

Nara City Information for Residents

March 2024 Issued by Nara City Hall (No. 1240)
(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



令和6年能登半島地震 奈良市独自の切れ目ない支援

2024 Noto Earthquake:

Nara City Continues Uninterrupted Unique Support

Photo: Cherry blossom buds at Nara City Hall

2024 Noto Earthquake:

Nara City Reaches Out and Continues Uninterrupted Unique Support.

Nara City began providing assistance to the affected areas immediately after the earthquake. In order to support local government officials who are working hard as the main disaster response function, our support policy is to offer various “necessary support (needs)” provided “as quickly as possible (speed)”.

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

Please Cooperate in the Proper Separation and Disposal of Garbage.

Since last December, there have been three fires involving garbage trucks, probably caused by the explosion of cartridge-type gas cylinders and rechargeable batteries for robot cleaners. We would like to remind you of the proper way to dispose of garbage to avoid serious disasters.

Insecticide, Spray Paint and Hair Mousse Cans: Collected as unburnable garbage

Cartridge-type Gas Cylinders and Body Spray Cans: Collected as recyclable resources

(When disposing of cans, use up all the contents and make several holes in the can.)

Disposable Lighters: Collected as burnable garbage (When disposing of lighters, use up all the gas.)

Batteries, Button batteries, Coin Batteries: Insulate with tape and put them in the city's

battery collection boxes. The locations of these are shown on Nara City's website. ---->



Batteries can also be collected as noxious garbage.

Small Rechargeable Batteries, Such as Mobile Batteries and Lithium-ion Batteries:

Use the city's battery collection boxes mentioned above, or the recycling boxes* in electronics retail stores.

* The locations of recycling boxes are listed on the JBRC website.

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

Information about the New Corona (COVID-19) Vaccination Service

This is important information about the vaccination. If you are not vaccinated and need vaccinations against the new coronavirus, please read the information carefully and make a reservation as soon as possible.

Please see the up-to-date information on the Nara City Website. -->



The new Corona vaccination service for fiscal year 2023 will end on March 31(Sun.).

Those eligible: All people who finished the primary vaccination (5 years of age and older who have completed the 1st and 2nd doses; 6 months to 4 years of age who have completed 1st, 2nd, and 3rd doses)

Kind of vaccination: Against Omicron XBB. 1.5

How to get vaccinated: Individual vaccines are given out at various medical institutions.

If you have not received or lost your vaccination vouchers: You can apply

via "e-Koto Nara" (electronic application), **by phone to the Call Center, by visiting the office, or by mail.**

*If you apply after the middle of March, you might not get vaccinations by March 31 due to the deadline.

*Vouchers for this fiscal year will not be usable in fiscal 2024.

The New Corona Vaccination Will Become Regular and Generally Charge Fees from April 1 (Mon.) in 2024

Special and temporary vaccinations will stop being offered on March 31 (Sun.). Vaccination will become the same as flu vaccinations and fees will generally be charged, although vaccinations had been free.

If it is not possible to complete the primary vaccination by March 31 in 2024, a fee will be charged after that date.

Inquiries: COVID-19 Vaccination Call Center 0120-340-112

Time: 9:00 – 17:00 (Except Saturdays, Sundays & Holidays)

*The date and hours of operation are subject to change.

*The call center will close at 17:00 on March 29 (Fri.), 2024.

*Please be careful not to dial the wrong number.

Garbage Collection Dates and Areas in March

Area	A-F	B-E	C-H	D-G
Burnable Garbage	Mon. & Thurs.		Tues. & Fri.	
Unburnable Garbage	6, 20 (Wed.)		13, 27 (Wed.)	

*Garbage will be collected on March 20 (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 check the Nara City 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

Preliminary Examination Leaflets were Sent in late February (to Those Born in January 2024)

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. 0742-34-5129

Medical Checkups for Babies & Children

Checkup Name (Eligibility)	Date	Place
4-month-old Babies Checkup (Born in December 2023)	From 4-month birthday until the day before turning 5 months old	Designated medical facilities in Nara City.
10-month-old Babies Checkup (Born in June 2023)	From 10-month birthday until the day before turning 11 months old	
19-month-old Babies Checkup (Born in August 2022)	April 11, 18, 25 (Thurs.) (Please check the questionnaire for date & time)	Chuo Hoken Center (Central Health Center) (Hagukumi Center 2F)
3-1/2-year-old Babies Checkup (Born in September 2020)	April 16, 23, 30 (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 early March. People who moved to Nara City after March 1 and have not received it by the checkup day should contact Boshi-Hoken-Ka (Mother & Child Health Section). Tel. 0742-34-1978

Japanese Encephalitis Vaccinations to Start (for Those Born in March 2021)

Those Eligible: Between 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 or other ID.

*Those who are not registered as residents 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

Workshop for Pregnant Women & Babies and Dental Checkup

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

Tel. 0742-34-1978

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

Date & Time: March 21 (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: March 14 (Thurs.)

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

Date & Time: March 13 (Wed.) 10:00-11:15

Place: Hagukumi Center 2F

Capacity: 32 pairs of a first-born child born in Oct. 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

Deadline for Application: March 11 (Mon.)

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

Date & Time: March 12 (Tues.) 10:00-11:00

Place: Hagukumi Center 2F

Contents: Lecture and training about dental care for new teeth

Capacity: 21 pairs of a first-born child born between Dec. 2022 and March 2023 and his or her guardian

Things to Bring: *Mother's and Child's Health Handbook*, and some gauze for wiping the baby's mouth

Deadline for Application: March 11 (Mon.)

Fluoride Coating for Tooth Decay Prevention for Children Born in March 2022

Date & Time: March 15 (Fri.) 9:30, 10:00, 10:30, 11:00

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: March 12 (Tues.)

***Pre-Mama* Salon (Lecture for first-time pregnant women)**

Date & Time: April 19 (Fri.) 10:00-12:00

Place: Hagukumi Center 2F

Contents: lecture about baby and child rearing by a public health nurse and a midwife, and interaction with other participants

Capacity: 20 first-time pregnant women between 22 and 31 weeks of gestation on the day

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

Deadline for Application: April 12 (Fri.)

Maternal and Infant Health Care Consultation

Hagukumi Center 3F

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

* Appointment is required.

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

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

Face-to-face consultations (with midwives)

* Appointment is required.

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

* Except on holidays and March 29 (Fri.)

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 & Time: March 19 (Tues.) 10:00- 11:30

Place: Tawara *Dongo-ga-oka* Community Plaza (Yokota-cho, ex. Tawara Kindergarten)

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 is required.

Date & Time: 9:00-16:30 on weekdays

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

Education Center KIDS LEARNING FLOOR

Class Name	Date & Time
Planetarium “Nijiro and Seasonal Constellations: ~Story about Corvus ~” Capacity: 40 seats each time	Every Sat. & Sun. until March 10 (Sun.) (1) 10:30 – 10:50 (2) 13:30 – 14:00
Movie Screening “Once Upon a Time in Japan, Omusubi Kororin (the Runaway Riceball) / Umakata-to-Tanuki (Horse Owner & Raccoon Dog)” Capacity: 200 seats	March 17 (Sun.) 13:00 – 13:30

[Attention] : The planetarium will be closed from **March 11**(Mon.) for equipment inspection, etc.

Place: Hagukumi Center 9 F

Others: Reception on the day of the class will start 15 minutes before the starting time of each class and will be closed when the prescribed number of applications is reached. Children must be accompanied by guardians. In addition to the above, other classes may also be held. The planetarium can be used by groups. (An application is needed.)

For the latest information, please check the city website or contact us directly.

For more information →



Inquiries: Kids Learning Floor (Education Support and Consultation Section)
Tel. 0742-36-0401

Nishi Fukushi Center

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

Irodori Concert --- May we bring excitement and smiles to you through rich music ---

Date & Time: Mar. 12 (Tues.) 14:00 - 15:00

Performers: CHIG & HUG (Song and Piano)

Those Eligible: People 60 years old and over, and their family members
Children under 3 years old, and their family members

Clarinet Concert ---The world of Classical Music and JAZZ---

Date & Time: Mar. 20 (Holiday) 11:00 – 12:00

Performers: Mr. Hiromasa Kasai (Clarinet), Ms. Yuko Nakayama (Piano)

Those Eligible: People 60 years old and over, and their family members
Children under 3 years old, and their family members

Shiryō Hozon Kan (Historical Materials Preservation House)

Wakido-cho 630-8337 Tel. 0742-27-0169 (Closed on Mondays)

Time Travel in Naramachi through Historical Materials stored in the House

"Schoolchildren in the Taisho period from photographic materials from Tubai Elementary School"

Date & Time: Mar. 23 (Sat.) 14:00 -16:00

Place: Naramachi Nigiwai-no-Ie (Nakashinya-cho)

Naramachi Nigiwai-no-Ie

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

Machiya Fashion Show & Talk

Date & Time: March 23 (Sat.) 14:00-15:30

Contents: Presentation of kimono, works of art and stage costumes by Nao Tsuchiya, Minami Nakasuji and Sayaka Yamashita

Bonseki World “Describe the Kinki Region”

Date & Time: April 4 (Thurs.) 10:00 - 17:00 / 5 (Fri.) – 8 (Mon.) 9:00 - 17:00 / 9 (Tues.) 9:00-16:00

* April 6 (Sat.) and 7 (Sun.) 10:00 - 15:00 for demonstrations and experiences

Contents: Presentations, demonstrations and experiences of Bonseki artworks

Lecturers: Members of Hosokawa-ryu Yamato-bonsekikai Biseki-kai

Nara Art Space

The 44th Work Exhibition for the Protection of and Enlightenment about Human Rights

Date & Time: March 1 (Fri.) to 15 (Fri.)

Place: Nara City Museum (Nijyo-oji Minami 1-chome)

Inquiries: Nara City Museum (Tel. 0742-30-1510)

Picture Exhibition by Kikuko Yoshida

Date & Time: March 18 (Mon.) to 22 (Fri.) * Except March 20 (Holiday)

Place: Entrance hall of Nara City Hall 1st floor

Exhibition of Children's Works from the Maegawa Picture Class

Date & Time: March 25 (Mon.) to 29 (Fri.)

Place: Entrance hall of Nara City Hall 1st floor

Inquiries: Bunka Shinko-Ka (Culture Promotion Section) Tel. 0742-34-4942

Culture Hall of the Garden of Former Daijo-in Temple

1083-1, Takabatake-cho, 630-8301 Tel. 0742-24-0808, Fax. 0742-24-0807

(Re)Exhibition of Photos about Nara Hotel * Free admission

Date & Time: March 9 (Sat.) to 27 (Wed.) 9:00 - 17:00

Nara City Museum of Calligraphy in Honor of Kason Sugioka

3 Wakido-cho 630-8337 Tel. 0742-24-4111 Fax 0742-20-6677

Learning from Kason's Calligraphy: Write while Observing *Kana* Works (1) Focusing on Fine Characters:

Date & Time: March 20 (Holiday) 14:00

Brush-Writing Experience Corner

Date & Time: March 20 (Holiday) - 24 (Sun.) 9:00-17:00

Contents: Experience calligraphy easily without using black ink, by writing on special paper with a watered brush.

Fee: General Admission 300 yen, Group (20 or more people) 240 yen

Free for children 16 years old and under, high school students, Nara City residents 70 years old and over, physically challenged persons (certificate required) and their caregivers

Restrictions on visiting *Todaiji-Shunie (Otaimatsu)*

There will be the area restrictions and admission restrictions due to congestion around Nigatsudo Hall from March 1 (Fri.) to March 14 (Thurs.).

* In particular, please refrain from visiting the area surrounding Nigatsudo Hall on March 12 due to strict restrictions. Check the Todaiji Temple website for further details.

Inquiries: Todaiji Temple Tel. 0742-22-5511

Art Exhibition of Nara High School Graduates

Date & Time: March 19 (Tues.) 13:00 - 17:30 March 20 (Wed.) - 23 (Sat.) 10:00 - 17:30
March 24 (Sun.) 10:00 - 15:30

Place: Nara City Art Museum (1 cho-me, Nijyo-oji-minami)

Inquiries: Please call Shimada (sponsor) Tel. 090-3429-4397

Nara Fude (Writing brush) Festival

Date & Time: March 20 (Wed. Holiday) 10:00-15:00

Place: Sugawara Tenmangu Shrine (Sugawara-higashi)

Inquiries: Nara Mohitsu Kyodo Kumiai (Cooperative Association) Tel. 0742-33-1015

The 10th Exhibition of the Makoto-tatsu Calligraphy Society & the Exhibition for Centennial Celebration for Calligrapher Shisen Bota

Date & Time: March 22 (Fri.)-24 (Sun.) 10:00-17:00 (Until 16:00 on the last day)

Place: Kyoto City KYOCERA Museum of Art (Kyoto City, Kyoto Prefecture)

Inquiries: Murakawa-san, Makoto-tatsu Shodokai (Calligraphy Society) Tel. 0743-85-6766

What Was Laughter Like in the Past? Let's Experience *Kyogen* Comic Play

Date & Time: March 29 (Fri.) 13:00-15:00, 30(Sat.) 17:00-19:00, 31(Sun.) 13:00-15:00

Place: Wakakusa Kominkan (Kawakami-Cho)

Subjects: Elementary school children and junior high school students

Inquiries: Hanatani-san, Kyogen IROHA Tel. 080-8816-1054

Yagyu Cherry Blossoms Festival

Date & Time: April 6 (Sat.), 10:00-15:30, 7 (Sun) 10:00-16:00

Place: Former Residence of the Yagyu Clan's Chief Retainer (Yagyu-cho), Yagyu Kominkan

Inquiries: Yagyu Tourism Association (Tel. 0742-94-0002)

KOMINKAN

Nambu Kominkan 27-1 Yama-cho 630-8434 Tel. & Fax 0742-62-5931

Event Name	Date & Time and Contents	Application
Ehon Hiroba (Picture Book Square) in Nambu	Look at, listen to, and touch picture books and feel them in your heart and body March 24 (Sun.) 13:00-16:00 * Please contact Nambu Kominkan for details.	Not necessary

Heijo Nishi Kominkan 25 Jingu 4-chome 631-0804 Tel. & Fax 0742-71-5711

Event Name	Date & Time and Contents	Application
Sprig Jazz Concert	Concert by Masago Miki, Singer March 16 (Sat.) 14:00-15:00 * Please contact Nambu Kominkan for details.	Not necessary

Seibu Kominkan 1-5 Gakuen-minami-3-chome 631-0034 Tel: 0742-44-0101 Fax: 0742-44-0103

Event Name	Date & Time and Contents	Application
Spring Break! Seibu Children's Square (Entry is free)	Let's enjoy spring break, watching a juggling show, making leaping paper frogs, and playing with frisbees, fishing games, and mölkky. March 23 (Sat.) 14:00-16:00 Instructors: Performing artist "Twinkle", etc. Eligible: From infants to elementary school children and guardians, children who are studying in Nara can also attend. Fee: 100 yen (for crafts)	Not necessary

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

Event Name	Date & Time and Contents	Application
Heijo Open-air Picture Book Square	Picture books are displayed and read, etc. March 23 (Sat.) 10:00-15:00 Preschool children and their guardians *Free Entry	Not necessary

Notice of 2024 Rabies Prevention Group Injections

Rabies Shots Should be Given Once a Year to Every Dog Older than 91 Days.

Things to Bring: The notification postcard (three-ticket type)

*It will be sent at around the end of March.

Fee: 3,400 yen (cash only)

Caution:

- Some dogs may not be allowed to receive the shot due to their physical condition.
- Dogs must be collared and brought by a person who is accustomed to handling them.
- If your dog cannot receive the shot at the site, please get it at an animal hospital.
- Please use public transportation as much as possible since some sites may not have enough parking.

For Those Who Have Not Registered

Dog registration is an important once-in-a-lifetime procedure for each dog as stipulated by the Rabies Prevention Law. Please register your dog before you go to the venue site as it will be very crowded on the day.

For details about dog registration ▶



Inquiries: Hoken-Eisei-Ka (Department of Health and Hygiene) Tel. 0742-93-8395

Be careful not to dial the wrong number.

Annual Women's Health Week: March 1 to 8

We support women so that they can have healthy bodies and spend their lives brightly.

Breast Cancer: Develop the habit of breast awareness.

Cervical Cancer: It can be prevented with the HPV vaccine.

Endometrial Cancer: Check for abnormal bleeding. If there is anything of concern, please seek medical attention immediately.

Get Regular Osteoporosis Checkups

Osteoporosis is a disease in which bone mass decreases and bones become weaker, making them more prone

to fractures. It is especially common in postmenopausal women and is said to be closely related to the decrease in female hormones and aging.

Nara City health checkups are conducted every five years for those aged 40 to 70.

Increases in Female-Specific Cancers

Please be sure to have * a medical checkups once every two years.

* Cancer examinations for fiscal year 2023 finished at the end of February. They will start again from July 1, 2024

An exhibition to raise awareness about women's health and habits is being held in the City Hall 1F passageway of the

main building until March 8 (Fri.).

The Second Thursday in March Every Year is World Kidney Day

Do You Know about Chronic Kidney Disease (CKD)?

Chronic kidney disease is a condition in which kidney function decreases to less than 60% of that of healthy people (GFR is under 60ml/min/1.73m³), or kidney abnormalities that produce proteinuria continue.

Once a kidney gets damaged, it is difficult for it to return to its original state naturally.

Please review the results of your medical checkups.

World Kidney Day Panel Exhibition

March 11 (Mon.)-15 (Fri.) Nara City Hall 1F Passageway

March 18 (Mon.)-29 (Fri.) Hagukumi Center 1F

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

Nara City Art Project “*KOTOHOGU* NARA 2023-2024”

Art Hub Program “Naramachi Wandering”

A "kick-off event" will be held as a new style of learning created together with artists.

There will be workshops and exhibitions of activities related to culture and art at multiple venues in the Naramachi area.

Let's visit and see various activities!

Date & Time: March 11 (Mon.) - March 17 (Sun.)

Place: Naramachi Center Lawn Square (Higashi-Terabayashi-cho) etc.

Others: Free of charge, no registration required

Inquiries: Executive Committee Secretariat

(Bunka-Shinko-Ka (Cultural Promotion Section) Tel. 0742-34-4942 e-mail: art@city.nara.lg.jp)



For more information, visit the website:

Let's Play Baseball! Special Gloves Were Delivered to Students

Shohei Otani, who joined the Dodgers, a Major League Baseball team in the U.S., donated "Otani Gloves" to 20,000 elementary schools across Japan. The gloves have arrived at elementary schools in Nara City.

The excitement of the students was at its peak as they held the glove donated by Otani.