

Nara City Information for Residents

April 2021 Issued by Nara City Hall (No. 1205)
(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



Future-Oriented Efforts of Nara City Government to Overcome the "Digital Barrier"

With the advent of new media such as smartphones and tablet devices, administrative services are entering a period of change.

Focusing on digital technology and AI (artificial intelligence), the City is starting to build a foundation that enables more convenient, non-contact services, under the leadership of the Japanese Government.

This month's issue introduces the Nara City services that make the lives of citizens more convenient with digital technologies (*).

(*). What is DX (digital transformation)?

It is the transformation of people's lives for the better through using digital technologies.

What is the "Local Government DX Promotion Plan" propelled by the Japanese Government?

In Japan, the "Digital Government Promotion Policy" was formulated in 2017, and full-scale digital reforms have begun to review administrative services on the premise of making use of digital technologies.

Preparations are underway to establish a Digital Agency (tentative name) next September. In cooperation with the Japanese Government, Nara City is building our own "Local Government DX Promotion Plan" for DX promotion.

The image of the "Local Government DX Promotion Plan"

Before	→	After
Even with some efforts for the digitization of procedures, not all burdens can be reduced	→	Easier and faster! Free from troublesome procedures with government offices
Enter the same information over and over for different procedures	→	Enter the same information only once
Need to coordinate with government offices many times about attachments to and methods for filling in documents	→	Procedures can be done in one go, in advance. No need for troublesome coordination with government offices
Need to prepare documents from scratch just for one procedure	→	Minimum efforts in cooperation with private services

Specific Efforts of the City

1) Standardization and commonization of information systems owned by the local government

17 operations such as child allowances, local taxes, national pensions, national health insurance, long-term care insurance and electoral lists will be integrated in the system to enable cross-sectional utilization.

2) Spread of My Number Cards

It will be possible to verify the identity of residents online, which will dramatically advance digitalization.

3) Enhancing online administrative procedures

31 procedures such as ones related to child-rearing (child allowances, applications for childcare facilities, pregnancy notifications, etc.), long-term care welfare (payment authorizations, etc.), disaster certificates and automobile taxes will be available online.

Digital Transformation Nara City is Aiming for

The city authorities are pushing to digitize all kinds of procedures in accordance with the national plan. Digitalization has been accelerated to attain non-contact services in all departments, a result of infection control measures last year. We will introduce our new initiative here based on the digital transformation Nara City is aiming for.

To put individual optimization into practice

Digitizing to get closer individually

- Public services** Better counter service by ICT, New services on LINE
- Tourism** Digitalization and visualization of visitor information services
- Efficient administrative affairs** Promotion of telework, Introduction of tools such as web conferencing
- Education** Nara City's GIGA (Global and Innovation Gateway for All) school plan promotion

Information on COVID-19 Vaccinations

The vaccination is free of charge and consists of two intramuscular injections. Those who have been inoculated should allow an interval of less than one month before the second vaccination. Inoculations for medical workers started on March 9. We are preparing vaccination tickets to send to citizens in accordance with the order of vaccination set by the central government.

When the vaccination will start

Subjects		When to start	Number of those to be vaccinated
Medical workers		March 9	Approx. 14,000 (Those eligible in the prefecture)
Those who live in elderly care facilities and workers there		April 12	Approx. 10,000
Those over the age of 75		Vaccination tickets are scheduled to be sent in or after April. (Vaccination period is not yet decided.)	Approx. 58,000
Those between 65 and 74			Approx. 53,000
Those with underlying disease			Approx. 13,000
Others (between 16 and 64)	Those between 60 and 64		Approx. 22,000
	Those between 16 and 59		Approx. 179,000
*Vaccination for those 14 and younger is now under consideration.			

The above numbers are those to be vaccinated in Nara City, estimated to be approx.312,000.

(Due to overlapping of the ages the total number on the list exceeds the estimated number.)

How to get vaccinated **Vaccinations must be booked.**

1. A vaccination ticket, a vaccination medical interview sheet, and a notice about the coronavirus vaccination will be sent to you before the inoculation. The vaccination ticket is in the form of a sticker. **(Please bring it to the venue without removing it from the backing paper.)**
2. Please be aware of the period that you are eligible to get vaccinated, and make sure at which medical facility or venue you can receive the vaccination.
3. Please book at the following call centers. (Websites for booking vaccinations will be set up in order.)
4. For your vaccination, please be sure to bring the vaccination ticket, the vaccination medical interview sheet and your ID.

*If you fail to bring the vaccination ticket, you will not get vaccinated.

*If you lose the ticket, you need to apply for its reissuance.

*On the vaccination day, please come to the venue in clothing that can show your shoulder.

Where to get vaccinations

In principal vaccinations will be given in the area of your official address on your residence certificate.

You can choose either a group vaccination or an individual vaccination.

*If there are unavoidable circumstances, in exceptional cases, it is possible to apply for the vaccination in the municipality where you currently reside. (For example, expectant mothers who returned home to give birth, students lodging far away from home, business bachelors and so on.) How to apply will be announced later.

*No application is required for those who are hospitalized, in elderly care facilities, with underlying diseases and under doctor's supervision, or those who have suffered disasters.

Group Vaccination

Mi Nara	1-chome, Nijo-Oji Minami 15-minute walk from Kintetsu-Shin-Omiya Station
Hotel Nikko Nara	Sanjo-Honmachi Directly connected to JR Nara Station
Seibu Kominkan	3-chome, Gakuen-Minami Close by South Gate of Kintetsu Gakuenmae Station

Individual Vaccinations

You can receive vaccinations at medical facilities in Nara City including private clinics.

(The facilities for vaccinations have not yet been decided.)

Mobile Vaccinations

For senior citizens who cannot go to the venues by themselves, we are now establishing this system by asking-for cooperation from contracted doctors at elderly care facilities.

Vaccinations are free of charge. Beware of suspicious phone calls.

“An appointment fee is necessary for vaccinations.” Such a call is a total fake. On receiving such a dubious call, hang up immediately, and report it to the police.

Inquiries: Nara City COVID-19 Vaccination Call Center (for vaccination appointment & inquiries)

0742-34-0112 (Weekday 9:00-17:00)

Nara Prefecture Side Effect Call Center (for inquiries about side effects after vaccination)

0120-919-003 (9:30-19:00)

Nara City website for COVID-19 Vaccination →



Ministry of Health, Labour and Welfare, COVID-19 website →

Ministry of Health, Labour and Welfare,

website for the Relief System

for Injury to Health with Vaccination →



Applications for Special Benefits for Newborn Baby Care Support Are Due on May 31 (Mon.) * Applications should be postmarked on or before May 31 if mailed.

Nara's municipal government is providing benefit payments of 100,000 yen for babies born on after the due date of the Supplementary Income Payment from the national government. This action is prepared for households with newborn babies to help mitigate their economic burden in the current COVID-19 pandemic. You are required to submit an application for the benefit payment. Application forms have been sent to the appropriate households based on their birth registrations. Please submit the application at an early date if you haven't submitted it yet.

*Please note that you can't receive the benefit payment if you miss the submission deadline.

Amount of Payment: 100,000 yen per appropriate child (*only once per one child)

Requirements for Submitting Application: The applicant should meet all items listed below:

1. A baby born on between the dates of April 28, 2020 and March 31, 2021
2. A baby whose birth registration and resident registration were submitted together to the Nara City Office; a baby who has the resident registration in Nara City on the date of the application.
3. A parent who has the resident registration in Nara City from the date of the birth of the relevant child, who meets the above items 1 and 2, to the date of application.

If you didn't receive the application form even though you submitted a birth registration before, and/or if you are concerned about this, please contact Kodomo-Seisaku-Ka.

Inquiries and Address for Mailing Applications: Kodomo-Seisaku-Ka (Child Policy Section)

Tel. 0742-34-4792 1-1-1 Nijo-Oji-Minami 630-8580

For further details, please refer to the Nara City website. (It is available only in Japanese.)

Countermeasures against COVID-19

What We Need to Be Careful about Regarding Nutrition and Eating Habits

A well-balanced diet, moderate exercise and adequate sleep are keys to good health.

Three Meals a Day Is the Rule; Don't Skip a Meal.

Even if you stay home to work remotely, try to get up at the same time as usual and have breakfast. It is important to regulate the rhythm of your life. Breakfast stimulates the bowels, which are very closely related to the immune system. It also warms up the body temperature.

A Balanced Meal Includes a Staple Food (rice), a Main Dish and a Side Dish.

There is no specific food that prevents a specific disease. We have to be on a well-balanced diet, taking in a variety of foods.

A well-balanced Japanese-style meal includes: rice, bread, or noodles rich in carbohydrates as a main source for calories; miso soup (if made with a lot of ingredients, the soup will make a good main dish), a main dish of meat, fish, eggs, soybeans or soybean products to build our bodies; and a side dish of vegetables or mushrooms to keep our body in good shape.

Be Aware of Protein, Vitamin or Mineral Deficiencies.

If you are not getting sufficient protein, vitamins, or minerals, your physical strength and immunity can suffer. In a prolonged stressful environment, you need more foods rich in the above-mentioned nutrients than usual.

*If you have an underlying medical condition, follow your doctor's instructions.

Foods high in protein are: meat, fish, eggs, soybeans or soybean products.

Foods high in vitamins or minerals are: vegetables, fruits, seaweed, mushrooms and dairy products.

Check Your Weight on a Regular Basis and Beware of Too Much Loss or Gain.

Lifestyle changes will affect your physical and mental condition. A drastic loss or gain in weight may indicate a serious health problem. Review your living habits once again. If you feel unwell, don't hesitate to see a doctor.

Be Cautious about Foods with Groundless Claimed Effects Such as COVID-19 Prevention.

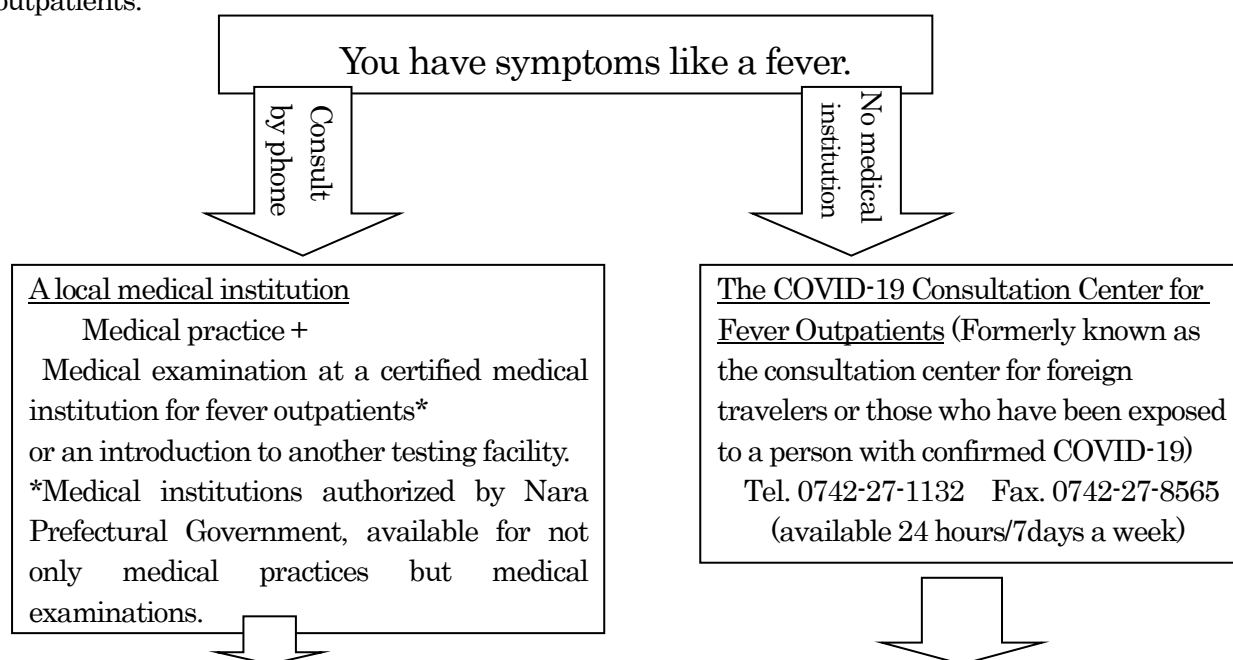
There are no specific foods or supplements that can prevent COVID-19. Beware of hyped "super foods".

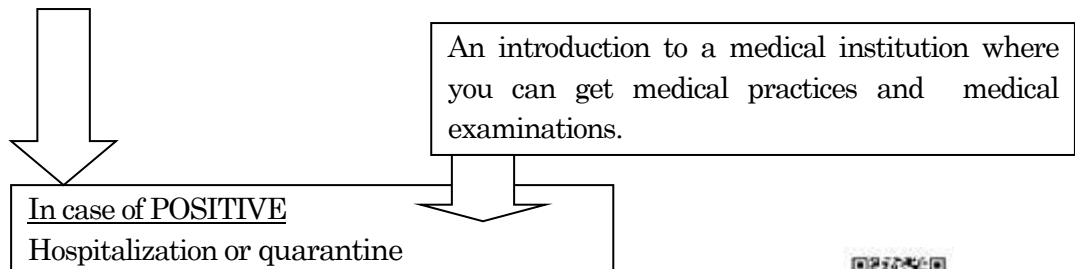
Inquires: Hoken-Eisei-Ka (Health Sanitation Section) Tel. 0742-93-8395

*Please be careful not to dial the wrong number.

Consulting Service for COVID-19

When you have symptoms like a fever, the first thing you should do is consult a local medical institution by phone. If, you don't know any local medical institution, please consult the COVID-19 consultation center for fever outpatients.





You can get the latest information on the Nara City website

<https://www.city.nara.lg.jp/site/coronavirus> search for “奈良市 コロナ情報”

Garbage Collection

Put Garbage out by 7:30 on Collection Day

Collection time may change due to accidents, construction, traffic congestion and the amount of garbage on the day. So please put garbage out by 7:30 on the day.

Garbage Collection during Golden Week and Consecutive Holidays

Garbage will be collected as usual during the consecutive holidays, including the holiday of April 29th, except on Saturdays and Sundays..

Garbage Collection Dates and Areas in April

Area	Burnable Garbage	Unburnable Garbage
A F	Mon. & Thurs.	14, 28 (both Wednesdays)
B E		
C H	Tues. & Fri.	7, 21 (both Wednesdays)
D G		

*Areas A-D are covered by Nara City, while areas E-H are covered by City Seibi-Kosha & Co. Ltd. or Takeda Kankyo & Yamato Seiso Kyodo-Kigyotai (Joint Venture). The garbage collection date may be changed in some areas, so please check on the Nara City website.

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

City Seibi Kosha (Public Corp.) Tel. 0742-33-8782

Takeda Kankyo & Yamato Seiso Kyodo-Kigyotai (Joint Venture) Tel. 0742-63-2552

Traffic Safety Campaign in Spring

Keep the Roads in Nara Prefecture Safe and Traffic Accident-Free “Let’s Improve Traffic Manners in Nara Prefecture”

Campaign Period: April 6 (Tues.) – 15 (Thurs.)

Contents:

1. Ensuring the safety of pedestrians, especially children and the elderly.
2. Promoting safe use of bikes.
3. Improving awareness of safe driving, including protection of pedestrians, etc.
4. Prevention of traffic accidents on bicycles and motorcycles.

April 10 (Sun.) is the Campaign Day for No Traffic Fatalities

The number of traffic fatalities among the elderly pedestrians is increasing. Please be sure to wear reflective goods, turn on headlights before dark, and drive with compassion for pedestrians.

Public Meeting for Traffic Safety Campaign in Spring

Date: April 6 (Tues.) * No general participation

Inquiries: Kikikanri-Ka (Crisis Management Section) Tel. 0742-34-4930

Cancer Examinations (May)

Application: Please apply to Kenko-Zoshin-Ka (Health Care Section) by phone, 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

Application Period: from April 1(Thurs.) to 20 (Tues.) Internet applications will be accepted until April 10 (Sat.).

Date	Place	Reception Time	Capacity
7 (Fri.)	Miato Kominkan	9:15 – 9:45	14
		9:45 – 10:15	13
10 (Mon.)	Hagukumi Center	8:45 – 9:15	17
13 (Thurs.)		9:15 – 9:45	16
26 (Wed.)			
11 (Tues.)	Tomigaoka Kominkan	9:30 – 10:00	13 each
		10:00 – 10:30	
18 (Tues.)	Bosai Center	9:15 – 9:45	14
		9:45 – 10:15	13
19 (Wed.)	Seibu Toshokan (Library)	9:45 – 10:15	10 each
		10:15 – 10:45	
20 (Thurs.)	Nishi-Fukushi Center	9:15 – 9:45	10 each
		9:45 – 10:15	
24 (Mon.)	Hokubu Shutchosho	9:15 – 9:45	8 each
		9:45 – 10:15	
27 (Thurs.)	Co-op Oshikuma	9:15 – 9:45	14
		9:45 – 10:15	13
28 (Fri.)	Tomio Kominkan	9:15 – 9:45	14
		9:45 – 10:15	13

Lung Cancer Examination

Date	Place	Reception Time	Capacity
17 (Mon.)	Hagukumi Center	14:00 – 14:30	30 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); and those who had an endoscope stomach cancer check by Nara City in the previous fiscal year (lung cancer examination is possible) are excluded.

Others: For those who are breastfeeding, please notify us of such when you apply. The examination interval is once a year. These 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

Tuberculosis Examinations for Citizens

More than 70% of the tuberculosis patients in the city are over 70 years old. Early detection not only prevents the disease from becoming serious but also prevents the spread of infection to the surrounding area. Let's have a chest X-ray examination at least once a year.

*Please wear a mask when visiting to prevent the spread of COVID-19.

Date & Time: April 17 (Sat.) 9:30-10:30

Place: City General Examination Center (Kashiwagi-cho)

Contents: Chest X-ray examination

Capacity: 10 people who are 65 years old and over

Application: Call Hoken-Yobo-Ka (Health Protection Section) April. 1 (Thurs.) through 16 (Fri.) Tel. 0742-93-8397

Rubella Antibody Test and Rubella Fifth Regular Vaccination

Period: Until March 31, 2022

* Those who have an adequate amount of antibodies according to an antibody test need not be vaccinated.

Those Eligible: Men born from April 2, 1962 to April 1, 1979, who are registered residents of Nara City on the day of vaccination.

1. Men given a coupon ticket for the fiscal year 2019:

* Men born between April 2, 1972 and April 1, 1979 will be issued a coupon ticket (The expiration date of the coupon is stated as March 2020, but it can be used until March 2022.)

2. Men given a coupon ticket for the fiscal year 2020:

* Men born between April 2, 1962 and April 1, 1972, were issued coupon tickets (The expiration date of the coupon is stated as March 2021, but it can be used until March 2022.)

Others: You can receive an antibody test during your annual workplace health check-up (confirm with your company) or a specific health check-up. Ministry of Health, Labor and Welfare website shows the list of medical facilities where you can receive antibody tests and vaccinations.

Please contact us if you have lost your coupon or moved to Nara and have not received a coupon.

If you have already received this vaccination using the coupon ticket and want to receive it one more time, you must pay the whole fee.

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

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

Let's receive the first term vaccinations (the first, two times and the additional, one time). Please read and check the preliminary examination leaflet.

The Period of Vaccination: Between age 3 and one day before the 7-years-6-months old birthday.

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

Things to Bring: Preliminary 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 on the day of vaccination are not eligible.

Applications: 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 in Late March (To Those Born in February 2021)

Bring the preliminary examination leaflet, the *Mother's and Child's Health Handbook*, and Health Insurance Card, etc., to one of the registered medical facilities listed on the City Website. If you have not received the preliminary examination leaflet due to moving in, etc., come to Kenko-Zoshin-Ka (Health Care Section).

Please fill in with an indelible black pen.

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 January 2021)	Until the day before turning <u>6 months old</u> from the 4-month birthday	Designated Medical Facilities *Checkup term is <u>two months</u> for the time being for the prevention of COVID-19 infection, while the usual checkup term is one month.
10-month-old Babies Checkup (Born in July 2020)	Until the day before turning <u>one year old</u> from the 10-month birthday	
19-month-old Babies Checkup (Born in September 2019)	The contents of the checkups have been partially changed. Children will be notified of checkups individually. Please check the Nara City Website for more details.	
3-1/2-year-old Children Checkup (Born in October 2017)		

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

The questionnaire will be sent in the end 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 & Child Health Section).

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

Various Health Classes for Expectant Mothers and Infants

Please check the date and time of the following classes through the Nara City Website. For information about infant food and tooth decay prevention, refer to the "Nara City Video Channel: Health Information", and about baby-bathing, how to hold your baby, etc., refer to the practical videos on the Nara City Website.

- * Paku-Paku Class for 5-month-old babies (Baby food class)
- * Ha-Pika Class for 1-year-old babies (Class for preventing tooth decay)
- * Fluoride coating for tooth decay prevention
- * *Hajimete-no* Mama Papa Salon (Salon for first-time parents)
- * Maternity Ha-ppy Check (Tooth check)
- * Education Salon for mothers over 40 years old

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

Maternal and Infant Health Care Consultations

Consultation about lifestyle during pregnancy, breastfeeding, infants' development and growth, etc. will be available.

At Hagukumi Center 3F

***Consultations by phone or in person with public health nurses & midwives**

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

At Consultation Room in Seibu-Kaikan 2F (Gakuen-Minami 3-chome)

***Consultation 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*, Bath towel

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

At Tsuge Hoken Center

***Consultations by phone or in person with public health nurses**

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

***Circular Consultations with public health nurses**

April	Date & Time	April 13 (Tues.) 10:00-12:00
	Place	Koto Kominkan (Oh-yagyu-cho)

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

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

At Tsukigase Health Consultation Room

***Consultations by phone or in person with public health nurses**

Date & Time: 9:00-16:30 on weekdays (an appointment is needed)

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



**Please Enjoy the Video on YouTube While at Home
and Explore Facets of Nara City You might not Know**

This channel offers a lot of information about the city government, news, recommended events and so on, including nice scenery in the city, traditional arts and crafts by meisters, and valuable archeological findings. Please watch videos here:

Please register your YouTube channel to receive notifications of new videos.

▶ **Video by Inoue Ryo (Popular video artist) in collaboration with Nara City**

His animated cartoons “ ENJOYNARA” with cute characters and pop design is very fun.

Just looking it makes you happy!

▶ **Nara is such a city ---- For those who will move here**

This video “ARATABITO” will show you Nara City from the viewpoint of the new residents, introducing daily lives at many sightseeing spots.

Nara's citizens may find something new as well. Our city will be one where you want to live in the future.

▶ **Archeology! ---- When it comes to Nara**

Uwanabe Kofun Tumulus and the Saki Kofun Group

This video introduces the new findings at Uwanabe Kofun tumulus, proven to be the largest keyhole-shaped mound in the city, and the Saki Kofun Group. You will see scenes of excavation sites where you can't usually enter and a panoramic full view filmed from drone. They are wonderful!

Tomio Maru-yama Tumulus

This is the largest round burial mound in Japan.

Something unusual in the round burial mounds was unearthed in a recent survey.

Can you guess what was unearthed? You'll feel a realistic atmosphere of its excavation site.

▶ **Latest information for you! ----- Updated as needed.**

Mayor Nakagawa's regular press conference (with sign language interpreter),
information on COVID 19, exercise you can try at home, etc..

Inquiries: Hisho Koho-Ka(Secretary, Public Relations Section) Tel: 0742-34-47

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

“Heijo-kyo *Tempyo-sai*” Spring Festival

May 3 (Holiday)-5 (Holiday) 10:00-16:30

Venue: Suzaku-mon Hiroba Square at Heijo Palace Site (Admission is free)

The event will be held after taking measures to prevent the spread of coronavirus infection.

We would ask for all visitors' understanding and cooperation.

Suzaku-mon Hiroba Square

Procession

Heijou-kyo *Tempyo* Procession / the Empress's Word about the Capital Transfer to Heijo-kyo

May 3 (Holiday) This spectacular procession consists of approximately 100 people,

centered on Empress Genmei and the noble family attendants who transferred to the capital of



Heijo-kyo, will parade from Suzaku-oji to Suzaku-mon. After the procession, the Empress Genmei's Word about the "Imperial Rescript of Capital Transfer" will be re-enacted.

Falconry

May 4 (Holiday): Dynamic falconry performances by Suwa School falconers.

Tempyo Sangaku (various kinds of folk performances)

May 5 (Holiday)

Events on All Days

Toh-ichi (Eastern Market) and Sai-ichi (Western Market)

There are a number of shops unique to Nara that are inspired by the markets of the times.

Monozukuri Hiroba (Craft Corner) (Paid event)

Bamboo crafts, crafts made from natural materials, cord braiding, making rubbings (*takuhon*) of ancient roof tiles.

Tempyo Costume Wearing Experience (Paid event)

Rent aristocrats' costumes for men and women, adults and children. You can walk around Heijo Palace Site as if you were people from the *Tempyo* era.

Recreation of the *Ichi* (Market) along with Ancient Capital Residents

Historical re-enactment of everyday life in Heijo-Kyo.

Recreation of the Guard Troop

Re-enactment of the Gate opening and closing ceremony and the patrols in the Suzaku-mon Hiroba Square.

Suzaku-mon Stage Events

Chinese Super Acrobat Team, Japanese Drum Performance (*Wadaiko*), etc.

Other Events

Street Performance by People in *Tempyo* Costumes: as appropriate

Educational Stamp Collection Rally (Paid event)

Guided Tour of Heijo Palace Site (Paid event)

No parking lot will be available for visitors. Please use public transportation.

Due to measures against COVID-19, the above events' times and content may be changed or canceled.

Please check the official site for more information.

Inquiries: Heijo-kyo Tempyo-Sai Festival Executive Committee Office Tel. 0742-25-0707

Education Center Kids Learning Floor

Class Name	Date	Time	Deadline
Planetarium "Nijiro and Seasonal Constellations" Capacity: 12 seats each time	Every Saturday and Sunday in April	1. 11:00-11:20 2. 13:30-14:00	Reception on the day
Story Telling Meeting "Delicious rice porridge"	April 10 (Sat.)	11:30-12:00	
Movie Showing "New Fairy Tales and Stories: Emperor's New Clothes, The Tin Soldier, Thumbelina" Capacity: 40 seats	April 25 (Sun.)	13:00-13:30	
Night Planetarium "Walk in the seasonal starry sky, Touring Stars" Capacity: 12 seats *Adults without children can apply	April 30 (Fri.)	18:30-19:10	April 16 (Fri.)
Monozukuri experience class "Let's enjoy making styrene prints"	May 8 (Sat.)	10:00-11:30	April 23 (Fri.)
Robot Class (Intermediate level) "Let's make a course to drive!" Those eligible: 1 st grade students and older Material: Pro-Robo *same contents on both day	May 8 (Sat.) May 9 (Sun.)	10:00-11:30	
Scientific experiment class "Miracle! Science! Floating and Sinking, a Diver Device"	May 16 (Sun.)	1. 10:00-10:40 2. 14:10-14:50	
Star observation "Let's observe the moon with an	May 22 (Sat.)	19:00-20:30	May 7 (Fri.)

astronomical telescope” Those eligible: 1 st grade students and older Place: Front of Nara Centennial Hall (be scheduled)			
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Spring Special Week

Class Name	Date	Time	Deadline
Planetarium and Programming “We are 8 brothers of a planet & Star tour of Spring with Nijiro” (30 minutes) “Operate a robot to take a shot.” (45minutes) Teaching materials: LEGO WeDo	April 29 (Holiday)		
Planetarium and handcrafts “We are 8 brothers of a planet & Star tour of Spring with Nijiro” (30 minutes) “Let’s make a car that moves with rubber!” (45 minutes)	May 1 (Sat.)	1. 10:00-11:25 2. 13:00-14:25	April 16 (Fri.)
Planetarium and Scientific Experiments Those eligible: 5 years old and older “We are 8 brothers of a planet & Star tour of Spring with Nijiro” (30 minutes) “Let’s make a bookmark with a veined design” (45 minutes)	May 2 (Sun.)		
Movie Showing “Alice in Wonderland” by Hello Kitty / “Red Riding Hood” by My Melody Capacity: 40 seats each time	May 3 (Holiday)	1. 10:00-11:00 2. 13:00-14:00	
Special Talk Those eligible: 1 st grade students and older “Not only dinosaurs but also ammonites, : Japan is full of great discoveries” Tutor: Mr. Katsunori Watanabe Capacity: 30 groups (about 80 to 90 people) Up to 4 people per application	May 5 (Holiday)	10:30-11:30	April 16 (Fri.)

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

Some require advance registration and some accept participants on the day.

Application: Send a return postcard with the class name, the date, the number of your preferred time in “time” column on the list (please write your first choice and second choice), child’s name (with the reading in *Kana*), child’s school name and grade, the guardian’s or leader’s address and name (with the reading in *Kana*), and phone number, and the number of those attending in case of Night planetarium class and Spring Special Week to Hagukumi Center [Kid’s Learning Floor] (13-1 Sanjyo-Hommachi 630-8122 Tel. 0742-36-0401) no later than each deadline. One class a day per postcard. Siblings can be listed together. A lottery will be held in case of excess applications.

Others: Reception on the day of the class will be held 20 minutes prior to starting time of each class and will be closed when the prescribed number of applicants is reached. Please only come in small groups or pairs. Body temperature will be checked beforehand and wearing a mask is always required when you come to the venue. We ask for your cooperation with the health check. Participation in classes might not be possible depending on your health condition. Other programs besides those listed above may be held. The contents and the dates might be changed. A reply card will be sent to you if the program is canceled because of the spread of infectious disease. The latest news will be reported on the city website, or you can inquire first hand.

The programs above may be put off, changed, or cancelled in order to prevent infection and spread of COVID-19.