

Nara City Information for Residents

November 2021 Issued by Nara City Hall (No. 1212)

(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 Kominkan, 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



Nara City's Account Settlement and Fiscal Condition for FY 2020

Projects for prevention of COVID-19 infection and for post-COVID-19 recovery have been carried out during infection outbreaks in FY 2020. Additionally, some projects were cancelled, or budgets were reduced while considering their priority and urgency. Although Nara City's finances have been in a severe condition, the City makes an effort to secure fiscal resources and restrain the issuance of municipal bonds, and promote administrative reform for sound finance.

Inquiries: Zaisei-Ka (Finance Section) Tel. 0742-34-4720

The General Account for FY 2020 finished 2.82 billion yen in the black

Compared to FY 2019, municipal tax revenues fell due to the influence of COVID-19, etc. on the other hand, national treasury and prefecture disbursement and municipal bonds increased.

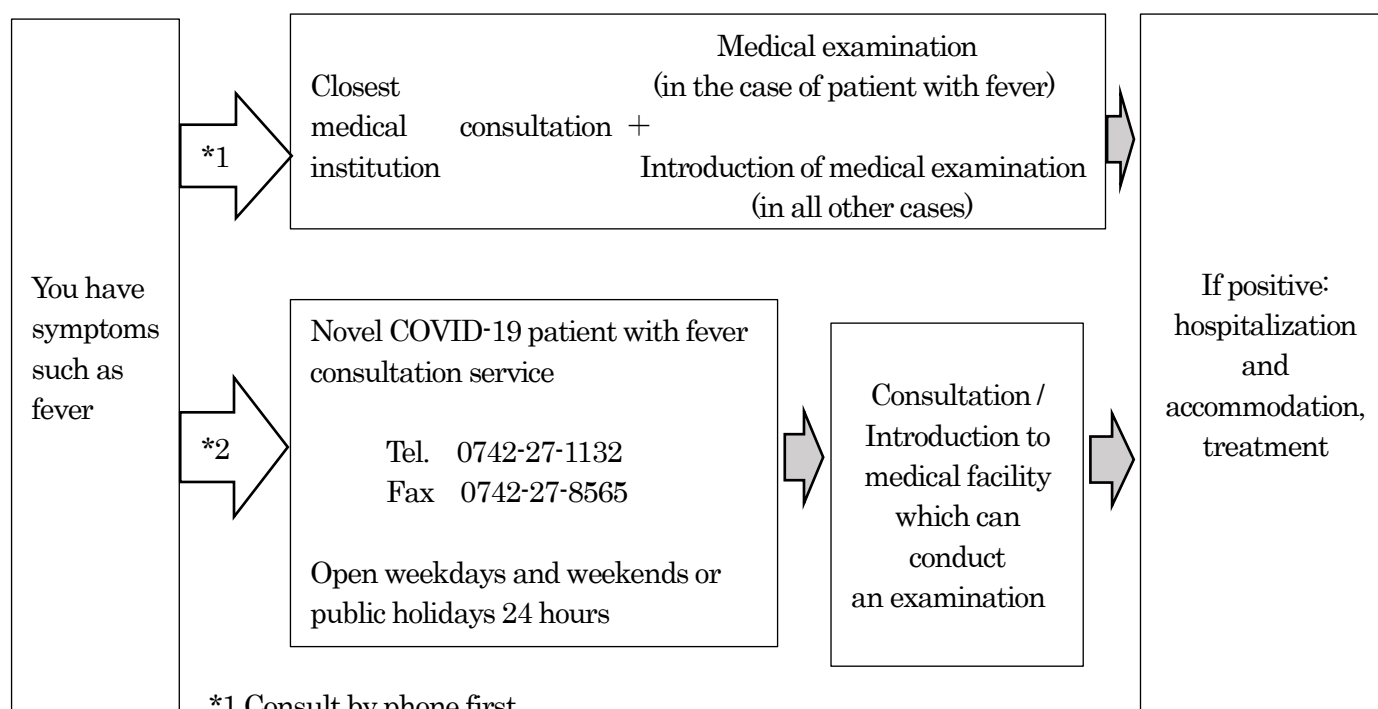
Expenditures also increased for special fixed benefits, etc. for projects relating to COVID-19 measures, for the earthquake-resistant construction of Nara City Hall, and for construction of a new crematorium. However, some projects were cancelled or scrutinized. As a result, we ended the fiscal year with more of surplus than in the previous fiscal year.

Related Information about COVID-19 Infection

When you feel as if something's wrong with your body: 'Feeling bad.'

If you have symptoms such as fever, please contact your nearest medical institution by telephone first.

If you don't have any medical institutions close to you, please contact the 'Novel COVID-19 patient with fever inquiry counter' for assistance.



*1 Consult by phone first.

*2 for those who have no appointed or nearby medical institutions

Information on Novel COVID-19 Vaccination

As of October 7, 64.6% of people over 12 years of age have completed their second shot. We are still accepting reservations mainly for vaccinations at each medical institution in Nara City. If you want to receive a vaccination, please make a reservation on the Nara City website or contact the call center

To reserve on the Nara City website

Scan here for the reservation page →

Novel COVID-19 Call Center Tel. 0120-340-112

Please be careful not to dial the wrong number 9 am-7 pm, except Sundays and public holiday



Points to Watch Out for in Daily Life to Prevent the Resurgence of COVID-19 Infection,

The State of Emergency and Priority Measures for the Prevention of Disease Spread has been cancelled nationwide. In Nara City, the number of infected people has been decreasing.

We really appreciate everyone's daily efforts to prevent the spread of COVID-19 Infection.

To prevent the resurgence of COVID-19 Infection, these measures can be implemented in daily life. (As of October 14th)

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

When you go to a restaurant

- *Choose the restaurant with good ventilation, sufficient distance between seats, installation of appropriate sized acrylic board and not crowded.
- *Choose an off-peak time and place. Especially, refrain from eating on crowded weekdays and holidays.
- *Eat short meals, don't drink a lot, don't talk loudly, and wear a face mask while chatting.
It's easy to forget safety if drinking alcohol and relaxing.
- *The greater the number of people, the more risk. As much as possible, please eat out with only family or under 4 people.

November 14 is World Diabetes Day

Diabetes Is Not Someone Else's Problem

In Nara City, one in two citizens in need of diabetes treatment is untreated. The sooner you get treatment for diabetes, the less likely you are to suffer from complications.

Check your blood sugar level

Inspection item	Fasting blood sugar level (mg/dl)	HbA1c (NGSP) %	
Keep receiving medical checkups on a regular basis	99 or below	5.5 or below	
You need to improve your lifestyle habit	100-125	5.6-6.4	
You need to see your doctor	126-176	6.5-7.6	*1
You need to see your doctor immediately	180 or above	8.0 or above	*2

*1 Diabetes diagnostic criteria according to Diabetes Treatment Guide 2018-2019 are:

- Fasting blood sugar level is 126mg/dl or above
- HbA1c is 6.5% or above
- 75gOGTT in two hours is 200mg/dl or above
- Occasional blood sugar level is 110mg/dl or above

*2 You need medical treatment immediately

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. 11 (Thurs.) -15 (Mon.) sunset -22:00

Diabetes Consultation Desk (feel free to ask about diabetes)

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

Date & Time: Nov. 15 (Mon.), 22 (Mon.), 29 (Mon.) and Dec. 6 (Mon.) 1) 13:00 2) 14:30

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

Inquires: Kenko-Zoshin-Ka Tel. 0742-34-5129 Fax. 0742-34-3145

*For about 60 minutes. Reservation is required with Kenko-Zoshin-Ka by phone

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

*If you wish to have a consultation on another date and time, please contact us

Healthcare Information Is Shown at Panel Exhibitions

Date	Place
until Nov. 15 (Mon.)	Hagukumi Center (first floor)
Nov. 8 (Mon.) - 12 (Fri.)	Nara City Hall (accessway on the first floor)
Nov. 10 (Wed.) - 30 (Tues.)	Irie Taikichi Memorial Museum of Photography Nara City

*Prize-winning photos will also be exhibited from Nov. 8 (Mon.)

*You can find healthcare information on the Nara City website

*All entries for the Photo Contest are on the Nara City Point



Office website



Garbage Collection

On Sept. 15, a fire in a garbage collection truck happened during unburnable garbage collection. Please cooperate in separating and disposing of your garbage appropriately.

[Cautions]

- 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 in a well-ventilated place.
- 3 Bring rechargeable batteries, such as mobile batteries and lithium ion batteries, to the recycle boxes placed inside electronics retail stores. The locations of recycle boxes are shown on the JBRC web site.
- 4 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	10, 24 (Wed)		3, 17 (Wed)	

* 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.

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

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

◆ Internet Reservation System for collection of large-sized garbage

After you register for your first collection, you can utilize it 24 hours a day, making the process much easier. Please see Nara City's website in detail.

Large-sized Garbage Collection Application Site

Inquiries: Machi-Bika-Suishin-Ka (City Clean-up Section)

Tel. 0742-71-9202



WASTE-REDUCTION COLUMN

vol.27

Information about the New Plastics Law;

As pollution by plastic waste has a serious impact on the environment, the approach to plastic products is being reviewed internationally. In June of this year, "The Act to Promote Resource Recycling for Plastics" was enacted and is scheduled to come into effect in April 2022.

The charge for plastic shopping bags started in July 2020 had a large impact on consumers.

In addition to this, a charge for plastic forks and spoons that can be obtained at retail stores is being considered.

The EU has already banned the distribution of 10 major disposable plastic products such as straws.

Why don't you take this opportunity to review the use of disposable plastics?

Inquiries: Haikibutsu Taisaku-Ka (Waste Management Section)

Tel. 0742- 71- 3001

Autumn Nationwide Fire Prevention Campaign Nov. 9 – Nov. 15

People are staying home longer because of COVID-19.

Let's be careful not to start a fire, while you and your family members are at home.

To protect your house from fire ----,

Four 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., when it is in use.
- 4, Clean the dust from electrical outlets and remove unnecessary plugs.

Six measures:

- 1, Use heaters or cooking appliances with built-in safety features.
- 2, Residential smoke alarms should be inspected regularly and replaced every ten years.
- 3, Organize your rooms and use flameproof products for bedding, clothing and curtains
- 4, Prepare fire extinguishers, etc., and make sure of how to use them.
- 5, Always secure and prepare evacuation routes and methods
- 6, Participate in fire drills and take part in fire prevention measures throughout your local area.

Residential Smoke Alarms Need Periodical Replacement

They might not work normally if parts deteriorate or the battery dies.

Please check them and replace them as needed.

“Inquiries about Residential Smoke Alarms”

: 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

Warning about Influenza

Please pay special attention to complication of the flu such as the development of encephalitis in children, and pneumonia in the elderly. Please consult a doctor as soon as you notice symptoms of those diseases, as these complications can become fatal.

Get a Flu Shot before the Outbreak

Getting a flu shot by early December before the outbreak is ideal.

Preventing Influenza in Your Daily Life

Wear a face mask when going out, wash your hands and disinfect them, get enough sleep, and eat nutritional meals.

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

Cancer Examinations in December

Application: Please apply to Kenko-Zoshin-Ka (Health Care Section) by phone, fax or on the city website.

Those who are on social welfare or households exempted from municipal tax are free of charge.

Please inform us of such when you apply.

Stomach and Lung Cancer Examinations

The application period is from December 1 (Mon.) to 19 (Fri.).

*Electronic applications must be submitted by December 10 (Wed.).

Date	Place	Reception Time	Capacity
3 (Fri.)	Tomio Minami Kominkan	9:15-9:40	14
		9:50-10:15	13
6 (Mon.) 10 (Fri.) 14 (Tues.) 21 (Tues.)	Hagukumi Center	8:45-9:15	17
		9:30-10:00	16
7 (Tues.)	Tomigaoka Kominkan	9:30-9:55	13
		10:05-10:30	13
8 (Wed.)	Tomio Kominkan	9:15-9:40	14
		9:50-10:15	13
13 (Mon.)	Hokubu Shutchosho	9:15-9:40	8
		9:50-10:15	8
15 (Wed.)	Heijyo Kominkan	9:15-9:40	14
		9:50-10:15	13
16 (Thurs.)	Nishi Fukushi Center	9:30-9:55	10
		10:05-10:30	10
17 (Fri.)	Bosai Center	9:15-9:40	14
		9:50-10:15	13
20 (Mon.)	Seibu Shogai Sports Center Club House	9:15-9:40	14
		9:50-10:15	13
22 (Wed.)	Seibu Totsyokan	9:45-10:10	10
		10:20-10:45	10
23 (Thurs.)	Co-Op Oshikuma	9:15-9:40	14
		9:50-10:15	13
24 (Fri.)	Miato Kominkan	9:15-9:40	14
		9:50-10:15	13

Lung Cancer Examination

Date	Place	Reception Time	Capacity
3 (Fri.)	Hagukumi Center	14:00-14:30	30
		14:30-15:00	30
Mon.)	Co-Op Oshikuma	14:00-14:30	20
		14:30-15:00	20

Stomach Cancer Examination: X-Ray (Involving drinking barium on that day)

Lung Cancer Examination: Chest X-Ray (Includes tuberculosis examination)

Fee: 1,500 yen (1,000 yen for stomach cancer examination only and 500 yen for lung cancer examination only).

Based on a general check-up for lung cancer, an additional fee of 600 yen might be needed for sputum examination. (Postage might need to be paid).

Those Eligible: 40 years old and over except for: 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 endoscopy for stomach cancer by Nara City in the previous fiscal year (lung cancer examination is possible)

Others: For those who are breast feeding, please inform us of such when you apply. The examination interval is once a year. There might be cases where you may not be able to have the examination depending on your physical condition or medical consultation on that day.

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

Please apply for Specific Health Check-ups with National Health Insurance by the end of February next year.

*** Specific Health Check-ups**

Those eligible: people aged 40-74 years old who are enrolled in the National Health Insurance

Application: Make an appointment by phone or other means at a medical institution registered in Nara Prefecture, and bring your medical card, questionnaire, and insurance card to the medical institution.

*** Regarding subsidies for the head MRI exam fee**

A part of the cost for a head MRI examination, for early detection of cerebral infarction, aneurysms, brain tumors, etc., at the following center will be subsidized.

Place: Nara-Shi Sogo Iryo Kensa Center (Kashiwagi-cho)

Eligible: 800 people who received the Specific Health Check-ups: those who received this year's specific health check-ups or those who can submit the results of a workplace or other medical check-ups which covered the same items as the specific health check-ups, who are (1) from 40 to 74 years old and also (2) who are from a household without unpaid premiums as of the application.

Fee: 8100 yen

Application: Call or e-mail Kokuho-Nenkin-Ka (National Health Insurance and National Pension Section) by the end of February next year (the check-up can be received until the end of March).

Applications at the section window are also possible. A subsidy decision notice will be sent in 1 to 3 weeks from reception.

Inquires: Kokuho-Nenkin-Ka (National Health Insurance and National Pension Section)

Tel. 0742-34-4736 E-mail: kokuho-saihakkou@city.nara.lg.jp

Find lung diseases like COPD caused by smoking and the others at an early stage.

A pamphlet with information on the prevention, early detection, and treatment of COPD will be delivered to those who had specific health checkups last year and who have been subject to these diseases within November. Please cooperate with the questionnaire. A lecture is also scheduled in December.

Inquires: Iryou-Seisaku-Ka (Medical Policy Section) Tel. 0742-93-8392

Zenkoku-Kenkou-Hoken-Kyoukai (National Health Insurance association) Nara branch

Tel. 0742-30-3700

Medical Checkups for Babies & Children

Checkup Name (Eligibility)	Date	Place
4-month-old Babies Checkup (Born in August in 2021)	Until the day before turning 6 months old from the 4 months birthday	Designated Medical Facilities *Checkup terms is for two months for the time being.
10-month-old Babies Checkup (Born in February 2021)	Until the day before turning one year old from the ten months birthday	
19-month-old Babies Checkup (Born in May, June 2020)	December 1-January 31, 2022	Designated Medical Facilities *In order to prevent the spread of COVID-19, internal medicine and dental examinations are given at two medical facilities for the time being.
3-1/2-year-old Children's Checkup (Born in June, July 2018)		

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 after November 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

Maternal and Infant Health Care Consultations

You can consult with a public health nurse or midwife about your lifestyle during pregnancy, breastfeeding, infants' development and growth, etc.

Hagukumi Center 3F

Consultations by phone or in person with public health nurses or midwives.

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

*Appointment required.

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

Consultations in person with midwives.

Date & Time: 10:00-14:00 on weekdays (accepted until 13:30)

In some cases, consultations may be carried out with public health nurses.

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

Inquiries: Boshi-Hoken-Ka (Mother and Child Health Section) 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

Traaveling consultations with public health nurses

Date & Time	Place
November 11 (Thurs.) 9:30-11:00	Yagyū Kodomo-en (Yagyū Shimo-cho)
December 2 (Thurs.) 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

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

*Appointment required

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

Japanese Encephalitis Vaccinations to Start (For Those Born in November 2018)

We recommend that your child receives the first term vaccination (the first two times, and a one-time booster). Please confirm their vaccination status on the preliminary examination leaflet.

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

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

Things to Bring: Pre-examination sheets (please fill in with an indelible black pen), *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

Preliminary Examination Leaflets Were Sent Late October (to those born in September 2021)

If you bring the preliminary examination leaflet, *Mother's and Child's Health Handbook*, and Health Insurance Card or other ID, you 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).

Tel. 0742-34-5129

*Please fill in forms with an indelible black pen.

Various Health Classes for Expectant Mothers and Infants

Please check the date and time of the following classes through the Nara City Website. Please refer to the “Nara City Channel: Health Information” for information about infant food and preventing tooth decay, and to the “Nara City Practical Video” channel for information on how to bathe and carry your baby in your arms, and so on.

- 1- *Paku-Paku* Class for 5-month-old babies (Baby Food Class)
- 2- *Ha-Pika* Class for 1-year-old babies (Tooth Decay Prevention Class)
- 3- Fluoride Coating for Tooth Decay Prevention
- 4- *Hajimete-no-Mama & Papa* Salon (Salon for First-time Parents)
- 5- Maternity Happy Check (Tooth Check)
- 6- Over-40-year-old Mother Training Salon

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

Information from Bunkazai-Ka (Cultural Assets Section)

A class titled “*Kominka* (traditional Japanese houses) experiences in autumn” to get to know cultural assets in Nara better

Date & Time: November 27 (Sat.) 9:30-12:30

Place: Former residence of Tanaka family (Gojyo-cho)

Contents: Splitting wood, cooking rice in a clay pot, old tales and crafts of Nara, and an explanation about the former residence of Tanaka family and so on.

Instructors: Members of Suzuran Club, Yuka Nakatani (a picture-story show writer) and staff from the Cultural Assets Section

Capacity: 8 people who are third grade students and over

Fee: 500 yen

Application: Please contact Miato Kominkan (community center) by double postcard with the class name, addresses, names with kana, ages, grades, phone numbers of all attendants by November 16 (Tues.). Lottery in case of excess applications. You may apply through the website for the City's Shogai-Gakushu-Zaidan.

Miato Kominkan : 204-1, Gojyo-cho Nara city, 630-8032 Tel. 0742-34-5954

"Ride around Nara on a Bike" - A Bicycling Event - Will Be Held

Let's cycle around Nara, Tawaramoto-cho, Asuka-mura, and Yoshino-cho

This event will be held in cooperation with four (4) municipalities in Nara Prefecture. You can enjoy riding a bike and visit interesting local sightseeing sites, while avoiding the 3 C's (Closed spaces, Crowded places, and Close-contact settings). All you need to do is to download a smart phone app. Anyone may participate in this event.

Event Period: Nov. 1 (Mon.) - Nov. 30 (Tues.)

How to Participate: Download an event-specific smart phone app and cycle around the registered places (sightseeing venues, restaurants, etc.) on the map within the app to collect the points. Depending upon the points you have earned, you will be entitled to redeem them for mementos. If you are a higher-ranking winner, you will receive an additional prize.

Example of Mementos: A hotel voucher within Nara City for two persons

For details, please scan the QR code here.



* Please be careful to avoid accidents and other troubles, and make sure to comply with traffic rules.

The organizer of the event will not be responsible for any trouble, accidents, thefts, etc.

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

LIFELONG LEARNING

Tomigaoka-Minami Kominkan

921-1, 2-Chome Nakayama-cho Nishi 631-0013 Tel. & Fax. 0742-47-6375

Event Name	Contents, Date & Capacity	Deadline
Find beautiful autumn leaves!	Observe plants in the park and make a Christmas wreath with leaf rubbing. Dec. 19 (Sun.) 13:30 – 16:00 10 elementary school students	Nov. 30 (Tues.)

Heijo-Higashi Kominkan 9-1, 6-Chome Suzaku 631-0806 Tel. & Fax. 0742-71-9677

Event Name	Date & Contents	Deadline
Cardboard Art: Fun for Parents and Children	Making a savings box with a special trick decorated with Santa and a Christmas tree. Lecturer: Mr. Yoshikazu Senkoji Dec. 5 (Sun.) 10:00 – 12:00 10 groups with children aged from 4 to 9 years old and their guardians Fee: 600 yen per group	Nov. 24 (Wed.)

Asuka Kominkan 984, Kidera-cho 630-8306 Tel. & Fax. 0742-23-2804

Event Name	Date & Contents	Deadline
Christmas Swag Making for Parents and Children	Free style flower arrangement using artificial flowers to make a Christmas swag. Lecturer: Ms. Yumiko Inoue (flower designer) Nov. 28 (Thurs.) 13:30 – 15:30 10 elementary school students and their guardians Fee: 1,500 yen per group	Nov. 16 (Tues.)

Keisei Kominkan 3-43-2, 1-Chome Rokujo Nishi 630-8044 Tel. & Fax. 0742-44-2669

Event Name	Date & Contents	Deadline
Learning Kids!	Stollen Baking for Christmas. Dec. 12 (Sun.) 13:30 – 15:30 12 elementary school students Fee: 700 yen	Nov. 25 (Thurs.)

Application: Send a return postcard with the class name, address, your name, age (school grade) and phone number to the Kominkan by the deadline. Application is limited to one person per postcard. If applications exceed the limit, acceptance will be decided by lottery. You can apply on the Lifelong Learning Center website. →



Nara City Art Project “*Koto Hogu Nara*” Naranomachi-Engeki

“Naranomachi-Engeki Festival” will be held from November 27 (Sat.) to December 25 (Sat.) in Naramachi Center. Many “Engeki” (theater arts) are scheduled including dramatic plays and workshops; Fringe Kikaku events will also be performed by cultural groups and institutions. Please refer to the workshop program below, which every citizen can participate in.

Inquiries: Nara City Art Project Executive Committee (Culture Promotion Section Tel.0742-34-4942

WORKSHOPS

1. Let's Dance ! Parents and Babies Together

Date & Time: December 18 (Sat.) ①10:00-10:45 for fathers only ②13:00-13:45 for mothers only

Participants: babies aged five months up to around eighteen months old

2. Let's Try Drama ① Parents can participate

Date & Time: December 18 (Sat.) 14:00-15:00

Participants: children aged two to four

Lecturer: Ms. Megumi Nakamura, Childcare Worker & Actress

3. Let's Try Drama ② Parents can observe only

Date & Time: December 18 (Sat.) 11:00-12:00

Participants: children aged five to around six

Lecturer: Mr. Yutaka Tanoue, Dramatist & Producer

4. Sword Battle and Theater Arts Workshop for Elementary School Students

Date & Time: December 11 (Sat.) 9:30-12:30

Participants: Elementary school students

Lecturer: Mr. Kenji Fukuda, Actor & Sword Fight Scene Choreographer and Mr. Tatsuya Arai, Producer & Dramatist

5. Sword Battle and Theater Arts Workshop for Junior High School Students and Older

Date & Time: December 12 (Sun.) 9:30-12:30

Participants: Junior high school students or older

Lecturer: Mr. Kenji Fukuda, Actor & Sword Fight Scene Choreographer and Mr. Yutaka Tanoue, Dramatist & Producer

Place: Onjokan Hall (Narukawa-Cho) for 1,2 & 3; Naramachi Center *Shibafu-Hiroba* /Tamokuteki-Hall (Higashi-Terabayashi-Cho) for 4 and 5

Application: Submit an application with the name of the desired event, your address, your name, phone number, and the number of participants by post card, fax, or email addressed to the executive committee as below:

Nara City Art Project Executive Committee 1-1 Nijo-Oji-Minami 1-chome, 630-8580

Fax:0742-34-4728 email: art@city.nara.lg.jp

*In case of too many applications, we will hold a draw for place allocation.

*You can also scan this QR code with your smartphone to access the application website.



Scan the above QR code to apply

***Mitsukiumashi* Festival Heijyokyo-Tenpyousai in Autumn**

The theme is "We feel the Nara period now".

The bustle of Heijo-kyo (ancient name of Nara) in the fruitful season will be shown with a parade of Egitai (troops to protect Heijo Palace), the active market, and all sorts of musical performances. Moreover, you can experience the attractive and magnificent Heijo-kyu historical site through activities such as hot air ballooning, a stamp rally, etc.

Date & Time: November 20 (Sat.) and 21 (Sun.) 10:00-16:00

Place: Suzaku-Mon plaza in the Heijo-kyu historical site

Inquiry: Heijo-Kyo Tenpyo-sai executive committee Tel. 0742-25-0707 For more details QR-Code



Education Center KIDS LEARNING FLOOR

Class Name	Date & Time (◆Same program on both days)	Deadline
Planetarium "Nijiro and Seasonal Constellations" Capacity: 12 seats each time	Every Sat., Sun. and Holidays in November (1) 11:00 – 11:20 (2) 13:20 – 13:50 Only (2) on Nov. 3 (Wed. holiday) and 13 (Sat.) No showing on Nov. 14 (Sun.)	Reception on the day

Screening of Animated Films “Old Stories of the World – The Last Leaf and Rainbow Birds” Capacity: 40 seats	Nov. 23 (Tues. holiday) 14:00 – 14:30	Reception on the day
Night Planetarium “Walk in the Seasonal Stary Sky – Astronomical Tour” Capacity: 12 seats Adults can apply without children. *You can apply on the Web. Subjects: Elementary school 1 st graders and older	Nov. 26 (Fri.) 18:30 – 19:10	Nov. 10 (Wed.)
Handicraft Class “Let’s make felt Christmas ornaments” Fee: 300 yen	◆Nov. 27 (Sat.), 28 (Sun.) 10:00 – 11:30	Nov. 12 (Fri.)
Science Class “Let’s make crystal Christmas trees” Subjects: 5-year-olds and older.	Dec. 4 (Sat.) 10:00 – 11:30	Nov. 19 (Fri.)
Science Class “Wonder of infinite space – Let’s make 3D kaleidoscopes” Subjects: Elementary school 2 nd graders and older Fee: 900 yen	Dec. 5 (Sun.) 10:00 – 11:30	
Handicraft Class “Let’s play with wooden pieces” Subjects: Those 5 years old and older	◆Dec. 11 (Sat.), 12 (Sun.) 10:00 – 11:30	Nov. 26 (Fri.)
Robot Class (Intermediate) “Make a course and let robots run” Material to be used: Pro Robo USB Plus Subjects: Elementary school 1 st graders and older	◆Dec. 18 (Sat.), 19 (Sun.) 10:00 – 11:30	
Night Planetarium “Walk in the Seasonal Stary Sky – Astronomical Tour” Capacity: 12 seats (Adults can apply without children.) *You can apply on the Web. Subjects: Elementary school 1 st graders and older.	Dec. 17 (Fri.) 18:30 – 19:10	Dec. 1 (Wed.) (Reception will start on Nov. 15.)

Capacity: 6 groups (6 to 10 children with guardians) unless the capacity is written above.

Application: Send a return postcard with the class name, **your preferred date(s) up to second choice**, child’s name (with the reading in Kana), school name and grade, guardian’s name (with the reading in Kana) and address, and phone number to Education Center [Kids Learning Floor] (13-1 Sanjo-Honmachi 630-8122 Tel. 0742-36-0401) no later than each deadline.

You can apply for **one class per return postcard**. Siblings can be listed together.

In case of excess application, a lottery will be held. Please visit the City website for details.

Other: Reception on the day of the class will start 20 minutes prior to the starting time of each class and will be closed when the prescribed number of applications is reached. Body temperature will be checked beforehand and wearing a mask is always required when you come to the center. We ask you for your cooperation with the health check. Participation in classes may not be possible depending on your health. In case of cancellation or postponement, we will inform you on the reply side of the application card. For the latest information, please check the City website or contact us directly.