vaccination is currently limited to one per person.

If You Haven't Received or Lost Your Vaccination Vouchers:

You can apply via the portal site, "e-Koto Nara".

Applications are also accepted at the call center by phone, visiting the office or by mail.

How to Get Vaccinated:

Individual vaccinations can be performed at each medical institution.

How to Make a Reservation:

COVID-19 Vaccination Call Center 0120-340-112

Time: 9:00 – 17:00 (Except Saturdays, Sundays & Holidays)

*The date and hours operating are subject to change.

Online Reservation ⇒



We continue to provide the primary (1st and 2nd) vaccinations for the existing virus.

Shots for babies toddlers and children are being conducted.

* Be careful to keep a sufficient interval between vaccinations.

Household Garbage Collection Dates Will Change in Some Areas from April

From April 1, garbage collection zones (A to H) and garbage collection dates for burnable garbage, unburnable garbage and plastic containers and packages will change in some communities due to a change in garbage collection company. Please check the revised garbage collection zones from April 1.

For communities which are not listed, there will be no change in garbage collection zones and dates.

Inquiries about Household Garbage: Shushu-ka (Garbage Collection Section) Tel. 0742-71-3012



Garbage Calendar (from April 2023 to Sep. 2023)

Nara City Garbage Manual to be revised

Due to some changes in how garbage is sorted and put out, a new Garbage Manual will be published. Please check the new rules and cooperate with sorting and reducing your garbage. New rules in the Garbage Manual will be applied to collection from April.

Major Changes

Leaves, Weeds, Styrofoam, and Shredded Paper Garbage Will Be Categorized as Burnable Garbage

Even if you put only these items in 45-liter bags, they will also be collected as burnable garbage.

Only two burnable garbage bags per household can be collected at one time.

Leather Goods (Belts, Gloves, etc.) Will Be Categorized as Burnable Garbage

Umbrellas, Brooms, etc. Will Be Categorized as Unburnable Garbage

Brooms and other items with long handles can be sorted as unburnable garbage even if they extend beyond the 45-liter bag as long as they are shorter than 1.2 meters

Cushions Cannot Be Collected

Please bring them directly to the incineration plant.

Inquiries: Haikibutsu-Taisaku-ka (Waste Management Section) Tel. 0742-71-3001

e-mail: haikibutsutaisaku@city.nara.lg.jp

You can also check the garbage calendar and way of sorting with the Nara City Garbage Sorting App.



For more information, visit the Nara City website.

About Garbage Collection

Temporary large amounts of garbage, due to moving and so on, are not collected by Nara City.

Bring them to Kankyo-Seibi Kojo (Environment Sanitation Plant) after making a reservation or ask an agent with a General Waste Collection and Transportation permit in Nara City to dispose of them. (You will be charged a fee by an agent.)

Please let us know in advance when newly purchasing or replacing a garbage collection box.

Dates & Areas in March

Area	Burnable	Unburnable
A, F	Monday & Thursday	March 1, 15, 29 (Wed.)
B, E		
C, H	Tuesday & Friday	March 8, 22 (Wed.)
D, G		

* Garbage collection is scheduled as usual on March 21 (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
Takeda Kankyo & Yamato Seiso Kyodo-Kigyotai Tel. 0742-63-2552

About recycled home electric appliances

Air conditioners, televisions, refrigerators etc. for home use must be recycled. Agents contracted by the city can remove those appliances from their current location in the home. For information about collection procedures (fee required) and other disposal methods, please see the city website.

Inquiries: Haikibutsu-Taisaku-Ka (Waste Management Section) Tel. 0742-71-3001

Maternal and Infant Health Care Consultation

Hagukumi Center 3F

Consultations by phone or in person 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)

Consultations in person with midwives

***Appointment required**

Date & Time: 10:00-14:00 on weekdays (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: Boshi-Hoken-Ka (Mother and Child's Health Section) by phone Tel. 0742-34-1978

Tsuge Hoken Center

Consultations by phone or in person with public health nurses.

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

Traveling Consultations with public health nurses

Date & Time	Place
March 14 (Tues.) 10:00-11:30	<i>Dongogaoka</i> Community Hiroba Former Tawara Kindergarten (Yokota-Cho)
March 17 (Fri.) 10:00 -12:00	Tsukigase Fukushi Center (Tsukigase Oyama)

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 in person with public health nurses

***Appointment required**

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

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

Preliminary Examination Leaflets for Vaccinations Were Sent out in Late February for Those Born in January 2023

In order to have your baby vaccinated, the preliminary examination leaflet, *Mother's and Child's Health Handbook* and the 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, please contact 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 December 2022)	Within one-month after the 4-month birthday	Designated Medical Facilities in Nara City
10-month-old Babies Checkup (Born in June 2022)	Within one month after the 10-month birthday	
19-month-old Babies Checkup (Born in August 2021)	April 13 (Thurs.), 20 (Thurs.), 27 (Thurs.) Reception time: 12:45-14:15	Chuo-Hoken Center (Hagukumi Center 3F)
3-1/2-year-old Children Checkup (Born in September 2019)	April 18 (Tues.), 25 (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 at the middle of March. People who moved to Nara City after March 1 and have not received the questionnaire by the checkup day should contact Boshi-Hoken-Ka (Mother and Child Health Section) Tel. 0742-34-1978.

Various Health Classes for Expectant Mothers and Infants

Please check the date and time of the classes through the Nara City Website. Please refer to the Nara City video channel "Health Information" for information about infant food and preventing tooth decay, and to the practical video on the *Hajimete-no-Mama & Papa Salon* (Salon for First-time Parents) website for information about how to bathe and carry your baby in your arms.

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

Japanese Encephalitis Vaccinations (For Those Born in March 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 residents of Nara City are not eligible.

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

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

BONCHI Ehon Bazaar “Omoi ga Tsunagaru Ehon no Huruhonichi”

Date & Time: March 25 (Sat.) 10:00-

Place: Sogyo Shien Shisetsu (Business start-up support facility) “BONCHI” (Hashimoto-cho)

Contents: Sale of donated picture books

* A portion of the sales will be delivered to support organizations.

Inquiries: Sangyo Seisaku-Ka (Industrial Policy Section) Tel. 0742-34-4741

Naramachi Nigiwai-no-Ie

5, Nakanoshinya-cho, 630-8333 Tel. 0742-20-1917

Bonseki-no Sekai “Doyo · Shoka wo Egaku”

(Creating the world of nursery rhymes and songs on a black tray using small rocks, pebbles, and white sand)

Date & Time: April 6 (Thurs.)- April 11 (Tues.)

opens at 10:00 on the first day and closes at 16:00 on the last day

Demonstration is April 8 (Thurs.) and 9 (Fri.) 10:00- 15:00

Lecturer: Hosokawa-ryu Wabon Sekkei Biseki-kai

Shiryo-Hozon-Kan (Museum of Archives and Preservation)

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

Naramachi Time Travel Through the Museum's Archives “Edo Jidai-no Nakanoshinya-cho Ezu” (Edo Period Illustration of Nakanoshinya-cho)

Date & Time: March 11 (Sat.) 14:00-16:00

Place: Naramachi Nigiwai-no-Ie (Nakanoshinya-cho)

Contents: Viewing exhibit materials while museum staff explain them

* Wearing a face mask and temperature measurement required

Gakuen-mae Hall

On the 3rd floor of Seibu Kominkan

1-5 Gakuen Minami 3-chome 631-0034 Tel. 0742-51-2001

Nara Philharmonic Select · 500 Yen Concert “Travel Around the World with a Four-Handed Piano Performance”

Date & Time: March 24 (Fri.) 13:30 (opening 13:00)

Piano Players: Hiroko Matsushita · Yayoi Okano

Programs: “Rhapsody in Blue” (Gershwin), etc.

Fee: 500 yen

Now on sale at Gakuen-mae Hall

Sugioka Kason Calligraphy Museum

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

Calligraphy experience:

Date & Time: From March 18 (Sat.) to March 21 (Holiday) 9:00 – 17:00

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

Free of charge for: those under 16 years old, high school students, over 70 years old living in Nara City, challenged people (certificate needed.) and caregiver.

Naramachi Center

38 Higashi-Terabayshi-cho, 630-8362 Tel. 0742-27-1151

Name	Date & Time
Comprehensive Cultural Festival “Naramachi Iki-Iki Festa” (Entrance free)	March 18 (Sat.), March 19 (Sun.) and March 21 (Holiday) 10:00 – 16:00
Naramachi Marche ~What’s sustainable? delicious and cute things from Nara~	March 18 (Sat.), March 19 (Sun.) 10:00 – 16:00 *It will be cancelled in case of rain.
Nara’s Traditional Art and Crafts Exhibition ~Exhibition by the 6 th successor training class of Nara’s traditional art and crafts~	March 15 (Wed.) – March 21 (Holiday) 10:00 – 17:00 Until 16:00 on March 21 (Holiday) Demonstration of the products are only in the afternoon on March 18 (Sat.), March 19 (Sun.) and March 21 (Holiday).

Visiting Restrictions for *Todaiji-Shunie (Otaimatsu)* (No entry to Nigatsudo Hall)

It will be prohibited to enter the Nigatsudo Hall from March 1 (Wed.) to March 14 (Tues.)

There is a limit to the number of people in the surrounding area.

*Staying in and visiting the area surrounding Nigatsudo Hall is prohibited on March 11 (Sat.) and March 12 (Sun.) after 17:00. Details are on the Todaiji Temple website.

Inquiries: Todaiji Temple Tel. 0742-22-5511

Nara, Takanohara Fureai Marche

Date & Time: March 19 (Sun.) 10:00 - 16:00

Place: Heijo No.3 Kinrin Koen (Ukyo 3-chome)

Inquiries: Nara, Takanohara Fureai Marche executive committee Tel. 080-6122-2727

Keihanna Music Festival 2023

Date & Time: March 21 (Holiday) 12:00

Place: Keihanna Hall (Seika-cho, Soraku-gun, Kyoto Prefecture)

Inquiries: Please call Morishita, a member of Keihanna Music & Culture Group (Tel. 090-4641-6070)

Art Exhibition of Nara High School Graduates

Date & Time: March 28 (Tues.) 13:00-17:30, March 29 (Wed.)-April 1 (Sat.) 10:00-17:30
April 2 (Sun.) 10:00-15:30

Place: Nara City Art Museum (1 cho-me, Nijyo-oji-minami)

Inquiries: Please call Shimada, a sponsor (Tel. 090-3429-4397)

Yagyu Cherry Blossoms Festival

Date & Time: April 8 (Sat.) 10:00-16:00 & April 9 (Sun.) 10:00-15:30

Place: Former Residence of the Yagyu Clan’s Chief Retainer (Yagyu-cho)

Inquiries: Yagyu Tourism Association (Tel. 0742-94-0002)

Event - Kominkan

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

Class Name: Ehon Hiroba (Picture Books Square) in Nambu

Contents: Look at, listen to, and touch picture books and feel them in your heart and body

Date & Time: March 26 (Sun.) 10:00-15:30

* Free Entry No prior application is needed. Please contact Nambu Kominkan for details.

Heijo Nishi Kominkan 25 Jingu 4-chome 631-0804 Tel. & Fax 0742-71-5711

Spring Concert in Heijo-Nishi

Contents: Brazilian music concert by a guitarist. Please enjoy the passionate solo guitar tones.

Date & Time: March 25 (Sat.) 14:00-15:00

Instructor: Shoji Kaneda, Guitarist

* Free Entry

Lifelong Learning Center 23 Suruga-machi, 630-8357 Tel. 0742-26-8811 Fax 0742-26-8813

Picture Book and Song Space for Parents and Children in Suruga-machi

Picture books are read to children, and songs are sung along.

Please join us with your family and enjoy songs with hand motions and our panel theater.

Date & Time: March 11 (Sat.) 11:00-12:00 * Free Entry

Instructor: Yumi Okada, a vocalist, and the members of *Tsudoi-no-hiroba* "Noru"

Those eligible: Newborns to toddlers (zero to about three years old) and their guardians

Notice of 2023 Rabies Prevention Group Injections

Rabies Shots Should be Given Once a Year to Every Dog Older than 91 Days

Fee: 3,400 yen (cash only)

Things to Bring: The notification post card (three-ticket type)

*It will be sent at around the end of March.

*Some dogs may not be allowed to receive the shot due to their physical condition.

*Dogs must be collared and brought by a person who is accustomed to handling them.

*If your dog can not receive the shot at the site, please get it at an animal hospital.

*Please refrain from coming by car, since some sites don't have a parking lot.



Unregistered dogs need to be registered.

Dog registration is an important once-in-a-lifetime procedure for each dog as stipulated by the Rabies Prevention Law. Dogs need to be registered before the shot. If you don't have dog registration, doing so at the vaccination site will be crowded on that day, so please make sure to register in advance.

For more information, please visit the Nara City Website.

For dog owners who implanted a microchip



For dog owners who did not implant a microchip



Inquiries: Hoken-Eisei-Ka (Life Sanitation Section)

Tel. 0742-93-8395

*Be careful not to dial the wrong number.

Annual Women's Health Week: March 1 to 8

We support women so that they can have healthy bodies and spend their lives brightly.

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

Increases in Female-Specific Cancers

Breast Cancer is on the rise and affects **1 in 9 women**.

Cervical Cancer often affects women between their 20s and early 40s.

These can be detected early by screening, so please be sure to have a medical check once every two years.

(Cancer examinations for the fiscal year 2022 finished at the end of February. They will start again from July 1, 2023.)

Panel Exhibition < Until March 3 (Fri.) at City Hall 1 F Passageway >

The Second Thursday in March Every Year is World Kidney Day

CKD (Chronic Kidney Disease): A drop in renal function & with protein in urine

CKD is diagnosed when above symptoms and others persist. Recently CKD has become a national Disease affecting 1 in 8 people. Once a kidney gets damaged, it is difficult for it to return to its original state naturally. Please review the results of your medical checkups.

What are the symptoms of CKD?

There are no subjective symptoms. When disease develops, symptoms will appear. If you leave them untreated, you may require dialysis or have an increased risk of myocardial infarction, cardiac failure, and stroke.

World Kidney Day Panel Exhibition

March 6 (Mon.)-10 (Fri.) At Nara City Hall 1F Passageway

March 13 (Mon.)-26 (Sun.) At Hagukumi Center 1 F

Inquiries: Hoken-Eisei-Ka (Life Sanitation Section)

Tel. 0742-93-8395 *Be careful not to dial the wrong number.

Get familiar with Nara's traditional crafts!

Nara Crafts Museum 1-1, Azemame-cho 630-8346 Tel. & Fax. 0742-27-0033

Information on exhibitions, sales events and other opportunities to become familiar with Nara's traditional crafts in a casual way



Hands-on experiences: viewing and making crafts at the Nara Crafts Museum

The Nara Crafts Museum displays traditional Nara crafts. There is also a shop in the museum where you can buy them. Why not incorporate Nara crafts into your daily life?

Nara Crafts Workshops

You can learn how to make traditional crafts through a hands-on experience. Classes are held on an irregular basis. For more information on dates and how to apply, please refer to the website.

Exhibition of works by the class of 2022

The exhibition features the work of workshop participants. They include: Itto-bori carving, lampwork, Akishino handweaving, wood crafts and lacquer crafts.

Date & Time: March 10 (Fri.)-12 (Sun.) 10:30-16:30

Exhibition of works by young artists

A joint exhibition of Itto-bori carvings, Akahada-yaki pottery, and Nara Shikki (lacquerware) will be held.

Place: Kite Mite Nara Shop

(in the Nara Prefectural Commerce, Industry, and Tourism Hall, Nobori-Oji-cho)

Date & Time: March 1 (Wed.)-31 (Fri.) 10:00-18:00 (Closed on Mondays)

Inquiries: Sangyo-Seisaku-Ka (Industrial Policy Section) 0742-34-4741

Education Center KIDS LEARNING FLOOR

Class Name	Date & Time
Planetarium: "Nijiro and Seasonal Constellations: About Corvus" Capacity: 30 seats each time	Every Sat., Sun., and Holidays in March (1) 10:30-10:50 (2) 13:40-14:10
Story Telling: "Little Red Riding Hood" Capacity: About 10 children	March 11 (Sat.) 11:00-11:30
Night Planetarium: "Walk in the Seasonal Starry Sky - Astronomical Tour" Capacity: 40 seats (From upper-grade elementary school students to adults, adults only can also apply)	March 24 (Fri.) 18:30-19:10
Movie Screening: "Eine Frau fürs Ganze Leben and Suho's White Horse" Capacity: 100 seats	March 26 (Sun.) 13:00-13:30
Application: Reception on the day starts 20 minutes before the start and will end upon reaching capacity. Participants should be accompanied by guardians. * Please cooperate by measuring your body temperature and wearing a face mask. * 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)