

Nara City Information for Residents

November 2023 Issued by Nara City Hall (No. 1236)
(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 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



Nara City's Account Settlement Information and Fiscal Condition for FY2022

The General Account for FY 2022 finished 3.9 billion yen in the black (excluding the balance, approx. 1.1 billion yen, carried forward).

The City Tax Revenue and the Local Tax Revenue allocated to local government have increased from the previous tax year and the amount of the City Bond has decreased. As for annual expenditures, labor costs and investment cost were reduced.

Revenue: 155.67 billion Yen
Annual Expenditure: 150.64 billion Yen

The balance of the City Bonds continued to decrease.

As the amount of the city bonds is high among the major cities, we will continue to deal with restoring fiscal soundness.

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

Garbage Collection

Please cooperate in separating and disposing of your garbage appropriately.

Dispose of insecticide, spray paint and hair mousse cans as unburnable garbage. Dispose of 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.)

Batteries can be collected as noxious garbage or taken to a hub collection site. (Button batteries can be put in recovery boxes located within shops.)

Bring rechargeable batteries, such as mobile batteries and lithium ion batteries, to the recycle boxes placed inside electronics retail stores. The location of recycle boxes are shown on the JBRC web site.

Use up all the gas in disposable lighters and put them out as burnable garbage.

Garbage Collection Dates and Areas in November

Area	Burnable	Unburnable
A/ F	Every Mon. & Thurs.	Nov. 8, 22 (Wed.)
B/ E		
C / H	Every Tues. & Fri.	Nov. 1, 15, 29 (Wed.)
D/ G		

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

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

Please see Nara City's website.

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

Autumn Nationwide Fire Prevention Campaign Nov. 9 (Thurs.) -Nov. 15 (Wed.)

To protect your house from fire,

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

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

Warning about Influenza

Preventing Influenza in Your Daily Life

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

Consult a doctor as soon as you notice symptoms.

Get a flu shot by early December before the flu breaks out.

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

Cancer Examinations (December)

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 residential tax exemption.

Please notify us of such when you apply.

Application Period: From November 1 (Wed.) 8:30 to 20 (Fri.) 17:15

<Stomach and Lung Cancer Examinations>

Date (December)	Place	Reception Time	Capacity
Dec. 4 (Mon.) Dec. 18 (Mon.)	Hokubu Shutchosho	9:15-9:45 9:45-10:15	10 each
Dec. 5 (Tues.)	Seibu Toshokan (Library)	9:45-10:15 10:15-10:45	10 each
Dec. 6 (Wed.) Dec. 11 (Mon.) Dec. 19 (Tues.) Dec. 27 (Wed.)	Hagukumi Center	8:45-9:45	33 each
Dec. 8 (Fri.)	Seibu Shogai Sports Center Club House	9:15-10:15	27
Dec. 12 (Tues.)	Tomigaoka Kominkan	9:30-10:30	26
Dec. 13 (Wed.)	Tomio Kominkan	9:15-10:15	27
Dec. 15 (Fri.)	Co-op Oshikuma	9:15-10:15	27
Dec. 20 (Wed.)	Heijyo Kominkan	9:15-10:15	27
Dec. 21 (Thurs.)	Tomio Minami Kominkan	9:15-10:15	27
Dec. 22 (Fri.)	Shobo-kyoku (Fire Bureau) 2 nd Office	9:15-10:15	27
Dec. 26 (Tues.)	Miata Kominkan	9:15-10:15	27

<Lung Cancer Examination>

Date (December)	Place	Reception Time	Capacity
Dec. 8 (Fri.)	Hagukumi Center	14:00-15:00	60
Dec. 11 (Mon.)	Co-op Oshikuma	14:00-15:00	40

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 this fiscal year (stomach cancer examination is possible) are excluded.

Others: For those who are breastfeeding, please notify us of such when you apply. The examination interval is once a year. There might be cases when you may not be able to take the examination depending on your health or questionnaire.

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

Medical Checkups for Babies & Children

Checkup Name (Eligibility)	Date	Place
4-month-old Babies Checkup (Born in August 2023)	From 4-months-old until the day before turning 5 months old.	Designated medical facilities in Nara City.
10-month-old Babies Checkup (Born in Feb. 2023)	From 10-month birthday until the day before turning 11 months old	
19-month-old Babies Checkup (Born in April 2022)	Dec. 7, 14, 21 (Thurs.) (Please check the questionnaire for date & time)	Chuo Hoken Center (Central Health Center) (On the 2nd floor of Hagukumi Center)
3-1/2-year-old Babies Checkup (Born in May 2020)	Dec. 5, 12, 19 (Tues.) (Please check the questionnaire for date & time)	

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

* The questionnaire will be sent in the middle of November. People who moved to Nara City after November 1 and have not received it by the checkup day should contact Boshi-Hoken-Ka (Mother & Child Health Section).

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

Preliminary Examination Leaflets Were Sent in Late October

(to those born in September 2023)

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

Inquiries: Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-512

Japanese Encephalitis Vaccinations to Start

(for those born in November 2020)

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

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

Things to Bring: Preliminary examination leaflet, *Mother's and Child's Health Handbook*, and health insurance card. * Those who are not registered as a citizen of Nara City are not eligible.

Application: Make an appointment at one of the registered medical facilities listed on the city website.

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

Maternal and Infant Health Care Consultation

Hagukumi Center 3F

Consultation by phone or face-to-face with public health nurses or midwives (appointment required)

Date & Time: 8:30-17:15 on weekdays, 9:00-15:00 with midwives.

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

Face-to-face consultations with midwives (appointment required)

Date & Time: 10:00-14:00 on Mon., Wed., and Fri. (accepted until 13:30) except on holidays.

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

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

Application: Call Boshi-Hoken-Ka (Mother's and Child's Health Section) Tel. 0742-34-1978

Tsuge Hoken Center

Consultation by phone or face-to-face with public health nurses or nutritionists

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

Traveling consultation with public health nurses

Date	Place
11/14 (Tues.) 10:00-11:30	Tawara Dongogaoka Community Square (Ex. Tawara kindergarten, Yokota-cho)
11/21 (Tues.) 10:00-11:30	Koto Kominkan (Ooyagyu-cho)
12/8 (Fri.) 10:00-12:00	Tsukigase Fukushi Center (Tsukigase Oyama)

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

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

Tsukigase Health Consultation Room

Phone or face-to-face consultation with public health nurses (appointment required)

Data & Time: 9:00-16:30 on weekdays.

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

Classes for Pregnant Women & Babies

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

Date & Time: Nov. 15 (Wed.) 10:00 – 11:15

Place: Hagukumi Center 2F

Capacity: 32 pairs of a first-born child born in June 2023 and his or her guardian

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

Deadline for Application: Nov. 10

Maternity "Happy" Check (Dental Checkup for Pregnant Women)

Date & Time: Nov. 16 (Thurs.) 9:30 – 11:30

Place: Hagukumi Center 2F

Capacity: 28 women in the approximately the 16th to 31st week of pregnancy

Things to bring: *Mother's and Child's Health Handbook*, and towels

Deadline for Application: Nov. 10

Fluoride Coating for Tooth Decay Prevention for Children Born in Nov. 2021

Date & Time: Nov. 17 (Fri.) 9:30 – 10:00 10:00 – 10:30 10:30 – 11:00 11:00 – 11:30

Place: Chuo Hoken Center (Central Health Center), Hagukumi Center 2F

Capacity: 25 babies each

Things to Bring: *Mother's and Child's Health Handbook*, a toothbrush which is not worn out, and towels.

Deadline for Application: Nov. 14

Application: Call Boshi-Hoken-Ka (Mother and Child Health Division) by each deadline

Tel. 0742-34-1978

Nishi Fukushi Center

9-13 Hyakurakuen 1-chome 631-0024 Tel. 0742-41-3151 Fax. 0742-41-3150

Christmas Concert Classical Concert Enjoyable for Anyone

Date & Time: Dec. 9 (Sat.) 11:00 – 12:00

Those Eligible: People 60 years old and over, and their family members

Babies approximately under three years old, and their family members

28th Volunteer Festival in Nara

Contents: Fureai charity bazaar, various carnival booths, café corner, recycling of children's picture books, massage experience stringed instrument Koto concert.

Date & Time: Nov. 18 (Sat.), 10:00 – 14:00

Place: Volunteer Center (Horen-cho)

* No parking lot, please use public transportation.

* A part of the proceeds will be used to provide food assistance to people in need.

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

Naramachi Nigiwai-no-Ie

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

Exhibition “Prayer – God & Buddha “

Date & Time: Nov. 10 (Fri.) – 12 (Sun.), 9:00 – 17:00 (The last day is until 16:00.)

Exhibition of Ms. Sakaguchi Kiyomi “The ship goes with the soul, on board.”

Date & Time: Nov. 23 (Holiday) – Dec. 5 (Tues.), 9:00 – 17:00

*There will be an author talk event from 14:00 to 15:00 on November 26 (Sun.).

Exhibition of Ms. Nakasuji Minami

Date & Time: Nov. 4 (Sat.) – 19 (Sun.), 9:00 – 17:00

Volunteer Information Center

13-1 Sanjyo-honmachi 630-8122 Tel. 0742-93-8435, Fax. 0742-34-2336

◆HUG-HUG Festival 2023

~ Come, See, & Try! ~ (Entrance is free)

Date & Time: Dec. 3 (Sun.), 10:00 – 15:00

Contents: Various groups' booths, stage performances, and etc.

Shiryō-Hozonkan (Historical Materials Museum)

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

◆ Special Exhibition “Naramachi literary calendar, On-Matsuri Festival of Kasuga Wakamiya Shrine”

Date & Time: Nov. 14 (Tues.) – Dec. 17 (Sun.)

◆ Special Exhibition of the Museum Collections “Nara Calendar”

Date & Time: Nov. 14 (Tues.) - Dec. 17 (Sun.)

* Closed on Mondays (except Holidays & Sundays) and Nov. 24 (Fri.)

Naramachi Center

38 Higashi-Terabayshi-Cho, 630-8362 Tel. 0742-27-1151

AO-HANI ART “Keep on Making and Drawing, Over and Over”

Date & Time: From November 15 (Wed.) to November 26 (Sun.)

10:00-17:00 (until 16:00 on the last day)

Marche held by “K-chan the Duck” and Merry Friends (Nara City General Foundation)

Date & Time: November 18 (Sat.) 11:00-16:00

Kodomo On-Matsuri (On-Matsuri Festival for Kids) *Free entrance

Date & Time: November 25 (Sat.) 11:00-15:00

Fee: Fees charged for some activities

Inquiries: Kodomo On-Matsuri Executive Committee Tel. 0742-93-4788

Collaborative Exhibition of Pottery and Decoupage (decoration using papercuts) “Lasting”

Date & Time: From November 29 (Wed.) to December 3 (Sun.) 10:00-17:00 (until 16:00 on the last day)

Irie Taikichi Memorial Museum of Photography

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

25th Anniversary of World Heritage Registration

Irie Taikichi "Cultural Assets of Ancient Capital Nara 70 years ago

Date: From December 2 (Sat.) to January 28 (Sun.), 2024

*Irie Taikichi "Appearance of the Ancient Capital Nara" will be held simultaneously

Accelerating Vision "A Cubed" Exhibition

Date: From December 2 (Sat.) to January 28 (Sun.), 2024

Contents: Exhibition of works produced at the residence in Nara by contemporary artist SHIMURA bros. and photographer Aya Fujioka

Free entry on Kansai Culture Day

Date: November 18 (Sat.) & 19 (Sun.)

*The Former Residence of Irie Taikichi will also have free entry on Kansai Culture Day
49-2 Suimon-cho 630-8208 Tel/Fax. 0742-27-1689

Sugioka Kason Calligraphy Museum

3 Wakido-cho, 630-8337 Tel. 0742-24-4111

Free entry on Kansai Culture Day

Date: November 18 (Sun.) & 19 (Sun.)

Nara, Takanohara Fureai Marche

Date & Time: November 12 (Sun.) 10:00 - 16:00

Place: Heijo No. 4 Kinrin Koen (Jinguike Koen, Jingu 3-chome)

Inquiries: Nara, Takanohara Fureai Marche executive committee Tel. 080-6122-2727

"TEHITONOTE" Exhibition and sale of works

by craftsmen with connections to Nara

Date & Time: November 17 (Fri.) - 19 (Sun.) 10:00 - 17:00 * 10:00 - 16:00 on the final day

Place: Naramachi-Monogatari-Kan (Nakanoshinya-cho)

Inquiries: Nara-machizukuri Center Tel. 0742-26-3476

Tawara Cha-Cha-Cha Carnival

Date & Time: November 19 (Sun.) 10:00 - 14:00

Place: Tawara-Yamasato-Ichiba (Myoga-cho)

Inquiries: Tawara Jikko-linkai (Executive Committee) Tel. 090-9994-3298

Singing Charity Festival

Date & Time: November 22 (Wed.) 14:00 - 15:30

Place: Gakuenmae Hall (Gakuen Minami 3-chome)

Capacity: 150 people

Inquiries: Utagoe Hiroba Clover-No-Kai Tel. 090-6754-0268

Yagyu Marche

Date & Time: November 26 (Sun.) 10:00 - 15:00

Place: Former Yagyu junior high school (Yagyu-cho)

Inquiries: Yagyu Marche E-mail: marche.yagyu@gmail.com

Nara Noborioji Pottery Fair

Nara's first exhibition and sale of ceramics and porcelain by potters from all over Japan.

Date & Time: Dec. 1 (Fri.) -3 (Sun.) 10:00-17:00 *closes at 16:00 on the final day

Place: Noborioji Enchi Venue, Nara Park Bus Terminal (Nobori-Ohji-cho)

Inquiries: Executive committee Tel. 090-1898-3149

Nara Collective Group Exhibition "Elements"

Date & Time: Dec. 2 (Sat.),3 (Sun.) 10:00- 17:00

Place: Space Department (1-chome Hiramatsu)

Inquiries: Nara Collective Email: spacedepartment.nara@gmail.com

INFORMATION ABOUT YOUR HEALTH!

November 10 -November 16

is an awareness campaign week about problems caused by alcohol.

Let's think how to go well with alcohol. It is everyone's subject in life.

November 14 is World Diabetes Day.

Being careful about diabetes in our daily life is important for our health.

Don't you think it is anyone else's problem, not yours?

November is the month for Prevention awareness about Cervical Cancer.

This is a preventable cancer.

Please take cancer screening actively to protect yourself.

December 1 is World AIDS Day

If you get more knowledge and change your perspective about AIDS,
its image will change accordingly.

〈 KOMINKAN 〉



Tomio-Minami Kominkan 501-3, Nakamachi 631-0052 Tel. & Fax. 0742-48-3066

Event Name	Date & Contents	Deadline
Tomio Minami Kominkan 40 th Festival	Stage performance, exhibition of works, food sales, etc. Nov. 25 (Sat.) 10:00-16:00 Nov. 26 (Sun.) 10:00-15:00 * Free Entry	Not necessary

Tomigaoka Minami Kominkan 921-1, 2-chome Nakayama-cho Nishi 631-0013 Tel. & Fax. 0742-47-6375

Event Name	Date & Contents	Deadline
Tomigaoka Minami Kominkan Festival	Exhibition of works, presentations on learning, concerts and food sale, etc. Dec. 2 (Sat.)-3 (Sun.) 10:00-15:00 *Free Entry Fee: 100 yen for balloon art workshop on Dec.3(Sun.)	Not necessary

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

Event Name	Date, Time, and Contents	Application
Kasuga Kominkan Day!	Exhibition of works such as knitting, dyeing, pictures, calligraphy, photos, etc. Nov. 11 (Sat.) 9:00-16:30 Nov. 12 (Sun.) 9:00-15:00 * Free entry	Not necessary

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

Event Name	Date, Time, and Contents	Application
Fureai Concert	Concert by Nobuko Murata, a violinist, and a voluntary group: Nov. 19 (Sun.) 14:00-15:30 * Free entry	Not necessary

Seibu Kominkan 1-5, 3-chome Gakuen-Minami 630-0034 Tel.0742-44-0101 Fax. 0742-44-0103

Event Name	Date, Time, and Contents	Application
Gakuen-mae Art Festa 2023	Exhibition of photographic works: Nov. 18 (Sat.) - Nov. 25 (Sat.) 10:00-17:00 * Except on days closed * Free entry	Not necessary
Experimental exchange event by a volunteer group	Watch and experience badminton: Dec. 5 (Tues.) 9:30-12:00 * For adult women	Not necessary

Heijo Kominkan 1468 Akishino-cho 631-0811 Tel. & Fax. 0742-48-3578

Event Name	Date, Time, and Contents	Application
Heijo Kominkan Festival	Presentations and exhibitions by voluntary groups, movie screening of "Shinya-shokudo", shamisen performance by the shamisen club of Nara University Affiliated High School, etc.: Nov. 18 (Sat.) 10:00-16:00 Nov. 19 (Sun.) 10:00-15:00 * Free entry	Not necessary

Education Center KIDS LEARNING FLOOR

Class Name	Date & Time	Application Deadline
Planetarium : “Nijiro and Seasonal Constellations, The story of Aries” Capacity: 40 seats each time	Every Saturday, Sunday and holiday in November 1)10:30-10:50 2)13:30-14:00	Reception on the day
Story Telling : “A Dog and A Chick.”	November 11 (Sat.) 11:00-11:30	Unnecessary
“Puti-puti” Science:“Paper Chromatography with colored pens Capacity: 6 groups of children aged 5 and Over (6-10 children in a group)	November 23 (holiday) 1)11:00-11:20 2) 14:10-14:30	Reception on the day
Night Planetarium: “Kimagure Planetarium, we will deliver the seasonal stary sky.” Capacity: 40 seats (From elementary school upper graders to adults. Adults only can also apply.)	November 24 (Fri.) 18:30-19:10	Reception on the day
Movie Screening: “Seton Animal Diary / The Bee King / The Sheep, Crag” Capacity: 200 seats	November 26 (Sun.) 13:00-13:30	Unnecessary
Astronomy Class: Making Constellation Lantern Capacity: 12 children (age 5 and over) each time Fee: 300 yen	December 2 (Sat.) 1)10:00-11:30 2)13:30-15:00	November 13 (Mon.)
Science Experiment Class: “Making Christmas trees with urea crystals” Capacity: 12 children (1 st graders and over)	December10 (Sun.) 10:00-11:30	November 20 (Mon.)

Education Center Winter Festival December 16 (Sat.) 9:00-16:00

Planetarium “We are 8 Brothers’ Planet” (Movie only) Capacity: 40 seats each time	1) 10:00-11:30 2) 11:30-12:00 3) 13:30-14:00 4) 14:30-15:00 Reception: on the day
Science Experiment Class: “Objects & marble kaleidoscopes” Capacity: 12 groups each time (12 to 15 children) (age 5 and over)	1) 10:30-11:00 2) 11:30-12:00 3) 13:30-14:00
Craft Experience Class “Koro-Koro, Marbles, Let’s make devices” Capacity:15 children (age 5 and over) each time Application: By November 27 (Mon.)	Application is needed by November 27 (Mon).
Movie Screening “Go to Buy Gloves” (30 min.) Capacity: 200 seats each time	1) 11:00-11:30 2) 13:30-14:00 3) 14:30-15:00

