

Nara City Information for Residents

March 2018 Issued by Nara City Hall (No.1168)

(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



To Avoid Being Victims of Fraud Crimes

Recently criminal cases of fraud have rapidly increased. For example, swindling victims out of money and bank cards after phoning their homes suddenly, sending postcards or e-mail with false information, and so on. The police explain to citizens about criminals' modus operandi, the victims' situations, and how to keep from becoming victims.

Modus operandi

Ore Ore Fraud: "I am your son!"

Criminals call pretending to be your son or police officers and say things like:

"I spent all the company's money."

"I had a love affair and the woman became pregnant"

"Your bank account was used in criminal case."

They try to swindle money from you with these fake reasons and excuses.

Fictitious Invoices

Criminals send fake invoice postcards or e-mails such as:

"Non-payment for some internet sites"

"You are registered at charged sites."

"If you don't pay, we will take you to court."

They try to claim fake invoices and swindle your money.



Loan Fraud

They do not lend money at all, but promise that people will be able to borrow money collateral-free with just a simple check.

They request a deposit as security money and swindle your money.

Refund Fraud

Criminals pretend to be staff of city hall or the pension office and say "You overpaid for medical treatment, so you will get a refund." or "Please receive your unpaid pension." They go together with victims to an ATM and cheat to pay your money into other accounts.

Red-Alarm Words

"Phone call about money? Ha! That's fraud!"

If somebody talks about money on the phone, it might be fraud.

Key points to note:

Criminals don't necessarily say "Ore Ore" (It's me, it's me!).

Criminals are very kind!

Criminals don't speak about money immediately in all cases.

The best method is not to pick up the phone.

Inquiries (Japanese language only):

Nara Police Station: Tel. 0742-20-0110

Nara Nishi Police Station: Tel. 0742-49-0110

Tenri Police Station: Tel. 0743-62-0110

Nara City Customer Center at City Hall: Tel. 0742-34-4895

Nara City Seeks a Logo for "Nara Shimin Dayori (NARA CITY INFORMATION FOR RESIDENTS)".

The Nara City marks its 120th anniversary in 2018 and will redesign its public information newsletter.

The city is looking for a logo and a symbol created by citizens of Nara City.

Application period: No later than May 1(Tue.) 17:00

Details: Logo (text) and symbol mark (image) for the public information newsletter "Nara Shimin Dayori" You must use the Japanese letters "ならしみんだより" or "奈良しみんだより". You cannot submit only a symbol mark.

Application method: Applicants can obtain an application form from the city website. Please fill it out and send with your submissions to the Public Information Strategy Section or by E-mail (renewal@city.nara.lg.jp).

Prizes: one First Prize (chosen for used) – Nara City will present a certificate, 10 kg of Nara's rice, and Nara green tea "Yamatocha".

Others: Nara City will choose 10 excellent submissions, and publish them in “Nara Shimin Dayori” in September. The First Prize will be determined by citizens’ vote.

*The city will inform the winners that they have been chosen.

Inquiries: Koho-Senryaku-Ka (Public Information Strategy Section (Tel. 0742-34-4710)

*The application form is only Japanese.

Procedures for Water

When you are going to start or stop using city water, will change the user or the householder, or will stop using city water for a long time due to a move or other reasons, do not fail to contact us no later than three or four days before. (If you contact us on the internet, please do it seven business days beforehand). If you fail to give this notification, you will be charged the basic charge for water use regardless of your actual water use or not (you cannot apply to stop retroactively). Please inform us of the user number or the tap number when you contact us. As the bill for water and sewerage is charged two months later, you will be asked to pay the bill for two months, the month, you leave and the previous month.

* For those who live in an apartment or condominium and are not charged individually by the bureau, please contact the superintendent or the condominium management company.

Contact: Nara City Kigyo-Kyoku Kenshusho, Keiryō Center (Metering Center, c/o Enterprise Bureau Training Institute)
Tel. 0742-45-4472

Procedures for Mini-bikes or Light Motor Vehicles

All light motor vehicle tax will be levied on those who own motorized bicycles, light automobiles, small-sized special vehicles, or two-wheeled light vehicles (motorcycles) as of April 1. When you move out, pass a vehicle on to other owners, discard it, or if it gets stolen, please follow the procedures for changing ownership or discarding a vehicle.

Places for Declaration and Procedures

1, Motorized bicycles / small-sized special vehicles:

Shiminzei-Ka (Municipal Tax Division) Nara City Hall Tel. 0742-34-4958

2, Four-wheeled light vehicles:

Keijidosha Kensa Kyokai (Light Motor Vehicle Inspection Organization) Tel.050-3816-1845

3, Two-wheeled light vehicles:

Keijidosha Kyokai (Light Motor Vehicle Organization) Tel. 0743-58-3700

4, Two-wheeled small-sized vehicles:

Nara Unyu-Shikyoku (Kinki District Transport Bureau Nara Office) Tel. 050-5540-2063

Renewal of Qualification Certificates for Child Medical Expenses

The certificates for children who will enter the first grade of elementary or junior high school as of April 1 will be renewed. (Those who are not in those age-groups can continue to use the current certificate.)

Eligibility: Those born from April 2, 2011 to April 1, 2012

Those born from April 2, 2005 to April 1, 2006

* The new certificates will be sent in late March. Please send back the application form for the renewal qualification certificate for the child’s medical expenses, which is enclosed with the certificate. Eligible persons who do not have a qualification certificate yet are advised to apply immediately.

Eligibility for Medical Expenses Furtherance:

Available to Nara City residents who are covered by health insurance and have not graduated from junior high school yet (up to the first March 31 after reaching the age of 15).

However, the people mentioned below are not qualified:

Those covered by the Medical Expenses Furtherance System for the Mentally and Physically Handicapped.

Those covered by the Medical Expenses Furtherance System for Hitori-oya (single-parent) Families

Those receiving welfare

Inquiries: Kodomo - Ikusei-Ka (Child Allowance Section) Tel. 0742-34-5042

***Bosai* (Disaster Prevention) Center**

404-1 Hachijo 5-chome 630-8145 Tel. & Fax 0742-35-1106

Special Event for Spring Vacation

Date: March 24 (Sat.)

Time & Contents:

1. 9:30-12:00: Experiences of disaster prevention (Smoke evacuation, Earthquake)
2. 10:00-12:00: Picture-story show about disaster prevention
3. 10:30-12:00: Trial of cardiac massage (First 20 to arrive from 9:30)

Others: Commemorative photo opportunity with a fire engine, 119 call drill, Earthquake early warning, Q & A section etc.



General Lifesaving Course

First Aid for Adults Training Program (General Lifesaving Course I)

Date & Time: March 14 (Wed.) and March 25 (Sun.) 13:00-16:00

First Aid for Babies and Little Children Training Program (General Lifesaving Course III)

Date & Time: March 15 (Thurs.) 9:30-12:30

Contents: Cardio-pulmonary resuscitation, how to use an AED (Automatic External Defibrillator), etc.

Capacity: 20 persons, junior high school students and over, for each day

Application: Call the Center by the day before

***Mottainai* 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 which was used for business. Ashtrays and flower vases, which are not tableware.

Tableware with food, etc. stuck to it. Unglazed pottery or earthen pots. Tableware made of glass, plastic, metal or wood.

Tableware with rubber bottoms or handles (unless removed).

* Items will be checked when collected. Please take them back home if not accepted.

Date & Place: 1. March 7 (Wed.) at Co-op Oshikuma (Oshikuma-cho)

2. March 14 (Wed.) at Co-op Shichijo (Shichijo-Nishimachi)

3. March 21 (Holiday) at Hagukumi Center (Sanjo-Hommachi)

4. March 25 (Sun.) at City Hall North Parking

Time: 10:00-13:00 (Collection will be until 12:30)

* Please bring your own bags for taking items home.

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

Junior Exercise Class

Period: Around 30 times from April to February 2019

Place and Date: 1. Saturday mornings at Sahogawa Elementary School

2. Saturday afternoons at Ukyo Elementary School

3. Sunday mornings at Omiya Elementary School

Capacity: 20 elementary school students each

Annual Fee: 20,000 yen

Application: Send a return postcard with your address, name (with furigana), gender,

elementary school name, new grade, phone number, guardian's name, and

the number of the place you prefer; to Kimiyo Uenishi at the Nara City Gymnastics

Association by March 10 (314 Tsukise Tsukigase, Nara 630-2305 Tel. 0743-92-0405).

Excess applications will be decided by lottery.

Limited to one application per child.



Sports Classes

Naraden Arena

Soft Tennis Class

Date & Time: Every Tuesday from April 10 (Tues.) 9:30 - 11:30 10 times

Capacity: 60 people

Fee: 4,800 yen

Badminton Class (Daytime)

Date & Time: Every Tuesday from April 10 (Tues.) 13:30 - 15:30 10 times

Capacity: 60 people

Fee: 4,000 yen

Badminton Class (Elementary School Students)

Date & Time: Every Tuesday from April 10 (Tues.) 16:30-18:00 10 times

Capacity: 60 people (3rd to 6th graders)

Fee: 3,900 yen

Badminton Class (Nighttime)

Date & Time: Every Tuesday from April 10 (Tues.) 18:30 - 20:30 10 times

Capacity: 25 people

Fee: 6,500 yen



Naraden Dai-ni Arena

Health Physical Exercise Class

Date & Time: Every Tuesday from April 10 (Tues.) 10:00 - 11:30 10 times

Contents: Rhythmic Physical Exercise with music

Capacity: 30 women

Fee: 3,100 yen

Table Tennis Class

Date & Time: Every Thursday from April 12 (Thurs.) 9:30 - 11:30 10 times

Capacity: 50 men & women

Fee: 4,000 yen

Naraden Dai-ni Budojo Conference Room

So-Tai-Ho Class

Date & Time: Every Tuesday from April 10 (Tues.) 13:30 - 15:30 10 times

Contents: Learn how to take care of stiff shoulders, backache, etc. by yourself.

Capacity: 20 people **Fee:** 3,000 yen

Nordic Walking Class

Date & Time: Every Thursday from April 12 (Thurs.) 10:00 - 12:00 Around 4 times a month

Capacity: 20 men and women

Fee: 500 yen for each time (Accident insurance fee is not included.)

Application: Send a return postcard with the class name, your name with furigana, address, age (grade, birthday and guardian's name are required for elementary and high school students), gender and phone number; to Naraden Arena(1-3 Horen-Sahoyama 4-chome 630-8108 Tel. 0742-24-1501) no later than March 15 (Thurs.).

Excess application will be decided by lottery.

Bring sports equipment if you have any.

Martial Arts Exercise & Zazen (Zen Meditation) Classes

Naraden Budo-jo (Horen-Sahoyama 4-chome)

Kendo (Japanese Fencing) ① Basic Class for Elementary School Students

Date & Time: Every Monday, Tuesday and Friday 17:30-18:30, starting on April 2 (Mon.)

Capacity: 30 elementary school students

Fee: 9,000 yen

Kendo ②Advanced Class for Elementary School Students

Date & Time: Every Monday, Tuesday, Thursday and Friday 17:30-19:00, starting on April 2 (Mon.)

Capacity: 20 elementary school students (level 3-kyu or higher) **Fee:** 10,000 yen

Kendo ③Class for Parents and Children

Date & Time: Saturdays on April 7, 21, May 19, 26, June 9, 23, 9:30-10:30,

Capacity: 15 pairs of guardians and children 5-6 years old. Children may participate alone **Fee:** 2,000 yen

Kendo ④ Class for Junior High School Students and Over

Date & Time: Every Monday, Tuesday, Thursday and Friday 19:00-20:00, starting on April 2 (Mon.)

Capacity: 20 experienced junior high school students and over **Fee:** 4,000 yen. 300 yen for tickets for today

Naginata (Long Handled Sword) Class

Date & Time: Every Tuesday 10:00-12:00, every Thursday 16:30-18:30 every Saturday 13:00-15:00 starting on April 3 (Tues.)

Senior high school students and younger meet only on Thursday and Saturday.

Capacity: 20 people (five-years old and over) **Fee:** 4,000 yen

Yari (Spear) Class (Hozoin School)

Date & Time: Every Saturday 10:00-12:00, starting on April 7 (Sat.)

Capacity: 10 senior high school students and over. **Fee:** 6,000 yen

Zazen (Meditation) Class

Date & Time: Every Sunday 7:00-8:30, starting on April 1 (Sun.)

Capacity: 10 high school students and over **Fee:** 2,000 yen

Naraden Daini (Annex)Budo-jo (Horen-Sahoyama 4-chome)

Judo Class ① for Elementary School Students

Date & Time: Every Tuesday and Thursday 17:00-18:30, every Saturday 13:30-15:00 starting on April 3 (Tue.)

Capacity: 20 elementary school students **Fee:** 4,500 yen

Judo Class ② for Parents and Children

Date & Time: 2nd, 3rd, 4th Thursday 15:30-16:30, starting on April 12 (Thu.)

Capacity: 15 pairs of guardians and children 5-6 years old. Children may participate alone.

Fee: 3,000 yen

Judo Class ③ for Junior School Students and Over

Date & Time: Every Tuesday and Thursday 18:00-19:30, every Saturday 14:30-16:00 starting on April 3 (Tue.)

Capacity: 20 junior high school students and over **Fee:** 4,500 yen

Judo Class ④ for Women

Date & Time: Every Tuesday 10:00-11:30 starting on April 10 (Tue.) Twice a month

Capacity: 20 people (18 years old and over) **Fee:** 4,000 yen

Naraden Kyudojo (Horen-Sahoyama 4-chome)

Kyudo (Archery) ① Class for junior high school students and High School Students

Date & Time: Every Monday and Friday 16:30-18:30, starting on April 2 (Mon.)

Capacity: 20 students who work the school has no Kyudo club. **Fee:** 6,000 yen

Kyudo ② Class for High School Students and Over

Date & Time: Every Saturday 17:00-19:00, starting on April 7 (Sat.)

Capacity: 20 beginners (high school students and over) **Fee:** 3,000 yen

Others: Fees are for 3 months. Those who work Kendo classes separately need accident insurance fee.

Application: Send a return postcard with the class name, address, your name (with furigana), age (in case of students, school name and your grade), gender and phone number to reach the Shi-Sogo Zaidan (c/o Naraden Daini Budojo, 6-3 4-chome Horen-Sahoyama 630-8108) no later than March 15 (Thurs.). Excess applications will be decided by lottery.

Inquiries: Naraden Budojo for Kendo, Naginata, Yari and Zazen Classes Tel. 0742-26-1060

Naraden Daini Budojo for Judo and Kyudo Classes Tel. 0742-27-6163

Offices in City Hall will Extend Their Service Hours on Weekdays, and will be Open on Sundays Extraordinarily

Extraordinary Office Hours on Sundays

Date & Time: March 25 (Sun.), April 1 (Sun.) 9:00-13:00

Extension of Service Hours on Weekdays

Period: March 26 (Mon.) to April 4 (Wed.) 8:30-19:00

Open Doors in City Hall for Those Days above

Only the north entrance of the north building and the east entrance of the central building will be open. (The front entrance will be closed.)

Note: Administrative works that need inquiries to another city, town or municipal office, and the related works using the Basic Residential Resisters Network may not be able to be conducted.

Please Request the Procedures at the Section in Charge.

Notification of family registry, change of residence, personal seal registration, issue of copies and abstract copies of family registries, certificates of residence (copy), personal seal certificates, certificates and application for "My number" card and notification cards:

Shimin-Ka (Citizens Affairs Section) Tel. 0742-34-4730

Seibu Shutcho-sho, Jumin-Ka (Citizens Affairs Section) Tel. 0742-44-1001

Hokubu Shutcho-sho Tel. 0742-71-1017

Municipal tax certificates (except some parts) and registry of disused motorized two-wheeled vehicles: Shiminzei-Ka (Civil Tax Section) Tel. 0742-34-4958

National Health Insurance and National Pension Procedures (moving in, etc.):

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

Tel. 0742-34-4991 for National Health Insurance, Tel. 0742-34-4737 for National Pension

Procedures for welfare medical treatment for single-parent families, and procedures for children, child-rearing and special child-rearing allowance:

Kodomo-Ikusei-Ka (Child Allowance Section) Tel. 0742-34-5042

(For child allowances, call the section's branch office at 0742-34-5160).

Procedures related to changing of schools:

Kyoiku-Somu-Ka (Education & General Affairs Section) Tel. 0742-34-5337

About extended hours in general: Shimin-Ka (Citizens Affairs Section) Tel. 0742-34-4730

Rabies Shots and Dog Registration in Fiscal Year 2018

Rabies shots should be given once a year to every dog older than 91 days.

*It will be held rain or shine.

Fee: Rabies shots given at the site: 3,200 yen Registration: 3,000 yen

Things to Bring: Owners of registered dogs should bring the postcard sent about rabies shots (3-ticket type). Those with unregistered dogs should bring a memo with your name, address, and phone number, as well as the kind, name, gender, birth date and color of your dog, as well as the number of the implanted micro-chip and implant date.

Please refer to the Japanese edition of the Shimin-Dayori (Nara City Information) about the sites, date and time.

- Some dogs may not be allowed to receive the shot owing to their physical condition.
- Dogs, collared and/or muzzled, must be brought by a person who is accustomed to handling them.
- In case your dog cannot receive the shot at the site and within the term scheduled by the City, please take it to an animal hospital between April and June, 2018.
- Dog registration, which is legally required for each dog once in its life, can be received at the same sites. Unregistered dogs need to be registered. Dogs can also be registered at the City Public Health Center, Shutcho-sho, Administration Centers and Liaison Offices at any time.

Inquiries: Seikatsu-Eisei-Ka (Life Sanitation Section), the City Public Health Center Tel. 0742-93-8395

Garbage Collection in March

Unburnable Garbage

Unburnable garbage may be disposed of in one transparent/semi-transparent 45-liter or less plastic bag. Please put all the garbage in the bag and fasten tightly. Umbrellas (except parasols) can be partially out of the bag. Generally, garbage which doesn't fit in a 45-liter bag or weighs more than 5kgs will be considered bulky garbage. If you have a large amount of garbage due to moving house and so on, please bring it

to the Kankyo-Seibi Kojo (Environment Sanitation Plant) after phoning in advance, or ask general waste collection and transportation permit agents in Nara City to dispose of it.

Garbage Collection Dates and Areas in March

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



*Garbage will be collected as usual on March 21 (National Holiday).

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

The garbage collection date may be duplicated in some areas, so please check on the home page.

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

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

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 which will be sent to you by the middle of March and your *Mother's and Child's Health Handbook*. People who moved to Nara City after March 1st and have not received the questionnaire by the checkup day can come to the place directly on the day. For 4-month and 10-month-old babies' checkups, please contact Kenko-Zoshin-Ka (Health Care Section).

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

Name	Date	Place
Checkup for 4-month-old babies (Born in Dec. 2017)	Within one month after 4-month birthday	Designated Medical Facilities
Checkup for 10-month-old babies (Born in June 2017)	Within one month after 10-month birthday	Designated Medical Facilities
Checkup for 19-month-old children (Born in August 2016)	April 12, 19, 26, and May 10 (Thursdays), Reception: 13:15-14:15 Waiting numbers will be distributed at 12:45	Central Health Center (Chuo Hoken Center*)
Checkup for 3 & 1/2-year-old children (Born in September 2014)	April 10, 17, 24 and May 8 (Tuesdays) Reception: 13:15-14:15 Waiting numbers will be distributed at 12:45	Central Health Center (Chuo Hoken Center*)

*Chuo Hoken Center is in Hagukumi Center.

Various Classes for Babies and Infants

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

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

Date & Time: April 11 (Wed.), 25 (Wed.) 10:00-11:30

Place: Hagukumi Center

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

Things to bring: *Mother's and Child's Health Handbook* and the baby food leaflet enclosed with health checkup questionnaire for 4-month-old babies.

Capacity: 40 families per day

Ha-Pika Class (Tooth Decay Prevention Class for Babies)

Those eligible: First babies born in April 2017 and their guardians

Date & Time: April 10 (Tues.), 24 (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 for each 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.

Fluoride Coating for Tooth Decay Prevention

Those Eligible: Those born in April 2016 (You can apply until age 2 years and 4 months.)

Date & Time: April 20 (Fri.) 9:30-11:30

Place: Central Health Center (At Hagukumi 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, the date of birth and phone number to Kenko-Zoshin-Ka (Health Care Section) by March 23 (Fri). Tel. 0742-34-5129, Fax. 0742-34-3145

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 website) 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

Classes and Dental Checkups for Pregnant Women

Mother's & Father's Class for Those in Their First Pregnancies

Date of course A	Date of course B	Contents
April 11 (Wed.)	May 9 (Wed.)	Lecture and talk with experienced mothers (*Women in their first pregnancies)
April 14 (Sat.)	May 12 (Sat.)	Bathing practice and lecture (*Women in their first pregnancies and their husbands)

*For those who are between 22 and 32 weeks of pregnancy and can attend both days of course A or B.

Time: 9:30-12:00

Place: Chuo Hoken Center (Central Health Center)

Capacity: 24 families per class

Application: Call, fax, or use the form on Nara City's website with the class name, course A or B, your address, name, age, phone number, the expected delivery date and whether Your husband will attend or not by April 4 (Wed.) for course A and May 2 (Wed.) for course B to Kenko-Zoshin-Ka (Health Care Section) Tel. 0742-34-5129

Maternity Happy Check (Dental Checkup for Pregnant Women)

Those eligible: Pregnant women (between approx. 16 and 32 weeks)

Date & Time: ①April 26 (Thurs.) 9:30-11:30 ②May 24 (Thurs.) 9:30-11:30

Place: Chuo Hoken Center (Central Health Center)

Contents: Dental checkup, lecture about tooth brushing, fluoride coating (only for applicants)

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

Capacity: 30 people

Application: Call or fax with the event name, your preferred date, your name, your date of birth, phone number, and expected delivery date to Kenko-Zoshin-Ka (Health Care Section) by April 19 (Thurs.) for ①, or May 17 (Thurs.) for ②. Tel. 0742-34-5129

Let's Get Hepatitis Virus Examinations !

Date & Time: March 12 (Mon.), 26 (Mon.) 9:30-10:30

Place: Hokensho (2nd Floor of Hagukumi Center) Sanjyo-honmachi

Those eligible: Those who have never had the examination and who have had massive bleeding due to a major surgery, delivery, etc.; or who received Fibrinogen preparations.

* Those who can take the exam through work or at another place or who have had the examination before are excluded.

Contents: Consultation, a blood test

Results will be given at the Hokensho (2nd Floor of Hagukumi Center) later.

(An explanation of the results will be given if you need it.)

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

Tuberculosis Examinations for Citizens

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

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

Contents: Chest X-ray examination

Capacity: 15 people, over 65 years old

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

Maternal and Infant Healthcare Consultation

You can consult with us on 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
March	6 (Tues.)	Tomigaoka Kominkan
	7 (Wed.)	Keisei Kominkan
	8 (Thurs.)	Tahara Kominkan *
	13 (Tues.)	Nimyo Kominkan Nimyo Bunkan
	14 (Wed.)	Nanbu Kominkan
	16 (Fri.)	Heijo Higashi Kominkan **
	19 (Mon.)	Tatsuichi Fureai Kaikan

	23 (Fri.)	Sahogawa Fureai Kaikan
	27 (Tues.)	Miato Kominkan
	28 (Wed.)	Kasuga Kominkan **

Time: 9:30-11:30 (* 10:30-12:00) (** 13:30-15:30)

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

Consultation by Midwives

Seibu Kaikan Second-Floor Consultation Room (Consultation at the office)

Time: Weekdays, 10:00-14:00 (Reception until 13:30)

Kenko-Zoshin-Ka (Health Care Section) (Consultation over the phone or at the office)

Time: Weekdays, 9:00-15:00

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

March 1 (Thurs.) to 7 (Wed.): Vaccination Week for Children

March is a good month for parents to check whether their children have missed a shot before entering kindergarten or school in April. Have your children properly completed vaccinations? Please go through their vaccination records again in the *Mother's and Child's Health Handbook*.

Regular Vaccination Schedule for the last year (for your reference)

Vaccination Name		Average Age of Vac.	Babies									Infants					School Children							
			Age Kind	2	3	4	5	6	7	8	9	10	11	1	1+ 1/2	2	3	4	5	6	7	8	9	10+
			month old									years old												
Hib (inoculable between 2-month and 4 years old=I)	Inactivated		(1)	(2)	(3)								(4)											See below A
Childhood Pneumococcus Infection (CPI)=(I)	Inactivated		(1)	(2)	(3)								(4)											See below A
Hepatitis B (inoculable by one day before the 1st birthday=II)	Inactivated		(1)	(2)						(3)														
Tuberculosis (BCG)=(II)	Live									(1)														
Diphtheria, Whooping Cough (pertussis), Tetanus, and Polio	1st Term DPT-IPV (Have the 1st shot when turning 3-month old)	Inactivated		(1)	(2)	(3)							(4)											Until 7+1/2 yrs. old
	2nd Term DT (for those born between April 2, 2005 and April 1, 2006)	Inactivated																						(5) from 11 and before 13 years old
Measles and Rubella (MR) (2nd term for those born between April 2, 2011 and April 2, 2012)	Live												(1)									(2)		
Chickenpox	Live												(1)	(2)										
Japanese Encephalitis (JE) (average age for 1st term: 3 years and by 7+ 1/2 years. Average age for 2nd term 4th grader, from 9 years and before 13 years))	Inactivated																(1)	(2)	(3)					(4)
Human Papilloma Virus	Inactivated																							See below B

A: Vaccination times depend on when you start. For details, please contact Nara City

B: Nara City stopped active recommendation from June 14, 2013.

Average age: junior high school 1st graders, between 6th graders and high school 1st graders

Those eligible for JE special measures

(1) Those born between April 2, 1995 and April 1, 2007 and have not completed four JE shots are eligible to get the vaccination for free until the day before their 20th birthdays.

(2) Those born between April 2, 2007 and October 1, 2009 and received the second term shots between ages 9 and 13, but haven't completed the first term shots are eligible to catch up on the missed shots.

* Nara City will not send any special notice.

* Please make an appointment at a medical institution registered with the city (listed on the Nara City website), and bring your child's *Mother's and Child's Health Handbook* and your Health Insurance Card when you go. Those who were born after January 1, 2013 should bring the preliminary Examination Leaflet.

* Another dose may be taken after 27 days for live vaccines, and after 6 days for inactivated vaccines (If you will get the same vaccines, make sure to keep to the prescribed intervals).

Information from Central/Prefectural Governments & Other Organizations

Please Join Trial Classes in *Koto*, (Japanese Zither), and *Shakuhachi*, (Japanese Flute) and Enjoy a Live Concert!

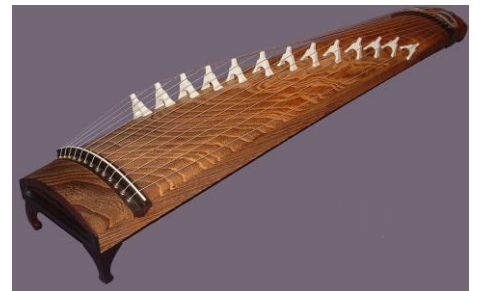
Date & time: March 31 (Sat.)

Trial Class: 10:00, from fourth graders to adults

Concert: 11:00

Place: Nara Centennial Hall (Sanjo-Honmachi)

Inquiries: Kamiya-san of the *Ken Sankyoku Kyokai* Tel. 0742-47-1158



Nara Fude (Writing Brush) Matsuri

Date & time: March 21 (Holiday), 10:00-5:00

Place: Sugawara-Tenmangu Shrine (Sugawara-Higashimachi)

Inquiries: *Nara Mohitsu Kyodo Kumiai* Tel. 0742-33-1015

50-meter Dash Championship

Date & Time: May 3 (Holiday) 9:00-16:00

Place: Naraden Field (Horen-Sahoyama 4-chome)

Fee: Necessary

Capacity: 900 people who can run 50 meters within one minute

Deadline: March 31 (Sat.)

Application: Takashita san of the Nara Sports Club Tel. 090-6944-1319

