

Nara City Information for Residents

February 2021 Issued by Nara City Hall (No. 1203)

(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.

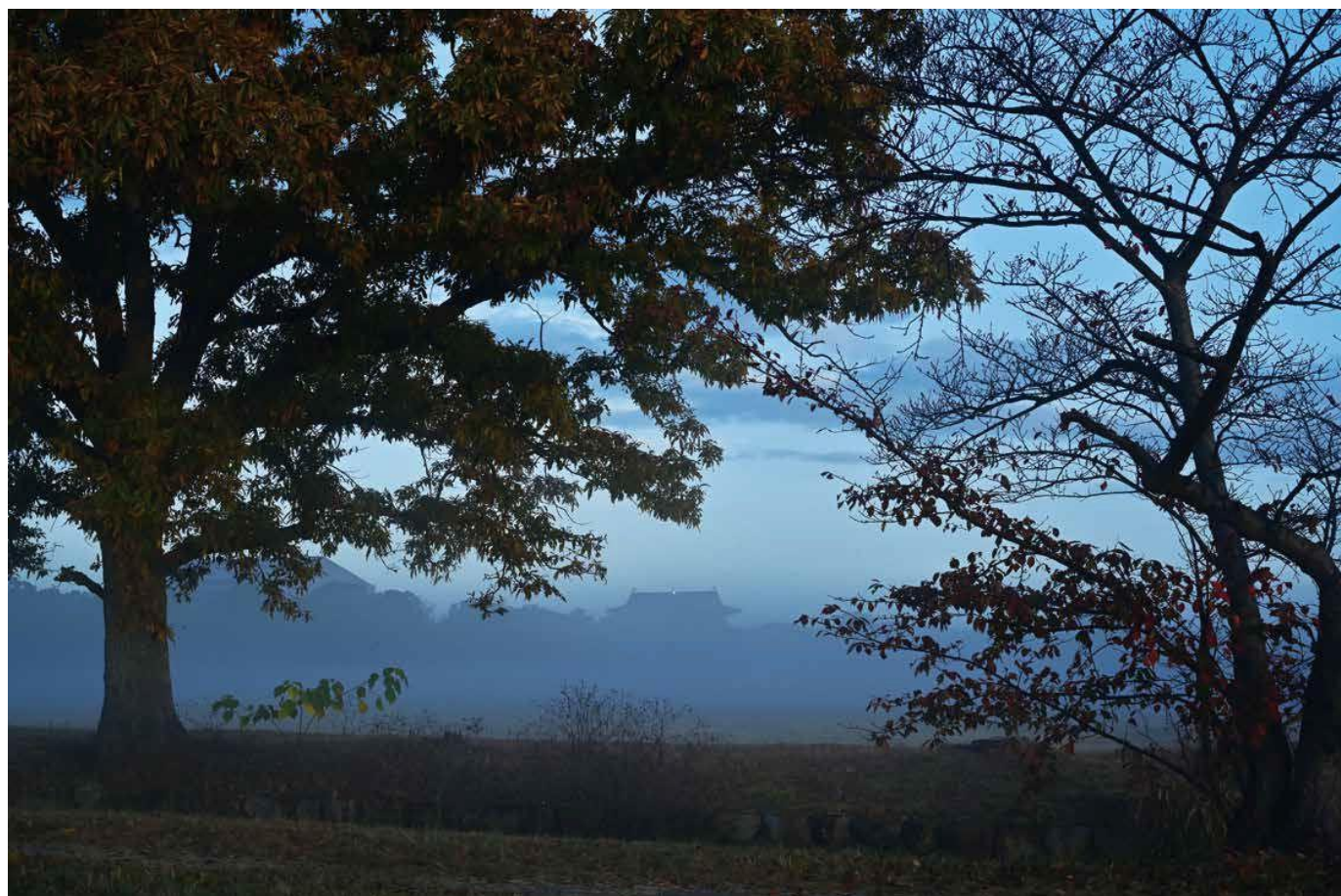
Translation by Nara SGG Club (Systematized Goodwill Guide Club)

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



Transforming the City: Diverse Ways of Working Are Being Born

Ever since the outbreak of the COVID-19 pandemic, new ways of working have been sought nationwide, and local life has become one of the most attractive options. In Nara City, too, new lifestyles and new movements are burgeoning, revising conventional practices. This issue will focus on “work” and introduce the latest efforts of the city, companies, universities and other organizations.

Nara Has Been Attracting Attention as a “City to Dwell in”.

According to the “Report on internal migration in Japan derived from the basic resident registers” by the Ministry of Health, Labor and Welfare, about 55,000 people have moved into Nara City in the past five years (about 75% of them from outside Nara Prefecture). While many people have moved in from neighboring areas such as Osaka and Kyoto, a sizable portion of them were from the Kanto and Chubu regions. In particular, the number of people from Tokyo came fourth, after Osaka, Kyoto, and Hyogo prefectures and has been on the rise over the past five years.

Looking into the demographic changes by age group, the population in the 18-19 age group has surged, the population in the 22-27 age group has decreased significantly, and the population in the late 30s and 40s has increased. This indicates that the younger generation moves into the city when they enter university, and moves out after graduating from university or graduate school, or in the early stages of their career, and that the generation in the middle of career development and family formation chooses Nara City as a place to live in.

Changes in the City Brought about by the New Trends.

Now that the lifestyle of “leaving the big city to live and work in the countryside” has become a big attraction, various movements are beginning to take shape in Nara. Universities are working hard to improve the employment rate within the prefecture through forming strong ties with local communities, and leading companies are expanding their business nationwide while establishing their bases in Nara City.

Inquiries: Hisho-Koho-Ka (Secretary, Public Relations Section) Tel. 0742-34-4710

Nara Women’s University Is Working Now to Establish The Department of Engineering in April 2022 ----- the first for a women’s university in Japan

Various new plans have been launched to respond to the changing world, at universities and companies in Nara. As one of them, Nara Women’s University is preparing to establish a department of engineering in April 2022, in cooperation with related organizations, including other universities and advanced companies based in Nara.

President Haruki Imaoka talked about the significance of studying specialized subjects in women’s universities.

He says that women have an ability in engineering, equal to that of men. However, female students make up just 10% of the students at departments of engineering at all universities in Japan.

The president hopes to change that current situation from Nara, with its long cultural history. He hopes to educate female students in the newly planned department so that they will be able to work actively in the world in future, by introducing a STEM education system.

Inquiries: Hisho Koho-Ka (Secretary, Public Relations Section) Tel. 0742-34-4710

Notes: The text of the president’s complete speech is in the Japanese version of *Shimin-dayori* (Nara City Information for Residents).

Solving Familiar Issues with Nara City, Enterprises and Towns. Creating a Virtuous Cycle for the Local Economy.

Nara city has been focusing on start-up support and attracting companies as part of its aim to be a city where a variety of work styles are born.

In the field of start-up support, “Living Lab” hopes to construct a system for consulting start-ups and maintaining workplaces.

On the other hand, in the field of attracting companies, we are making efforts to actively attract companies by proposing location conditions, etc. for companies trying to set up offices and so on in Nara city that promote such efforts.

These efforts will be the foundation for exciting changes in Nara city as we look ahead to future employment expansion.

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

Attracting Success-Oriented Companies to Nara City

Nara City works on attracting companies from other urban areas and suggesting setting up satellite offices.

Last October, a new subsidy which reduces initial installation costs was introduced. Seishou Corporation, which has its headquarters in Shinjuku, Tokyo, will set up an office in Nara by making use of this subsidy.

They offer services such as scanning and computerizing valuable documents, cultural properties, and paintings without damaging or cutting the original.

Below is the interview with the company president, regarding the process of setting up the new office and his business perspective for the future.

Notes: The text of the president’s complete speech is in the Japanese version of *Shimin-dayori* (Nara City Information for Residents).

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

Support Measures Associated with COVID-19 Infection

Special Case Loans for Households in Need

Special Case Loans for Urgent Small Funds

Loan Target: Households with reduced income due to suspended business on account of COVID-19 who need the loan for their livelihood.

Maximum Amount: 200,000 yen per household

Special Case Loans for Total Support Funds

Loan Target: Households with reduced income due to unemployment on account of COVID-19 who need the loan for their daily livelihood.

Maximum Amount: For over two people: 200,000 yen per month

For a single person: 150,000 yen per month

(For both cases, for less than three months in general)

Period: Until the end of March

Inquires: Nara Social Welfare Association

070-2272-4422, 4423 (Dedicated number for special case loans)

9:00 – 17:00 weekdays

House-rent Provision for a Fixed Term

Nara City will extend a house-rent provision to those who lost or are likely to lose their places to live due to unemployment, provided they are currently looking for a job.

Those Eligible: Those who lost their job within the past 2 years, or those whose income decreased due to business closure and are in the same situation as the unemployed.

Amount of Allowance:

Household members	Maximum amount
Single	38,000 yen
2 people	46,000 yen
3 – 5 people	49,000 yen
6 people	53,000 yen
Over 7 people	59,000 yen

Period of Payment: For three months as a matter of principle

It is possible to extend the period three times for three months under certain conditions.
(Up to 12 months)

Others: Those who receive this provision need to conduct a job search and report their job hunt activities along with their working circumstances.

Inquiries: Nara City Kurashi & Shigoto Support Center Tel. 0120-372-310

Municipal Houses Will Be Provided for People Who Were Made Redundant from Their Jobs and Lost Their Accommodation

Due to the effect of expanding COVID-19 infections, municipal houses will be temporarily provided for people who lost jobs and accommodation until they find new homes. *About eight houses will be rented out.

Those Eligible: Must meet conditions 1 through 3.

1. They lost their job or had their income reduced considerably due to COVID-19. They should have a monthly income less than 158,001 yen, which is based on the conditions of the Municipal Houses Regulation * There are partial exceptions.
2. They live in Nara City or work in Nara City.
3. They must leave their current home or it will be difficult to stay there.

Rent: Payment will be decided by family incomes. Rental fees differ depending on the types of houses.

*Parking and common service fees will be additionally charged. Joint surety and deposits are exempt.

Period of Accommodation: Within one year in principle.

Inquiries: Jutaku-Ka (Housing Section) Tel. 0742-34-5174



Payment for Water Charges Can Be Postponed

People whose income was reduced due to COVID-19, etc. and are not able to pay utility fees can temporarily postpone their payment for water charges. Please ask staff members about details.

Inquiries: Kigyo-Kyoku-Okyakusama-Center (Customer Service Section of Enterprise Bureau)

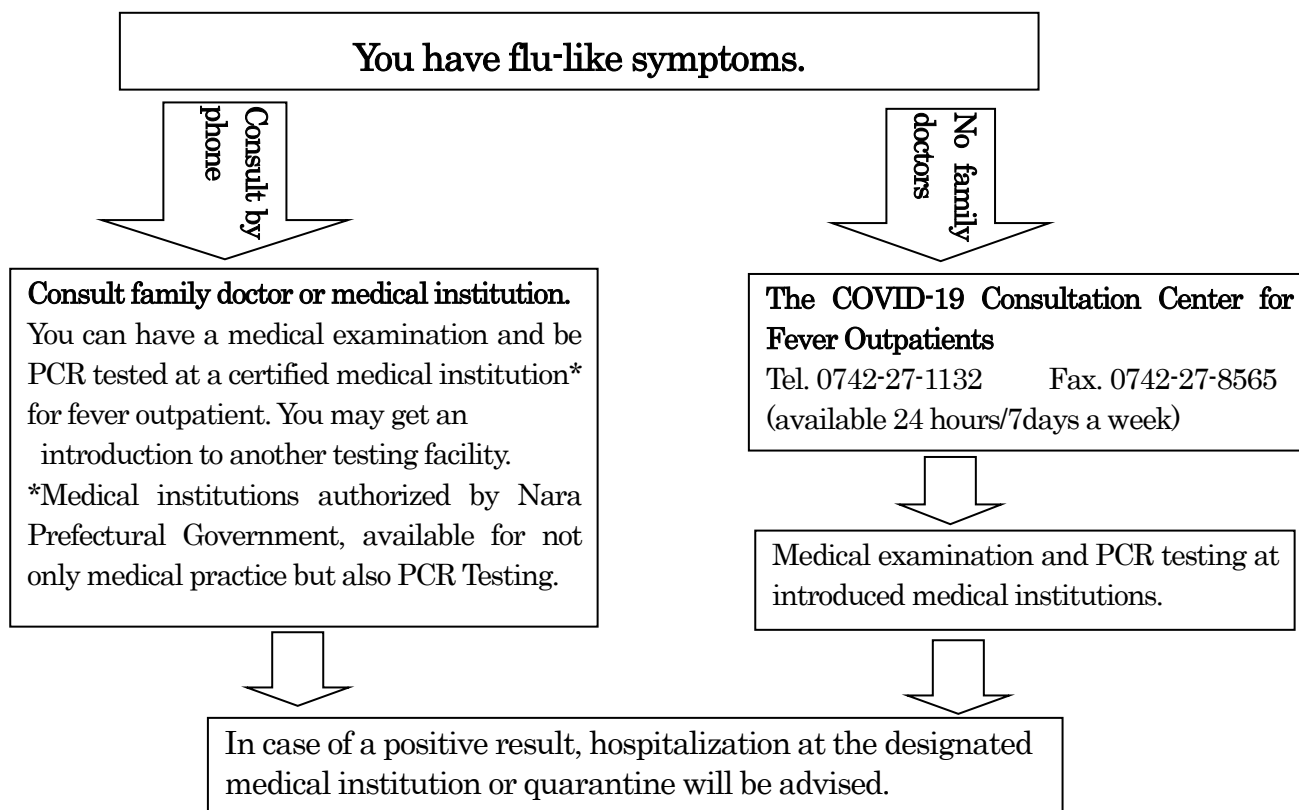
Tel. 0742-35-6825 *hours: 8:30-17:15 on weekdays



Information on Medical Consultations for COVID-19

When you have flu-like symptoms, the first thing you should do consult your family doctor or local medical institution by phone. If you don't know where to consult, call the COVID-19 consultation center for fever outpatients.

(Formerly known as the consultation center for foreign travelers or those who have been exposed to a person with confirmed COVID-19)



Please install 'COCOA' (COVID-19 Contact Confirming Application) immediately.

Do you know about the official 'COCOA' app (COVID-19 Contact Confirming Application) from the Ministry of Health, Labor and Welfare? By installing this application on your smartphone you can receive notifications about the possibility of contact with a COVID-19 positive person.

After you receive a notification,

- 1 you can get quick support services from Nara City Public Health Center such as PCR testing,
- 2 the more COCOA users there are, the more effective it will be at preventing the local and social spread of COVID-19.

How to install:

1. Access the Google Play Store or App Store (you can scan the QR code below), search for 'COCOA' (COVID-19 Contact Confirming Application), and install it.



Android users

iPhone users

2. Turn on your smartphone's Bluetooth. (If it is OFF when installing the application, select "ON" when you see the message "contact notification system ON?" after installation).

3. Select the “How to use” tab on the upper right of the homepage and confirm how to use the application.

*Those who have received notifications about the possibility of contact with a COVID-19 positive person from ‘COCOA’ (COVID-19 Contact Confirming Application) may potentially be PCR tested. However, doctors or the COVID-19 Consultation Center for Fever Outpatients might decide that the examination is unnecessary after confirming the private situation or the personal demand.

If you receive a notification about the possibility of contact with a COVID-19 positive person, please consult the COVID-19 Consultation Center for Fever Outpatients (Tel. 0742-27-1132).

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

Notice and Request about the Disposal of Garbage Related to the Novel Corona Virus Infectious Disease

<How to dispose of garbage such as tissues and facial masks>

If someone in your house is infected with COVID-19 or is suspected of being infected, please be cautious when you throw away tissues contaminated with nasal mucus and facial masks.

1. Line the trash can with a plastic bag. Change the bag before it is completely full to avoid touching the trash.
2. Be careful not to touch the trash directly and tie the plastic bag firmly.
3. Wash your hands with soap after you dispose of it.

It's more effective to double garbage bags when you need to enhance the sealability of the bag, to prevent trash contaminating the surface of the bag or the bag having a loose opening, holes, or rips.

*Use transparent or semitransparent garbage bags so the inside of the bag is visible.

*Don't double garbage bags for disposing of plastic packaging and containers, as that prevents recycling.

*There are many cases where masks accidentally fall down or are thrown away on the road. Please cooperate in disposing of yours properly.

*As for “Business-related general waste” like tissues from business and facilities, please follow steps 1~3.

*When garbage related to COVID-19 is generated at medical institutions, treat it properly according to the “Infectious Waste Disposal Manual Based on Waste Disposal Law” and so on.



QR code: manual issued by the Environment Ministry

Garbage collection is indispensable in maintaining our healthy lives. Please cooperate to reduce the risk of infection to workers, who collect and handle garbage, as well as to you and your family.

Inquires: Haikibutu-Taisaku-ka (Waste Management Section) Tel.0742-71-3001

About Garbage Collection

A fire caused by disposable lighters occurred during the garbage collection inside the garbage truck on November 25, 2020. We ask for your cooperation in exacting separation of your trash.

[Notes]

1. Please dispose of disposable lighters as burnable garbage after using them up.
2. Please dispose of insecticide, spray-paint, and hair mousse cans, and other spray cans as unburnable garbage, and cassette cylinders and hair spray cans as recycled resources.
* Please use up the contents of the spray can and puncture several holes in it in a well-ventilated place.
3. Please bring small rechargeable batteries such as mobile batteries and lithium-ion batteries to the recycling box at an electronics retail store. The installation locations are posted on the JBRC website.

Garbage Collection Dates & Areas in February

Area	Burnable	Unburnable
A,F	Monday & Thursday	3, 17 (Wednesday)
B,E		
C,H	Tuesday & Friday	10, 24 (Wednesday)
D,G		

The garbage collection on Feb. 11 (Holiday) and Feb. 23 (Holiday) is scheduled as usual

* Areas A – D are covered by Nara City, and areas E – H are covered by City Seibi Kosha or Takeda-Kankyo & Yamato-Seiso Kyodo Kigyotai.

The garbage collection dates are different in some areas, so please check the Nara City website.

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

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

Takeda-Kankyo & Yamato-Seibi Kyodo Kigyotai (West side and a part of the east side of the Tomio River) Tel. 0742-63-2552

HEALTH COLUMN

Periodical Inoculation of 23-Valent Pneumococcal Polysaccharide Vaccine (PPSV23) for Adults

Period for Receiving This Vaccination: Until March 31 (Wed.), 2021

*You can be vaccinated even before your birthday within the fiscal year. You should not miss the opportunity as the people eligible to receive vaccinations are different every year. And please note that those who are a suitable age and have already received PPSV23 are not covered by the subsidies.

* If you want to receive this vaccine one more time, you should cover the whole fee. If you are not sure whether you have received the vaccination or not, please contact Kenko-Zoshin-Ka (Health Care Section) before receiving it.

Eligibility: Those who are the suitable ages and are registered as a citizen of Nara City on the vaccination day.

Life protection recipients need to contact Kenko-Zoshin-Ka before receiving the vaccination.

65 years old	Those born between April 2, 1955 and April 1, 1956
70 years old	Those born between April 2, 1950 and April 1, 1951
75 years old	Those born between April 2, 1945 and April 1, 1946
80 years old	Those born between April 2, 1940 and April 1, 1941
85 years old	Those born between April 2, 1935 and April 1, 1936
90 years old	Those born between April 2, 1930 and April 1, 1931

95 years old	Those born between April 2, 1925 and April 1, 1926
100 years old	Those born between April 2, 1920 and April 1, 1921

Fee: Copayment of 3,000 yen

Applications: Make an appointment in advance at a registered clinic in Nara City (see Nara City Website) and bring your Health Insurance Cards, etc.

Others: 1. Vaccinations will be given only to those who choose to receive them and take responsibility, as it is classified as a B-category disease.
2. Those who are between 60 and 65 and have disabilities of the heart, kidney or respiratory organs or have extreme limitations in daily life due to HIV or hope to receive the vaccination in other cities (in Nara Prefecture) must go through a procedure at Kenko-Zoshin-Ka (Health Care Section, 3rd floor of Hagukumi-Center).

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

Specific Health Check-up with National Health Insurance on February 26 (Fri.)

(Applicants are also eligible to receive a lung cancer checkup).

Period for receiving the specific health check-up: until the end of February

Please have a medical exam once a year to prevent lifestyle-related illness.

Time: Feb.26 (Fri.) 1. 13:30 -14:00 2. 14:00-14:30

Place: City General Examination Center (Kashiwagi-cho)

Eligible: 30 people with National Health Insurance from 40 to 74 years old.

Things to bring: Specific health check ticket, Lung cancer examination ticket
(will be sent to applicants at a later date)

Fee: Free for specific health check. 500 yen for lung cancer examination. (600 yen for sputum test).

Those who are in exempt municipal tax households are free but need to contact us when applying.

Application: Call to Kokuho-Nenkin-Ka (National Health Insurance and National Pension Section) until February 12 (Fri.). Tel. 0742-34-4736

Mental Health Consultation by a Clinical Psychologist

Date & Time: February 8 (Mon.), 22 (Mon.) afternoon *Reservation required

Those eligible: Those who are anxious or stressed due to the COVID-19 pandemic, or who have a mental disorder

Application: Call Hoken Yobo Ka (Health Protection Section) Tel. 0742-93-8397

Tuberculosis Examinations for Citizens

More than 60% 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 take 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: February 20 (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) Feb. 1 (Mon.) through 19(Fri.). Tel. 0742-93-8397

February 28 (Sun.) is Rare Disease Day

To improve the quality of life of patients with rare and intractable diseases through better diagnosis and treatment, since 2008, Sweden started promoting activities on February 28 for "Rare Disease Day"

As of March 31, last year, 3,394 people in the city receive medical treatment for designated intractable diseases. Subsidies for designated intractable diseases and medical treatment consultations are provided by the Health Protection Section. If you have any problems with your family or those around you, please feel free to consult us. For details, check the city website.

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

Cancer Examinations (March)

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

For cancer examinations held at the Tsuge Hoken Center, please apply there. 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 February 1 (Mon.) to 19 (Fri.)

Internet applications will be accepted until Feb. 10 (Wed.).

Date	Place	Reception Time	Capacity
1 (Mon.)	Hagukumi Center	8:45-9:15	17
8 (Mon.)			
16 (Tues.)		9:15-9:45	
23 (Tues.)			
2 (Tues.)	Tomigaoka Kominkan	9:30-10:00	13 each
		10:00-10:30	
3 (Wed.)	Seibu Library	9:45-10:15	10 each
		10:15-10:45	
5 (Fri.)	Tomio Minami Kominkan	9:15-9:45	14
		9:45-10:15	13
12 (Fri.)	Tomio Kominkan	9:15-9:45	14
		9:45-10:15	13
15 (Mon.)	Hokubu Shutchosho	9:15-9:45	8 each
		9:45-10:15	
18 (Thurs.)	Co-op Oshikuma	9:15-9:45	14
		9:45-10:15	13
19 (Fri.)	Koto Kominkan	9:30-10:00	12 each
		10:00-10:30	
22 (Mon.)	Seibu Shogai Sports Club House	9:15-9:45	14
		9:45-10:15	13
24 (Wed.)	Nanbu Kominkan	9:15-9:45	14
		9:45-10:15	13

Lung Cancer Examination

Date	Place	Reception Time	Capacity
10 (Wed.)	Hagukumi Center	14:00-14:30	30 each
		14:30-15:00	
12 (Fri.)	Tsuge Hoken Center	14:00-15:00 (At specified times)	60

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

Lung Cancer Examination: Chest-X Ray (including tuberculosis test)

Fee: 1,500 yen (1,000 yen for stomach cancer examination only and 500 yen for lung cancer examination only)
600 yen as an additional fee for 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 breast feeding, 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
Tsuge Hoken Center Tel. 0743-82-0341

(Please call and apply to Tsuge Hoken Center for those who will take examinations there.)

Japanese Encephalitis Vaccinations Will Start for Those Born in February 2018

We recommend that your child receive the first term vaccination (the first two times, and one-time booster).

Please confirm it on the Preliminary Examination Leaflet.

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

Vaccination Method: The first vaccinations 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 such as Health Insurance Card, etc.

*Those who are not registered as residents of Nara City on the day of vaccination 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 for Vaccinations Were Sent out in Late November for Those Born in December 2020

In order to have your baby vaccinated, the preliminary examination leaflet, *Mother's and Child's Health Handbook*, and the health insurance card are required on the day of vaccination.

In case you have no preliminary examination leaflet due to recently moving into Nara City, please contact Kenko-Zoshin-Ka (Health Care Section).

*Preliminary examination leaflets must be filled in with an indelible black pen.

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

Medical Checkups for Babies & Children

Checkup by Age	Date	Place
Checkup for 4-month-old babies (Born in November 2020)	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 check up term is one month.
Checkup for 10-month-old babies (Born in May 2020)	Until the day before turning <u>one year old</u> from the 10-month birthday	
Checkup for 19-month-old babies	The contents of the checkups have been partially changed. Children	

Checkup for 3-1/2-year-old children

will be notified of checkups individually. Please check the Nara City Website for more details.

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

The questionnaire will be sent in the end of February. People who moved to Nara City after February 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

Maternal and Infant Health Care Consultations

Consultations about lifestyle during pregnancy, breastfeeding, infant development, etc.

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 at 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

At Tsuge Hoken Center: Consultations by visiting public health nurses

Date & Time: 9:30-11:00 on weekdays Feb. 18 (Wed.)

Place: Yagyū Kodomo-en (Yagyū shitamachi)

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 necessary)

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

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 Video Channel-Health Information" for information about infant food and preventing tooth decay, and to the "Hajimete-no Mama Papa Salon" for bathing and carrying a baby.

1. Paku-Paku Class for 5-month-old Babies (Baby Food Class)
2. Ha-Pika Class for 1-year-old Babies (Preventing Tooth Decay 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



Education Center Kids Learning Floor

Class Name	Date & Time		Deadline
Planetarium “Nijiro and Seasonal Constellations” Capacity: 12 seats per showing	Every Saturday, Sunday, Holiday	(1) 10:00-10:20 (2) 13:30-14:00	Reception on the day
Movie: “The Grasshopper and the Ants and the Pheasant that Rang a Bell” Capacity: 40 seats	Feb. 21 (Sun.)	13:00-13:30	
Night Planetarium “Walk in the seasonal starry sky - Touring stars” Capacity: 12 seats *Adults without children can apply.	Feb. 26 (Fri.)	18:30-19:10	Feb. 12
Science Experiment Class “Let’s make a hand-cranked generator”. Those eligible: Third-grade elementary student or older.	Feb. 27 (Sat.)	13:30-14:30	
Robot Class “Let’s move an exploring robot” (Beginner’s class) Teaching material: WeDo2.0 by Lego	Feb. 28 (Sun.)	10:00-11:30	
Programming Class “Let’s create a ping pong game, using the Scratch program” (Intermediate class) Teaching material: Scratch program	March 6 (Sat.)	10:00-11:30	
	March 21 (Sun)		March. 5
Storytelling meeting “The Wolf and the Seven Little Kids”	March 6 (Sat.)	11:00-11:30	Reception on the day
Monozukuri Experience Class “Making post cards using pigmented inks”	March 7 (Sun.)	10:00-11:00	Feb. 19
Science Experiment Class “Miracle! Science! Ultra-low temperature world – Cooling with liquid nitrogen”	March 7 (Sun.)	14:10-14:40	
Space Class “Let’s launch a pencil rocket!” Those eligible: 1st grade elementary school students and over.	March 13 (Sat.)	10:00-11:30	Feb. 26
Astronomy Class “Making a constellation lantern” Fees: 300 yen	March 14 (Sun.)	10:00-11:30	
Science Experiment Class “Let’s make a hand-made motor” Those Eligible: 3rd grade elementary school students and over	March 20 (Holiday)	13:30-14:30	March 5

Capacity: 6 (about 6-10 children with guardians), unless otherwise is shown above.

Application: Send a return postcard with the desired class, the date, child’s name (with the reading in Kana), school name and grade, the guardian’s or leader’s name (with the reading in Kana), address and phone number and the total number of participants in case of Night Planetarium Class, to the Education Center Kids Learning Floor (13-1, Sanjo Honmachi, 630-8122), no later than each deadline. One class per day per post card. Applications for brothers and sisters can be written on the same card. Lottery in case of excess applications.

Other: The reception on the day begins 20 minutes before each class begins. It will be closed as soon as classes are filled to capacity.

Please take your temperature before coming to the hall and wear a mask in the hall. You may not take part in the class in case of bad health condition.

If a class is cancelled because of the spread of COVID-19 or some other reason, we will inform you of it using the reply side of the application post card.

Please obtain the latest information on the classes from the city website or call the city office directly for such information.

Inquiries: Education Center Kids Learning Floor Tel: 0742-36-0401 City Website →



Postnatal Care Program We'll support you after childbirth

This is a program to support mothers who live in Nara City and are raising infants under 4 months old.

You can receive meals and child care guidance at designated medical institutions in Nara City.

(You will be given three meals with the short stay (overnight program), and two meals with day care (day-trip program).

This program helps mothers and children when mothers are in poor physical condition, anxious about child-rearing, or are not supported by their family to reduce anxiety, to promote self-sustaining child care.

Please contact -Boshi-Hoken-Ka (Mother and Child Health Section) for usage and documents.

Feedback from users

*I was worried about raising my first child, but I was relieved just to think that a midwife was by my side. I was able to rest both my body and mind enough.

*I used this program because there was no one to support my child-rearing after childbirth. I was able to take counsel about how to interact with my older child, and now I have more confidence in childrearing.

*I used it because my parents live far away so I couldn't get support, and I was worried about my own baby and child-rearing after giving birth. Both my body and mind were rested, and I was able to work smoothly on child-rearing at home after being taught various things.

*I was taught child-rearing methods that suit me, which reduced my anxiety and gave me a little confidence. I was able to have nutritious and delicious meals for the first time in a while, and it was really good to use the program.

Please contact us if you have any concerns about child-rearing or postnatal wellbeing.

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

Shiawase Kairo (Happiness Corridor) *Nara Rurie Festival*

Everyone has same wishes in the midst of the cold winter.

Let's enjoy strolling around three famous shrine and temples, walking on their corridors, feeling the thick darkness highlighting brightness and bringing serenity.

May you and the world have a happy future with prayers towards the coming of spring.

Illuminated paths around Kasuga Taisha Shrine, Kofukuji Temple and Todaiji Temple will invite you to a fantastic azure world.

Date: February 11 (Holiday)-14 (Sun.)

Time: 17:00-21:00 The event will not be cancelled in case of rain, however will be cancelled if the weather is stormy.

Light up Venue & Light Objects

Time: 17:00-20:00

Place: Nara Park



Night-Time Admission & Night-Time Opening

Closing times differ at each place. Admission fees are required

at the places marked “*”.

Kasuga Taisha Shrine

Night-time admission to *the main hall of the shrine (Last entry at 19:45, closed at 20:00)

Night-time admission to **Kokuhoden* (Kasuga Taisha Museum): A special winter exhibition “Famous swords and armor: a history of swords and prayers for the containment of epidemic disease” is being held. (Last entry at 18:30, closed at 19:00)

Kofukuji Temple

Night-time admission to **Tokon-do* Hall (Last entry at 19:45, closed at 20:00)

The Five-Storied Pagoda will be lit up until 20:30.

Todaiji Temple

Night-time admission to **Daibutsu-den* (Great Buddha Hall) (Last entry and closed at 20:00)

Chumon (middle gate) and *Kanso-mado* (viewing window) of the front arched gable of *Daibutsu-den* (Great Buddha Hall) will be opened to show the face of the Great Buddha Statue until 20:00.

Hakkaku-toro (octagonal bronze lantern) in front of *Daibutsu-den* will be lit up until 20:00.

Chu-mon, the roof of *Daibutsu-den* (Great Buddha Hall), *Nandai-mon* (Great South Gate) and *Kongo-Rikishi* (guardian deity) statue will be lit up until 20:00.

Special Night-Time Memorial Service and Prayer at the Three Famous Shrine & Temples

Kofukuji Temple and Todaiji Temple

Memorial Service and Prayers for the Containment of the COVID-19 Pandemic

Date: February 11 (Holiday)-14 (Sun.)

Time: 17:00-17:20 at Kofukuji Temple, 18:00-18:20 at Todaiji Temple

Admission fee: required

Kasuga Taisha Shrine

*Prayer for the containment of the COVID-19 pandemic and *Hana-tanzaku* (a strip of paper to depict wishes on) ritual.

Date: February 14 (Sun.)

Time: 20:10-20:40

*Live-streaming is scheduled on the day. (No admission to this ritual is allowed.)

Notice: The 12th *Nara Rurie* will be held on a reduced scale for the prevention of coronavirus infection.

Garden illumination at Nara Kasugano International Forum IRAKA and Nara Park Birthday Fireworks on February 14 will be cancelled.

The content posted here may be changed. Please refer to the official website of *Nara Rurie*.

Inquiries: *Nara Rurie* Committee Office Tel. 0742-20-0214 <https://rurie.jp>

