

# Nara City Information for Residents

**November 2022** Issued by Nara City Hall (No. 1224)  
(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)



## Nara City's Account Settlement Information and Fiscal Condition for FY2021

1. The General Account for FY2021 finished 5.5 billion yen in the black (more profit than previous year) and the Special Account deficit was eliminated.
2. Expenditure for Covid-19 related projects: 15.37 billion yen  
The following items are four major projects.
  - 2-1 Improvement of the medical care system and prevention of further spread of infection
  - 2-2 Assistance to citizens and business operators
  - 2-3 Promotion of digitalization and measures toward a contactless society
  - 2-4 Economic policy for new life and far-sighted future
3. Social Assistance Expenditure (social security cost for welfare and disability aid) was increased, but Investment Cost was reduced (the nature of costs was shifted).
4. The Ratio of Current Expense to Current Income was improved to 91.1% (6.3 percentage point improvement).
5. The balance of the City Bonds continued to decrease and the future burden has been improved.

We will continue to deal with restoring fiscal soundness by securing new funding and decreasing the amount of issuance of city bonds, and promotion of DX (Digital Transformation), etc.











**Inquiries:** Zaisei-ka (Finance Department) Tel. 0742-34-4720

## The Omicron-Targeting Booster Shots (3rd, 4th, 5th dose) have Started

As of October 13, 2022

Booster shots that target the omicron variant of Covid-19 have been available since October. Those who are **12 years of age or older and have finished their primary vaccination (1st and 2nd doses)** are eligible.

Please check the table below to see if you are applicable.

Primary vaccination (2 doses) completed		Need to get the first 2 doses.
Yes 	No	
3rd dose completed		4th dose completed
No 	Yes	No 
		The 5th dose will be available 5 months after the receipt of the 4th dose (vouchers will be mailed a couple of weeks before such date).
Unused vouchers on hand		You may receive vaccination against Omicron variant vaccine with your voucher on hand.
No 	Yes	
12 years of age or older		The next available vaccination day is five months after you have received one before (vouchers will be mailed to you a couple of weeks before the day). If you have lost or thrown away the vouchers or if you have not received them, please apply for replacements as shown below.
No 	Yes	
Currently you are not eligible.		
Those who are between 5 and 11 years of age may receive their third dose, using vaccines for children.		After 5 months means the same day of the month 5 months previous when you received the last vaccination. For example, if you received a shot on May 13, you may receive one on October 13.

**Note: Please do not receive a shot in less than a 5 month interval.** Otherwise, you will be considered to have violated the Preventative Vaccination Law and may not receive the Vaccination Certificate.

**Vaccination Vouchers will be sent to:**

- (1) Those eligible for the 3rd vaccination who have completed their primary vaccinations (1st and 2nd dose) at least (and including almost) five months before.
  - (2) Those eligible for the 4th vaccination who have completed their 3rd dose at least (and including) five months before.
  - (3) Those eligible for the 5th vaccination who have completed their 4th dose at least a defined period of time before.
- \*About the item (3) above, vouchers will be mailed at the end of October to those have completed the 4th vaccination by August 15 and will be mailed in a sequential manner to those have completed their vaccinations after August 16.
- \*The period between the last vaccination date and the mailing date of vouchers for the next dose may be subject to change if the period is shortened by Government policy.

**If you have not received or lost your vouchers,**

you may apply via "e-Koto Nara" (electronic application), **by phone, visiting the office, or by mail.**  
For details, please visit the Nara City Website.



**Inquiries: COVID-19 Vaccination Call Center** Tel. 0120-340-112

Time: 9:00-17:00 (except Saturdays, Sundays, and Holidays; open Saturdays for the time being)

\*Please make sure to dial the correct number.

**How to get vaccinated**

**Individual Vaccinations** are carried out at various medical institutions and **Group Vaccinations** at the following locations.

To make a reservation, please scan the QR code on the right side or dial the Call Center above.

**Group Vaccination Venues in November and after**

**Both (1) and (2) are for those who completed at least two doses of vaccines.**

(1) **Until Nov. 12 (Sat.): On the 6th floor of City Hall**

**Date:** Nov. 4 (Fri.), 10 (Thurs.), 11 (Fri.): **Only in the evening**

Nov. 5 (Sat.), 12 (Sat.): **In the morning and in the afternoon**

(2) **From Nov. 14 (Mon.) to Dec. 24 (Sat.): On the 6th floor of City Hall and at Mi-nara facility**

**Time:** **In the morning, in the afternoon, and in the evening from Monday through Saturday.**

**No evening vaccination at the City Hall from Monday through Thursday is available.**

**For more concrete information, please visit the City Website or dial the Call Center above.**

\*Vaccine by Moderna against BA.1 variant during the period (1) above

\*Vaccine by Pfizer against BA.4/5 variant during the period (2) above (subject to change to one against BA.1, depending upon availability)

\*After November 14, vaccines against BA.4/5 as well as BA.1 will be used at the Individual Vaccination places.

To make a reservation, please scan the QR Code: ----->

**Inquiries:** Covid-19 Vaccination Promotion Section Tel: 0120-340-112



## November 14 is World Diabetes Day

### Diabetes Is Not Someone Else's Problem

Among those who had a specific health checkup in Nara City in 2020, one in two people have blood glucose levels above the standard level (HbA1c 5.6%).

There are no subjective symptoms in the early stage of the disease, and the disease may have progressed by the time it is noticed.

### Check your blood sugar level

Inspection item	Fasting blood sugar level (mg/dl)	HbA1c level (NGSP level) %	
Keep receiving medical checkups on a regular basis	99 or below	5.5 or below	
You need to improve your lifestyle habits	100-125	5.6-6.4	
You need to see your doctor	126-179	6.5-7.9	
You need to see your doctor immediately	180 or above	8.0 or above	*

\* You need medical treatment immediately

### Would You Like to Know about Diabetes?

Panel exhibitions about diabetes, diet, and exercise will be held

Date	Place
until Nov. 21 (Mon.)	Hagukumi Center (first floor)
Nov. 7 (Mon.) - 11 (Fri.)	Nara City Hall (accessway on the first floor)
Nov. 16 (Wed.) - 30 (Wed.)	Irie Taikichi Memorial Museum of Photography Nara City

### Diabetes Consultation Desk (reservation is required)

For those who have high blood sugar levels or are obese and worried about diabetes, consultations and lifestyle guidance will be provided by nutritionists, etc. (No diagnosis by doctors. About 60 minutes per person.)

**Date & Time:** Nov. 14 (Mon.), 21 (Mon.), 28 (Mon.) and Dec. 5 (Mon.)

1) 13:00 2) 14:30 (If you wish to have a consultation on another date and time, please contact us.)

**Place:** Kenko-Zoshin-Ka (Health Care Section) which is on the third floor of Hagukumi Center

**Application:** Call Kenko-Zoshin-Ka on your preferred date

**Inquires:** Kenko-Zoshin-Ka Tel. 0742-34-5129

\* If you have the results from a medical examination, please bring it with you.

### Blue Illumination at JR Nara Old Station Building (Nara City Tourist Information Center)

The old station building will be lit up in blue, the theme color for Diabetes Day.

**Date & Time:** Nov. 10 (Thurs.) - 14 (Mon.) sunset - 22:00

**Inquiries about this page:** Kenko-Zoshin-Ka Tel. 0742-34-5219

## Garbage Collection

**Please cooperate in separating and disposing of your garbage appropriately.**

- 1 Use up all the gas in disposable lighters and put them out as burnable garbage.
- 2 Put out insecticide, spray paint and hair mousse cans as unburnable garbage. Put out 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.)

- 3 Bring rechargeable batteries, such as mobile batteries and lithium ion batteries, to the recycle boxes placed inside electronics retail stores. The location of recycle boxes are shown on the JBRC web site. Batteries can be collected as noxious garbage or taken to a hub collection site. (Bring button batteries to recovery boxes at vendors.)

**Garbage Collection Dates and Areas in November**

Area	A-F	B-E	C-H	D-G
Burnable Garbage	Mon.& Thurs.		Tues. & Fri.	
Unburnable Garbage	2,16,30 (Wed.)		9,23 (Wed.)	

\*Garbage will be collected on Nov. 3 and 23 (Holiday) as usual.

\*Areas A-D are covered by Nara City, and areas E-H are covered by City Seibi-Kosha & Co. Ltd or Takeda Environment Co. Ltd and Yamato Seiso JV. The garbage collection dates may be different in some areas. Please see Nara City’s website.

**Inquiries:** Shushu-Ka (Collection Section)      Tel. 0742-71-3012  
 City Seibi Kosha (Public Corp.)      Tel. 0742-33-8782  
 Takeda Environment Co. Ltd. and Yamato Seiso JV      Tel. 0742-63-2552

**Warning about Influenza**

**Preventing Influenza in Your Daily Life**

Wear a face mask when speaking to each other, wash your hands and disinfect them frequently and avoid the 3 Cs (Closed spaces, Crowded places, Close-contact setting).

**Consult a doctor as soon as you notice symptoms.**

**Getting a flu shot by early December before the flu breaks out.**

**Inquiries:** Hoken-Yobo-Ka (Health Prevention Section)      Tel. 0742-93-8397

**Autumn Nationwide Fire Prevention Campaign Nov. 9-Nov. 15**

**To protect your house from fire,**

Ten rules for daily life:

1. Don’t smoke in bed.
2. Don’t place flammable objects around, such as home appliances that use fire.
3. Don’t leave the gas burner in the kitchen, etc., unattended when it is in use.
4. Clean the dust from electrical outlets and remove unnecessary plugs.
5. Use heaters or cooking appliances with built-in safety features.
6. Residential smoke alarms should be inspected regularly and replaced every ten years.
7. Organize your rooms and use flameproof products for bedding, clothing and curtains.
8. Prepare fire extinguishers, etc., and make sure of how to use them.
9. Always secure and prepare evacuation routes and methods.
10. Participate in fire drills and take part in fire prevention measures throughout your local area.

**Residential Smoke Alarms Need Periodical Replacement**

Please refer to the Japan Residential Smoke Alarm Manufacturers Association.

Tel. 0120-565-911 9:00-17:00, Monday -Friday

**Inquiries:** Yobo-Ka, Shobo-Kyoku (Fire Prevention Section, Fire Department)      Tel. 0742-35-1192

## World AIDS day is December 1

### Night-time, One Day HIV Test

**Date & Time:** November 28 (Mon.) 17:30 The reception will open from November 14 (Mon.)

### AIDS Exhibition (panel display, brochure distribution)

**Date:** November 28 (Mon.)-December 2 (Fri.)

**Place:** City Hall 1<sup>st</sup> floor passageway (Sanjo-Honmachi) / Hagukumi Center 1 F

**Inquiries:** Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397

## Preliminary Examination Leaflets Were Sent in Late October (For Those Born in September 2022)

If you bring the preliminary examination leaflets, *Mother's and Child's Health Handbook*, and Health Insurance Card or other ID, babies can receive vaccinations. If you have not received the preliminary examination leaflet due to moving into the city, etc., call Kenko-Zoshin-Ka (Health Care Section).

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

## Japanese Encephalitis Vaccinations (for those born in November 2019)

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

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

**Thing 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

## 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:** To 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
November 15 (Tues.) 10:00-11:30	Dongogaoka-Community Hiroba Former Tawara Kindergarten (Yokota-Cho)
November 22 (Tues.) 10:00-11:30	Koto Kominkan (Ohyagyū-Cho)
November 25 (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:** To Tsukigase Health Consultation Room by phone Tel. 0743-92-0480

## **Medical Checkups for Babies & Children**

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

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

\*The questionnaire will be sent at the end of November. People who moved to Nara City 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

## **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

## Cancer Examinations (December)

Apply to Kenko-Zoshin-Ka (Health Care Section) by phone or fax or on the city website. Free of charge for those who are on social welfare or belong to households receiving residence tax exemption. Please notify us of such when you apply.

### Stomach and Lung Cancer Examinations

Accepted from Nov. 1 (Tues.) to 18 (Fri.). Internet applications will be accepted until Nov. 10 (Thurs.).

Date	Place	Reception Time	Capacity
Dec. 5 (Mon.)	Hokubu Shutcho-sho	9:15-9:45	8 each
Dec. 19 (Mon.)		9:45-10:15	
Dec. 6 (Tues)	Seibu Shougai Sports Center Club House	9:15-9:45	14
		9:45-10:15	13
Dec. 7 (Wed.)	Hagukumi Center	8:45-9:15	17
Dec. 12 (Mon.)			
Dec. 15 (Thurs.)		9:30-10:00	16
Dec. 26 (Mon.)			
Dec. 9 (Fri.)	Seibu Toshokan	9:45-10:15	10 each
		10:15-10:45	
Dec. 13 (Tues.)	Tomigaoka Kominkan	9:30-10:00	13 each
		10:00-10:30	
Dec. 14 (Wed.)	Tomio Kominkan	9:15-9:45	14
		9:45-10:15	13
Dec. 16 (Fri.)	Co-op Oshikuma	9:15-9:45	14
		9:45-10:15	13
Dec. 20 (Tues.)	Bousai Center	9:15-9:45	14
		9:45-10:15	13
Dec. 21 (Wed.)	Heijou Kominkan	9:15-9:45	14
		9:45-10:15	13
Dec. 22 (Thurs.)	Tomio Minami Kominkan	9:15-9:45	14
		9:45-10:15	13
Dec. 23 (Fri.)	Miato Kominkan	9:15-9:45	14
		9:45-10:15	13

### Lung Cancer Examination

Date	Place	Reception Time	Capacity
Dec. 9 (Fri.)	Hagukumi Center	14:00-14:30	30 each
		14:30-15:00	
Dec 12 (Mon.)	Co-op Oshikuma	14:00-14:30	20 each
		14:30-15:00	

**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 sputum test based on a general check-up for lung cancer (postage might need to be paid)

**Those Eligible:** 40 years old and over.

Pregnant women; those who had stomach, lung or intestine surgery or are in treatment; those who



have barium sensitivity or had aspiration (lung cancer examination is possible); those who had an endoscope stomach cancer check by Nara City in the previous fiscal year (lung cancer examination is possible); and those who had a lung cancer low-dose CT examination 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. The examination interval is once a year. There might be cases when you may not be able to take the examination depending on your health or questionnaire.

**Inquiries:** Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129 Fax. 0742-34-3145

### **Shiryō-Hozonkan** (Historical Materials Museum)

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

- ◆ Special Exhibition “Naramachi literary calendar, On-Matsuri Festival of Kasuga Wakamiya Shrine”
- ◆ Special Exhibition of the Museum Collections “Nara Calendar”

Date & Time: Nov. 15 (Tues.) - Dec. 18 (Sun.)

\* Closed on Mondays (except Holidays & Sundays) and Nov. 14 (Thurs.)

### **27<sup>th</sup> Volunteer Festival in Nara**

~ Let's connect the hearts of volunteers ! ~

Contents: Fureai charity bazaar\*, recycling of children's products, children's workshop, refreshment stalls, etc.

\* Proceeds of the bazaar will be used for the benefit of the people who are in difficulties due to

Date & Time: Nov. 19 (Sat.), 10:00 – 14:00

Place: Volunteer Center (Horen-cho)

\* No parking lot, please use public transportation.

Inquiries: Volunteer Center (Tel. 0742-26-2270, Fax. 0742-26-2003)

### **Sogo-fukushi Center** (General Welfare Center)

3-1 Sakyo 5-chome 631-0801 Tel. 0742-71-0770, Fax. 0742-71-0773

- ◆ Exhibition of works by handicapped people & children in Nara city  
(Photographs, Paintings, Calligraphy, Crafts)

Date & Time: Nov. 12 (Sat.) – 20 (Sun.), 9:30 – 16:00

\* Until 13:00 on the final day, closed on Nov. 14 (Mon.)

### **Volunteer Information Center**

13-1 Sanjyo-honmachi 630-8122

Tel. 0742-93-8435, Fax. 0742-34-2336

- ◆ HUG-HUG Festival 2022

~ Opening after 3 years' absence! Come, See, & Try! ~

Contents: PR for various groups, workshop & consulting booths, stage performances, etc.

Date & Time: Dec. 4 (Sun.), 10:00 – 15:00

## Naramachi Nigiwai-no-Ie

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

### 1. Machiya Museum of Art "Tessai Kano and Tetsuro Ichikawa in the world of sculpture"

**Date & Time:** Nov. 11 (Fri.) - Nov. 12 (Sat.) 9:00- 17:00, Nov. 13 (Sun.) 9:00-15:00

## Nara City Museum of Art

On the fifth floor of M! Nara

3-1 Nijo-oji Minami 1-chome 630-8012 Tel. 0742-30-1510, Fax 0742-35-7160

### ◆Practical Skill Courses Works Exhibition

**Date & Time:** Nov. 29 (Tues.) 12:00- 17:30, Nov. 30 (Wed.) - Dec. 3 (Sat.) 10:00- 17:30

(The entrance gate closes at 17:00.), Dec. 4 (Sun.) 10:00- 15:00

## Naramachi Center

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

### ◆Onmatsuri for Children (No admission fee is required.)

**Date & Time:** Dec. 4 (Sun.) 11:00- 15:00 \* Some fee for options is required.

**Inquiries:** Executive committee of Onmatsuri for Children Tel. 0742-93-4788

### ◆AO-HANI ART "Chattering Hand Works Exhibition"

(Exhibition of pictures and ceramic art by artists active in AO-HANI Social Welfare Organization)

**Date & Time:** Nov. 16 (Wed.) - Nov. 26 (Sat.) 10:00- 17:00, Nov. 27 (Sun.) 10:00- 16:00

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

3 Wakido-cho 630-8337 Tel. 0742-24-4111 Fax 0742-20-6677

Free entry on Kansai Culture Day

**Date:** Nov. 19 (Sat.), 20 (Sun.)

## Irie Taikichi Memorial Museum of Photography

600-1 Takabatake-cho 630-8301 Tel. 0742-22-9811

Free entry on Kansai Culture Day

**Date:** Nov. 19 (Sat.), 20 (Sun.)

## Nara Autumn Night Trip in 2022

Visit Wakamiyajinja Shrine and see the vermilion shrine with donated celebrated lanterns at Kasuga Taisha Shrine to commemorate its refurbishment

**Date:** Ever Saturday in November

## Exhibition Nara Tour of Issen Art Association

The Issen Art Association is an art group working for about 70 years to promote fairness and freedom in individual expression

**Date:** Nov. 8 (Tues.)-13 (Sun.)

**Place:** Nara Pref. Cultural Hall (Noborioji-cho)

**Inquiries:** Ms. Morihisa Tel. 0742-77-8689

## *Eki-mae (In front of station) Craft Exhibition "Nara-no-Sora-Kara"*

This is the exhibition of Modern Arts and Crafts from Nara.

**Date & Time:** December 4 (Sun.) 10:00- 18:00

**Place:** Station Square on the east side of JR Nara Station (Sanjo Honmachi)

**Inquiries:** The Executive Committee Tel.0743-59-1355

## LIFELONG LEARNING

**Tomio-Minami Kominkan** 501-3 Naka-machi 631-0052 Tel/Fax. 0742-48-3066

Event Name	Date& Time and Contents	Application
<i>Tomi-Nan</i> Exhibition of Works	Exhibition of Works, Concert, etc., by voluntary groups  November 26(Sat.) 9:00- 16:00 November 27(Sun.) 9:00-11:30 Free entry	Not necessary

**Kasuga Kominkan** 86-1 Minami-Kyobate-cho 1-chome 630-8141 Tel/Fax. 0742-62-2253

Event Name	Date&Time and Contents	Application
Community- Stage @ <i>Seibi Fureai-ich</i>	Stage performance of dance, chorus, tec. November 27(Sun.) 9:30- 11:00 Place: Seibi Area Fureai Kaikan (Minami-Kyobate-cho) Free entry	Not necessary

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

Event Name	Date&Time and Contents	Application
Salon Concert “ <i>Sumo-Jinku</i> ” (Sumo-themed songs) for the “November Tournament”	Performance of “ <i>Sumo- Jinku</i> ” and talks about <i>Sumo</i>  November 20 (Sun.) 14:00- 15:00 Free entry	Not necessary

### Photo Exhibition at the Lifelong Learning Center Gallery

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

Photo Exhibition by NPK group (A voluntary group of photographers, based at Kasuga Kominkan) Date& Time: November 16(Wed.) – November 20 (Sun.) 9:00- 17:00 *It starts from 13:00 on the first day and will close at 16:00 on the last day
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**Seibu Kominkan** 1-5,3-chome Gakuen-Minami 631- 0034 Tel. 0742-44-0101 Fax. 0742-44-0103

Event Name	Date & Time, Details	Deadline
Gakuen-mae Art Festa 2022	Exhibition of works on the theme of "Canvas as Campus" November 5 (Sat.) -12 (Sat.) 10:00-17:00 *Closed on the 7th (Mon.) *Free entry	Not necessary
Experiential exchange event by a voluntary group	Experience and exchange of the local performing art "Zenidaiko" from the Izumo region November 29 (Tues.) 13:00-17:00 *Free entry	

**Miata Kominkan** 204-1, Gojo-cho 630-8032 Tel. & Fax. 0742-34-5954

Event Name	Date & Time, Details	Deadline
deAi:Encounter Miata Salon	"Let's enjoy autumn songs" Chorus and harmonica performance, etc. November 19 (Sat.) 13:30-14:30 *Free entry	Not necessary

**Mikasa Kominkan** 313-3, 4-chome Omiya-cho 630-8115 Tel. & Fax. 0742-33-0515

Event Name	Date, Time and Contents	Deadline
Mikasa Community Center 50th Anniversary Project	Commemorative ceremonies, stage presentations, exhibitions of works, experiences, etc. November 12 (Sat.) 9:30-16:00 November 13 (Sun.) 9:30-15:00 *Free entry	Not necessary

## Heijo and Soraku New Town “Town 50th Anniversary Event” (Free Entry)

On November 25, 1972, "Heijo and Soraku New Town" was born in the area centered on Kintetsu Takanohara Station. This November, as we mark the 50th anniversary of the town, we will hold a celebration event with the aim of further developing the town.

With the station square as the main venue, many events such as music events and food and drink experience corners will be held at each venue. In the exhibition and introduction corner, you can rediscover the charm of the city that you still don't know everything about. Please enjoy both days.

**Date:** November 26 (Sat.) and 27 (Sun.) 10:00-16:00

\* Will be held rain or shine. (In case of rain, the program may be partially changed)

**Place:** Kintetsu Takanohara Station Square Area, Suntown Plaza *Suzurankan* Square, etc.

\* There will be the sale of products and some experience corners require a fee.

**Inquiries:** Project Executive Committee Secretariat (At Kansai Cultural and Academic Research City Center)  
Tel. 0742-93-3571 Fax. 0742-71-9577 (Weekdays 9:00~17:00)

## Let's Get in Touch with Nature and Think about the Environment Fun Learning Experience Event about Ecology “Let's gather ECO KIDS !”

**Contents:** Exhibition of works from the ECO Idea Contest.

Crafts made from natural materials and reused materials.

Outdoor program for enjoying nature.

Bicycle power, play with solar toys, etc.

\*Please cooperate by bringing picture books for reuse to the venue.

**Date & time:** December 11 (Sun.) 11:00 – 15:00

**Place:** Naramachi Center (Higashi-Terabayashi-cho)

**Application & Inquiries:** Nara Stop Ondanka-no-kai Tel. 0742-49-6730

## Education Center KIDS LEARNING FLOOR

Class Name	Date & Time	Application Due
<b>Planetarium “Nijiuro and Seasonal Constellations”</b> Capacity: 20 seats each time	Every Sat., Sun., & Holiday in November (1) 10:30 – 10:50, (2) 13:40 – 14:10	Reception on the day
<b>Story Telling “Crab Crab Stealthily”</b> Capacity: 6 groups	November 12 (Sat.) 11:00 – 11:30	
<b>Movie Screening “Wolf and Seven Baby Goats” “The Selfish Giant”</b> Capacity: 100 seats	November 27 (Sun.) 13:00 – 13:30	
<b>Astronomy Class: Making Constellation Lantern</b> Capacity: 6 groups each time Fee: 300 yen	December 11 (Sun.) (1) 10:00 – 11:30, (2) 13:30 – 15:00	November 21
<b>Night Planetarium “Walk in the Seasonal Starry Sky Astronomical Tour”</b> Capacity: 20 seats (For elementary school upper grades to adults & adults only can also apply.)	December 23 (Fri.) 18:30 – 19:10	December 5

### Winter Festival will be Held

Class Name	Date & Time	Application Due
<b>Planetarium “We are 8 Brothers’ Planet”</b> Capacity: 20 seats each time	December 17 (Sat.) & 18 (Sun.) (1) 9:30 – 10:00, (2) 10:30 – 11:00, (3) 11:30 – 12:00, (4) 13:30 – 14:00	Reception on the day
<b>Craft Experience Class “Let’s make tops and play.”</b> Capacity: 6 groups each time	December 17 (Sat.) (1) 9:30 – 10:10, (2) 11:00 – 11:40, (3) 13:30 – 14:10	November 14
<b>Programming Class: Let’s drive robots.</b> Capacity: 1 <sup>st</sup> graders and over, 6 groups *The same contents on both days.	December 17 (Sat.) & 18 (Sun.) (1) 9:30 – 10:10, (2) 11:00 – 11:40	
<b>Science Experiment Class: Let’s make a leaf vein patterned bookmark.</b> Capacity: Over 5 years old, 8 groups	December 18 (Sun.) (1) 9:30 – 10:10, (2) 11:00 – 11:40, (3) 13:30 -14:10	

**Capacity:** 6 groups (6 to 10 children), 8 groups (8 to 12 children)

Participants must be accompanied by guardians.

**Application:** Apply online from Nara City website.

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

This QR code links to the application page. →



**Others:** Reception on the day of the class will start 20 minutes before the starting time of each class and will be closed when the prescribed number of applications is reached. The capacity may change.

Please cooperate by measuring your body temperature, wearing a face mask, and confirming your health condition. (Participation may not be possible depending on your health condition.) In addition to the above, other classes may also be held. For the latest information, please check the city website or contact us directly.

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

## **Orange Ribbon & Purple Ribbon Campaigns**

**Let's Stop Child Abuse and Violence against Women in Society as a Whole**

**An orange ribbon symbolizes child abuse prevention.  
A purple ribbon symbolizes prevention of violence against women.**

### **Orange Ribbon Campaign**

**November is the month for 'Stopping Child Abuse'.**

Corporal punishment is banned by law. You can seek advice about child abuse, child rearing, and worries about the nursery and school life of your children at the following places.

#### **Contact & Counseling**

##### **Nara City Kodomo (Children) Center:**

Kosodate-Sodan-Ka (Child-Care Counseling Section) Tel. 0742-34-4804

Kodomo-Shien-Ka (Child Support Section) Tel. 0742-93-6595

**Nationwide Helpline for the Children's Counseling Center:** Call 189. \*24-hour reception / No call charges

**Police** (In an emergency when a child's life or safety is immediately at stake.): Call 110.

#### **Orange Ribbon Panel Exhibition to Stop Child Abuse**

**Place:** 1<sup>st</sup> fl. passageway

**Date:** Nov. 21 (Mon.) – 25 (Fri.)

**Inquiries about child abuse and the Orange Ribbon campaign:** Kodomo-Shien-Ka (Child Support Section)  
Tel. 0742-93-6595

### **Purple Ribbon Campaign**

**From November 12 to 25 is the period for 'Stop Violence against Women'.**

#### **What is DV (domestic violence)?**

DV is a coercive pattern of behavior used by one person to control another in an intimate relationship. It is a serious violence to human rights and includes criminal acts.

**Types of violence:** -Psychological violence

-Economic violence

-Social violence

-Sexual violence

-Violence by using children

-Physical violence

#### **Contact & Counseling:**

##### **Nara City Phone Counseling for DV**

**Nara City Spousal Violence Counseling & Support Center:** 0742-93-3150

**Subjects:** Those who live in Nara City

**Reception Hours:** Monday to Saturday, except for holidays 10:00 – 12:00 & 13:00 – 16:00

Call or visit the police in case of emergency.

**DV Counseling Plus (The Cabinet Office):** Tel. 0120-279-889

**Reception Hours:** 24 hours by phone and e-mail (Use the dedicated form.)

**Counseling by Chat:** 12:00 – 22:00

#### **Purple Ribbon Panel Exhibition to Stop Violence against Women**

**Place:** 1<sup>st</sup> fl. passageway

**Date:** Nov. 14 (Mon.) – 18 (Fri.)

**Inquiries about DV or the Purple Ribbon campaign:** Danjo-Kyodo-Sankaku-Shitsu (Gender Equality Office):  
Tel. 0742-81-3100