

Nara City Information for Residents

February 2018 Issued by Nara City Hall (No.1167)

(All events, classes and lectures are conducted in Japanese.)

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



Shiawase Kairo (Paths of Happiness) Nara Ruri-e

Period & Time: February 8 (Thurs.) – 14 (Wed.) 18:00 – 21:00

This event will be held in light rain, but might be cancelled in case of inclement weather.

Kasuga Taisha Shrine, Kofukuji Temple, Todaiji Temple and Nara National Museum will be connected by Light Corridors. You may feel like you are being illuminated by lapis lazuli.

Light Up Venue & Light Objects

Date & Time: February 8 (Thurs.) – 14 (Wed.) 18:00 – 21:00

Place: Nara Park (Admission is free)

*There is a 500 yen fee for a *Hana-tanzaku* (a strip of paper for writing wishes) in the *Fuyu-Tanabata* Road area in Nara Kasugano International Forum IRAKA.

Special Night-Time Admission

Date & Time: February 8 (Thurs.) – 14 (Wed.)

Place:

Kasuga Taisha Shrine

Night-time admission to *the main hall of the shrine. The hanging lanterns will be lit.

Night-time admission to **Kokuhoden* (museum of the shrine).

(February 10 to 12. Last entry 20:00. Closing time 20:30)

Kofukuji Temple

The Five-Story Pagoda will be lit up. Night-time admission to **Tokon-do* Hall,

**Kokuho-kan* (Last entry 19:45. Closing time 20:00)

Todaiji Temple

The *Chu-mon* (middle gate) and the *Kanso-mado* (wooden window) of the front arched gable of the Daibutsuden (Great Buddha Hall) will be opened to show the Buddha's face illuminated. The *Chu-mon*, the roof of *Daibutsuden* and the *Nandai-mon* (south gate) will be lit up. Also, the octagonal bronze lantern in front of the hall will be lit. (until 20:30) *Kongo-Rikishi* (guardian) statues will be lit up (until 21:00).

*Nara National Museum

Special exhibitions: *Omizutori* (Water-drawing ceremony) and Great Pictures of Yakushiji Temple. The special collection on exhibit: Unknown Benefactors and Proposers in Hand-copied Sutras. Fine Arts on exhibit : The Treasure Arts of Buddhism and the Treasure Statues of Buddha. Bronze Relics of Ancient China.

(Last entry 20:00, regular closing time 20:30, last entry 20:30, irregular closing time 21:00 on February 9 (Fri.) and 10 (Sat.))

*Closing times will be different at each place. Places with * charge an admission fee.

Sale of *Shiawase* (Happiness) Cocoa

Date & Time: February 8 (Thurs.) – 14 (Wed.) 17:30 – 20:30

Place: In front of Nara Kasugano International Forum IRAKA

Fee: 500 yen

Opening Ceremony:

Date & Time: February 8 (Thurs.) 17:30 – 18:00

Place: In front of *Nogaku* Hall in Nara Kasugano International Forum IRAKA

Birthday Fireworks & Live Concert to Celebrate the Foundation of Nara Park

Date & Time: February 14 (Wed.) 19:00 – 19:30

Place: Kasugano-enchi venue in Nara Park

*Fireworks will start from 19:30. (This event will be cancelled in case of inclement weather and then will not be postponed.)

Inquiries: Nara Rurie *Jikko* Inkai (Executive Committee) Tel. 0742-20-0214

Seeking Tenants for Municipal Apartment Houses

Available Apartment Houses

For General Households

The No. 2 Municipal Apartment House (Higasinosaka) : 1 house

The No. 4 Municipal Apartment House (Hannyaji): 1 house

The No. 18 Municipal Apartment House (Gojoyama): 2 houses

The No. 20 Municipal Apartment House (Shoyodai): 1 house

For Child-rearing Households

The No. 2 Municipal Apartment House (Higasinosaka): 1 house

The No. 1 Municipal Community House (in front of JR Nara Station.): 1 house

For Senior Citizens

The No. 9 Municipal Apartment House (Kidera): 1 house

*Please check the qualifications on the application guide.

Application: Submit an application form, by mail or by hand, to Jutaku-Ka to reach them no later than Feb. 15. Forms are available at the Jutaku-Ka (Housing Supply Section), Shutcho-sho (branch offices), Gyosei Center and Citizen Service Center from Feb. 1 to Feb. 15.

Lottery: Open drawing on Feb. 22 (Thurs.)

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

Garbage Collection Sites



Please Don't Park near The Garbage Collection Sites.

Sometimes we cannot collect garbage because cars may get splashed with dirty water while loading garbage.

Please Check before You Install Garbage Collection Boxes

Some products don't work properly. Please make sure to contact us before purchasing a collection box.

In addition, the expense for installation is the responsibility of everyone who uses the collection site.

Unburnable Garbage Collection Dates and Areas in February

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

* Areas A-D are covered by Nara City, and areas E-H are covered by City Seibi-Kosha & Co., Ltd.

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

Inquiries: Shushu-Ka (Collection Section) Tel. 0742-71-3012
City Seibi Kosha (Public Corp.) Tel. 0742-33-8782

Hagukumi Center Nigiwai Ichiba

Date & Time: February 24 (Sat.) 9:30 - 12:00

Place: Hagukumi Center (Sanjo-Honmachi)

Contents: Sales of fresh vegetables, homemade bread and general merchandise, bazaar, games for kids, kids cheer dance, etc.

Inquiries: Hagukumi Center Kanri-ka Tel: 0742-34-2303

Mottainai (Wasteful) Pottery Market

Ceramics tableware which is not used at home will be collected and can be taken for free.

Items that can't be collected:

Tableware from other cities or used for business. Ashtrays or vases, which are not tableware. Dirty tableware. Unglazed pottery or earthen pots. Tableware made of glass, plastic, metal or wood.

Tableware with rubber bottoms and handles (unless removed). Items will be checked before donations are accepted; unacceptable ones should be taken home.

Period and places of collection in February:

1. February 7 (Wed.) at Co-op Oshikuma (Oshikuma-cho)
2. February 14 (Wed.) at Co-op Shichijo (Shichijo-Nishimachi)
3. February 21 (Wed.) at Hagukumi Center (Sanjo-Honmachi)
4. February 28 (Wed.) at Miato-Kominkan (Gojo-cho)

Time: 10:00 – 13:00 (Collection will be done until 12:30). Please bring your own shopping bag.

Inquiries: Kankyo-Seisaku-ka (Environmental Management Division) Tel. 0742-34-4591

Seishonen Yagai Katsudo Center

(Youth Outdoor Activities Center)

25-1 Sakahara-cho 630-1241 Tel. & Fax 0742-93-0029

Picture Books and Experience

Date & Time: Feb. 18 (Sun.) 10:00 - 15:30

It will be held in spite of rain; Cancelled if stormy

Contents: Outdoors reproduction of games and foods that appear in picture books.
Storytelling by professional lecturers.

Capacity: 50 people, pre-kindergarten age - elementary school 3rd graders
Those under kindergarten age can participate with parents.

Fee: 500 yen (Free of charge for those under 3 years old.)

Application: Apply from the website of the Center by Feb. 10 (Sat.)

Tennis School for Citizens

Date & Time: March 4 (Sun.), 11 (Sun.), 18 (Sun.) 9:00 - 12:00

Place: Kashiwagi Tennis Court (Kashiwagi-cho)

Capacity: 120 people, elementary school 4th graders and over

People working or studying in Nara City may also attend. Experience unnecessary

Fee: 3,000 yen (Ordinary), 2,000 yen (elementary school student - high school student)

Application: Send a return postcard with your address, name, age, phone number, years of experience (club your belong to, if any) and school name, no later than Feb. 20 (Tues.) to City Tennis Association (Att. Yanagisawa Seiichi) 2-8-4 Hiramatsu 631-0846
Tel. 0742-49-3356

One card per person.

* The school will be taken place on the condition that it's held for two or more days out of three.



Naraden Field Sports Classes

No.	Name of classes	Date & Time	Place	Fee	Capacity
1	Soft-ball Tennis Class Eligible: Elementary School 3 rd Graders and Adults	Saturdays (5 times): March 3, 10, 17 April 7, 14 9:30-11:45	Naraden Konoike Court (Horen- Sahoyama 4 chome)	3,500 yen (5 times) (800 yen each)	40 people
2	Junior Tennis Class Eligible: Elementary school 3 rd graders and over	Saturdays (5 times): March 3, 10, 17 April 7, 14 9:20-10:20		4,000 yen (5 times)	8 people
3	Tennis Class for Basic Practice	Saturdays (5 times): March 3, 10, 17 April 7, 14 10:30-12:00		5,000 yen (5 times)	9 people
4	Walking Class to Warm Up Bodies	Tuesdays (4 times): March 6, 13, 20, 27 8:00-9:00	Naraden Field (Horen-Sahoyama 4 chome)	3,200 yen (4 times)	24 people
5	Measurement of Physical Fitness for Elementary School Students	March 27 (Tues.) 9:30- 11:00		1,000 yen	24 people
6	Measurement of Physical Fitness for Adults	March 27 (Tues.) 13:30- 15:00		1,000 yen	24 people

Things to Bring: Sportswear, tennis shoes for 1-3, drink and towel

Application: Please phone Naraden Field Tel. 0742-22-0001

Others: For 1-3, attending 3 out of 5 times will be allowed.

Details: URL <http://kounoike-stadium.com/> * Japanese language only.

HEALTH COLUMN

“Hagukumi” Center (13-1 Sanjo-Honmachi)
 (The nickname for the public Health center / General Education Center
 Kenko-Zoshin-Ka (health Care Section) Tel. 0742-34-5129 / Fax 0742-34-3145
 Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397
Tsukigase Administrative Center (Tsukigase Oyama) Tel. 0743-92-0480
 Tsuge health Center (Tsuge Shiraishi-ch) Tel. 0743-82-0341
Nara City hospital (Higashi-Kidera-cho 1-chome) Tel. 0742-24-1251

The Central Health Center is on the 2nd Floor, Hagukumi Center Building.

Medical Checkups for Babies and Children

Things to Bring: The questionnaire and your *Mother's and Child's Health Handbook*. The questionnaire will be sent to you by the middle of February. People who moved to Nara City after February 1 and have not received the questionnaire by the checkup day should come to the place directly on the day. In case of the checkup for 4-month-old babies and 10-month-old babies, please contact Kenko-Zoshin-Ka (Health Care Section).
 Tel. 0742-34-5129

Name	Date	Place
Checkup for 4-month- old babies (Born in Nov. 2017)	Within one month after 4-month birthday	Designated Medical Facilities
Checkup for 10-month-old babies (Born in May 2017)	Within one month after 10-month birthday	Designated Medical Facilities
Checkup for 19-month-old children (Born in July 2016)	March 8, 15, 22, 29 (Thursdays) Reception: 13:15 - 14:15 Waiting numbers will be distributed at 12:45.	Central Health Center
Checkup for 3 & 1/2-year - old children (Born in Aug. 2014)	March 6, 13, 20, 27 (Tuesdays) Reception: 13:15 - 14:15 Waiting numbers will be distributed at 12:45.	Central Health Center

Various Classes for Babies

Paku-Paku Class for Five-month-old Babies (Baby Food Class)

Those Eligible: First babies born in Oct. 2017 and their guardians

Date & Time: March 7 (Wed.) and 14 (Wed.) 10:00 - 11:30

Place: Hagukumi Center

Contents: Lecture about baby food by a dietitian and lecture about child rearing by a health nurse

Things to Bring: *Mother's and Child's Health Handbook* and the leaflet on baby food included in the questionnaire for the checkup for 4-month old babies, etc.

Capacity: 40 families per day



One-year-Old Baby Ha-Pika Class (Tooth Decay Prevention Class for Babies)

Those Eligible: First babies born in March 2017 and their guardians

Date & Time: March 6 (Tues.), 13 (Tues.) 10:00 - 11:00

Place: Hagukumi Center

Contents: How to care for babies' new teeth and brushing practice

Things to bring: *Mother's and Child's Health Handbook* and a piece of gauze for wiping the baby's mouth

Capacity: 30 families per day

Application:

Please call or fax with the class name, address, child's name, the date of birth, guardian's name, phone number and the date you want to come, to Kenko-Zoshin-Ka (Health Care Section).

Tel. 0742-34-5129 Fax. 0742-34-3145

Excess applications will be accepted for another day.

Japanese Encephalitis Vaccinations for Those Born in Feb. 2015

Receive all three times (the first, the second and the booster) of the first term vaccination. Confirm it on the Preliminary Examination Leaflet.

The Period of Vaccination: Between age 3 and one day before the 7-1/2 years old birthday

Vaccination Schedule:

Initial Vaccination: Two times with an interval of one to four weeks

Booster Vaccination: Once, with an interval of one year after the completion of the initial vaccinations.

Application:

Make an appointment at a registered clinic (see the City HP) and bring the Preliminary Examination Leaflet, *the Mother's and Child's Health Handbook* and your child's ID document, such as a Health Insurance Card, etc.

* Those who are not registered residents of Nara City on the day of vaccination are not eligible.

* Fill in the Preliminary Examination Leaflet with indelible black ballpoint pen.

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

Fluoride Coating for Tooth Decay Prevention

Those Eligible: Those born in March 2016

Date & Time: March 16 (Fri.) 9:30 - 11:30

Place: Central Health Center

Contents: Dental checkup, fluoride application, brushing guidance

Things to Bring: *Mother's and Child's Health Handbook*, a toothbrush, towels

Application:

Phone, fax or apply through the website with the class name, child's name, the date of birth and phone number to Kenko-Zoshin-Ka (Health Care Section) by Feb. 23 (Fri.).

Tel. 0742-34-5129 Fax. 0742-34-3145

Maternal and Infant Healthcare Consultation

You can consult with us about how to look after yourself during pregnancy, breast-feeding, and infant growth and development.

Application is unnecessary. Just bring your *Mother's and Child's Health Handbook*.



Consultation by Public Health Nurse

Month	Date	Place
Feb.	6 (Tues.)	Tomio Kominkan
		Koto Kominkan*
	7 (Wed.)	Fushimi Kominkan
Feb.	14 (Wed.)	Keisei Kominkan Hiramatsu Bunkan
	19 (Mon.)	Fushimi Kominkan Ayameike Bunkan
	20 (Tues.)	Wakakusa Kominkan
	21 (Wed.)	Heijo-nishi Kominkan
	22 (Thurs.)	Tomio-minami Kominkan
	27 (Tues)	Heijo Kominkan

Time: 9:30-11:30 (*11:00-12:00)

Consultation over the phone or at the office is held on weekdays 8:30-17:15 at Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129

Maternity Nurse Consultation

Place: Seibu Kaikan Second Floor Consultation Room (by midwives or health nurses)

Time: 10:00-14:00 on weekdays. Reception: until 13:30

Place: Kenko-Zoshin-Ka: consultation over the phone or at the office.

Time: 9:00-15:00 on weekdays

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

Individual Notification in February

(Notices were sent during the last 10 days of January)

Preliminary Examination Leaflet (Those born in Dec. 2017)

You can get the vaccination if you bring the leaflet, *Mother's and Child's Health Handbook* and your health insurance card on the day of vaccination. Those who have moved to Nara City recently and don't have a Preliminary Examination Leaflet should contact Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397

Japanese Encephalitis Second Term (Those born in Dec. 2008)

Information post cards were sent, and you can get the vaccination if you bring your *Mother's and Child's Health Handbook* and your health insurance card.

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

Tuberculation Examinations for Citizens

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

Place: Nara-shi Sogo Kensa Center (General Examination Section), Kashiwagi-cho

Contents: Chest X-ray examination

Capacity: 15 people, 65 years old and over.

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

Cancer Examinations in March

*Please apply to Kenko-Zoshin-Ka (Health Care Section) by phone, fax or internet through the website.

*Applications will be accepted from February 1 (Thurs.) to February 20 (Tues.), and online applications by February 10 (Sat.).

*Free of charge for those who are on social welfare or households exempt from residential tax. Please notify us of such when you apply.

A Set of Stomach and Lung Cancer Examinations

Date	Place	Reception Time	Capacity
1 (Thurs.)	Koto Kominkan	9:30-10:30	24
2 (Fri.)	Tomio-minami Kominkan	9:15-10:15	27
7 (Wed.)	Hagukumi Center	8:45-9:45	33
9 (Fri.)	Seibu Shogai Sports Center Club House	9:15-10:15	27
12 (Mon.)	Hagukumi Center	8:45-9:45	33
13 (Tues.)	Nara City Hall (Conference Room 3)	9:00-10:00	30
19 (Mon.)	Hokubu Shutcho-sho	9:15-10:15	27
20 (Tues.)	Tomio Kominkan	9:15-10:15	27
26 (Mon.)	Hokubu Shutcho-sho	9:15-10:15	27
27 (Tues.)	Nanbu Kominkan	9:15-10:15	27
28 (Wed.)	Hagukumi Center	8:45-9:45	33
29 (Thurs.)	Coop Oshikuma	9:15-10:15	27
30 (Fri.)	Tomigaoka Kominkan	9:30-10:30	24

Lung Cancer Examination

Date	Place	Reception Time	Capacity
19 (Mon.)	Hagukumi Center	14:00-15:00	60

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

600 yen as 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, except those who are pregnant; had stomach, lung or bowel surgery in the past or those organs are currently being treated (for further details, contact Kenko-Zoshin-Ka); have barium sensitivity or have accidentally swallowed it (for those, the lung cancer exam is possible); or had the Nara City stomach cancer examination with an endoscope in FY 2016 (for those, the lung cancer exam is possible).

Others: If you are breastfeeding a baby, please notify us of such when you apply. The interval for examinations is once a year. You might not be able to have an examination depending on your physical condition or the results of the general check-up on the day.

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

Receive Vaccinations

For the Sake of the Most Important People to You

Three Important Purposes for Vaccination

1. To prevent infection
2. To prevent the development of serious illness even if infected
3. Not to pass diseases on to others.

Get Vaccinated before You Get Sick

Free vaccinations are available during designated periods for those whose ages qualify for routine immunization. Please receive vaccinations during those ages vulnerable to infections.

Depending on the disease, there may be a susceptible time when you may get worse quickly. So, do not think “I still have time get a vaccination.” Think “I should get a vaccination already.” Be aware of earlier prevention.

*For children, get them vaccinated when they are healthy.

If You Miss the Opportunity

Many vaccinations are divided into several parts. You will have immunity after receiving all parts. So, if you do not complete the necessary number of inoculations, take the rest as soon as you realize it.

When it's a qualifying age, free vaccination is available. Don't think “It's too late.” Think “I still get a vaccination.” Get vaccinated as soon as you can.

When You Are Not Sure Whether You May Have Developed an Infectious Disease

In such cases, please receive the vaccination again. Even when you already have immunity, the degree and frequency of side effects does not increase.

Inquiries: Hoken-Yobo-Ka (Health Protection Section) Tel. 0742-93-8397 Fax. 0742-34-2486

