

# Nara City Information for Residents

June 2024 Issued by Nara City Hall (No. 1243)

(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](mailto:nsgghyk@gmail.com)

特集  
pick up!

古都奈良を環境先進都市へ  
ごみから潤う、循環のまち

Photo: Rose "Ehigasa" at Ryosenji Temple

## Functions of the New Clean Center

It has been almost 40 years since the Kankyo-Seibi Plant, the current waste incineration plant, began operation. Nara City has released a proposed basic plan for the New Clean Center, with the goal of building a new plant as soon as possible. According to the plan, the New Clean Center will not only be a “waste incineration facility,” but will also be a facility that recycles resources and contributes to the development of a city enriched with renewable energy.

The New Clean Center will generate natural energy from waste.

The functions of the New Clean Center are:

- (1) The reuse of thermal energy
- (2) Waste recycling: Crops will be grown with compost made from food waste and consumed by the community.
- (3) Disaster resilience: The facilities can supply energy and act as a temporary evacuation shelter for local residents in the event of a disaster.

## We will subsidize the cost of maternity health checkups.

Those Eligible: women 2 weeks through 1 month postpartum

Examination tickets will be sent to eligible people. If you do not receive one, please contact *Boshi-Hoken-Ka* (the Mother and Child Health Section).

Subsidy amount: Up to 5,000 yen for both the first checkup (2 weeks after childbirth) and the second (1 month after childbirth)

Refund claims require receipts. For more details, please contact the same section as above.

## We have added home-visit care to the postpartum care service.

Those Eligible: Mothers and children less than 1 year after childbirth

Fee: 500 yen per day

It can be used for 7 days in combination with the day care service. Free for people living in welfare-eligible households.

Application: Please apply from the city's website. Check here for further details



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

## Garbage Collection

Please Cooperate in the Proper Separation of Garbage. You Can Refer to the “Nara City Garbage Encyclopedia” and the “Nara City Garbage App”.

For details, please visit the Nara City website. The Garbage Encyclopedia is available at the counters of City Hall and branch offices.

After Collection, Please Put Away Foldable Garbage Cages As Soon As Possible.

### Garbage Collection Dates and Areas in June:

| Area               | A-F           | B-E | C-H          | D-G |
|--------------------|---------------|-----|--------------|-----|
| Burnable Garbage   | Mon. & Thurs. |     | Tues. & Fri. |     |
| Unburnable Garbage | 12, 26 (Wed.) |     | 5, 19 (Wed.) |     |

\*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

## Beware of Ixodids (Hard Ticks) During Outdoor Activities

Ixodids, which cause tick-borne infections, live in fields, the footpaths between rice fields, and forests. They become active from spring to fall. Be careful not to be bitten. If bitten, see a doctor as soon as possible.

### Measures for preventing bites:

1. Wear clothes such as long-sleeved shirts and long pants to cover your skin. Use insect repellent.
2. Check your clothes and your skin after outdoor activities. Take a bath, and wash your clothes.
3. Brush your pets after walking them and use acaricides for pets.

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

## Get Vaccinated against HPV (human papillomavirus) to Prevent Cervical Cancer!

### Regular Vaccination

**Those eligible:** Girls from around aged 12 (the 6th grade of elementary school) to around 16 (the 1st grade of high school).

### Catch-up Vaccination

**Those Eligible:** Women born between April 2, 1997 and April 1, 2008

**Vaccination method:** Three-time vaccination (Or twice, depending on conditions.)

It will take half a year to complete. Vaccination is voluntary after the target period, and in that case the full expenses must be paid.

For details on vaccination methods, etc., please visit the city website.

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

## Vaccination Notices

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

**Preliminary examination leaflets will be sent in late May (for those born in April, 2024)**

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

## Tsuge Hoken Center

### Traveling consultation with public health nurses

**Date:** July 9 (Tues.) 10:00-11:30

**Place:** Koto Kominkan (Ooyagyū-cho)

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

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



## Medical Checkups for Babies & Children

| Checkup Name (Eligibility)                               | Date  | Place   |
|--|---|---|
| 4-month-old Babies Checkup<br>(Born in March 2024)       | From 4-month birthday until the day before turning 5 months old   | Designated medical facilities in Nara City.                           |
| 10-month-old Babies Checkup<br>(Born in September 2023)  | From 10-month birthday until the day before turning 11 months old |   |
| 19-month-old Babies Checkup<br>(Born in November 2022)   | July 4, 18, 25 (Thurs.)   | Chuo Hoken Center<br>(Central Health Center)<br>(2F, Hagukumi Center) |
| 3-1/2-year-old Babies Checkup<br>(Born in December 2020) | July 9, 16, 23, 30 (Tues.)  |   |

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

\* The questionnaire will be sent in June. People who moved to Nara City after June 1 and have not received it by the checkup day should contact Boshi-Hoken-Ka (Mother & Child Health Section). Tel. 0742-34-1978

## Workshop for Pregnant Women & Babies and Dental Checkup

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

**Date & Time:** June 14 (Fri.) 10:00-12:00

**Place:** Hagukumi Center 2F

**Capacity:** 20 first-time pregnant women between 22 and 32 weeks of gestation on the day

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

**Deadline for Application:** June 10 (Mon.)

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

**Date & Time:** June 18 (Tues.) 10:00-11:00

**Place:** Hagukumi Center 2F

**Capacity:** 24 pairs of a first-born child born between March 2023 and June 2023 and his or her guardian

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

**Deadline for Application:** June 13 (Thurs.)

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

**Date & Time:** June 19 (Wed.) 10:00-11:15

**Place:** Hagukumi Center 2F

**Contents:** Lecture about baby food by a nutritionist and about child rearing by a public health nurse

**Capacity:** 32 pairs of a first-born child born in Jan. 2024 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:** June 14 (Fri.)

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

**Date & Time:** June 27 (Thurs.) 9:30-11:30

**Place:** Hagukumi Center 2F

**Capacity:** 28 women in the approximately the 16<sup>th</sup> to 31<sup>st</sup> week of pregnancy on the day

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

**Deadline for Application:** June 20 (Thurs.)

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

Tel. 0742-34-1978

## Cancer Examinations (July)

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 June 3 (Mon.) 8:30 to 20 (Thurs.) 17:15**

### Stomach and Lung Cancer Examinations

| Date  | Reception Time | Place                                    | Capacity |
|---|----------------|--|----------|
| July 5 (Fri.)   | 9:45-10:15     | Seibu Library                            | 10 each  |
|   | 10:15-10:45    |  |          |
| July 8 (Mon.)   | 9:15-9:45      | Hokubu Shutchosho                        | 10 each  |
|   | 9:45-10:15     |  |          |
| July 9 (Tues.)<br>July 16 (Tues.)<br>July 19 (Fri.)<br>July 22 (Mon.) | 8:45- 9:45     | Hagukumi Center                          | 33 each  |
| July 11 (Thurs.)  | 9:15-10:15     | Tomio-Minami Kominkan                    | 27       |
| July 17 (Wed.)  | 9:15-10:15     | Tomio Kominkan                           | 27       |
| July 23 (Tues.)   | 9:15-10:15     | Heijo Kominkan                           | 27       |
| July 24 (Wed.)  | 9:15-10:15     | Coop Oshikuma                            | 27       |
| July 26 (Fri.)  | 9:15-10:15     | Seibu Shogai Sports Center<br>Club House | 27       |
| July 30 (Tues.)   | 9:00-10:00     | Tsuge Hoken Center                       | 30       |

### Lung Cancer Examination

| Date           | Reception Time | Place             | Capacity |
|----------------|----------------|-------------------|----------|
| July 17 (Wed.) | 14:00-15:00    | Hagukumi Center   | 60       |
| July 22 (Mon.) | 14:00-14:30    | Hokubu Shutchosho | 10 each  |
|                | 14:30-15:00    |                   |          |

**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; those who will be registered as Nara City residents on the examination day.

\* 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); those who had an endoscope stomach cancer check by Nara City in this and the previous fiscal years (lung cancer examination is possible).

\* 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

## **Shiryo Hozon-kan (Museum of Archives & Preservation)**

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

Closed on Mondays (except on holidays), July 16 (Tue.) and Aug. 13 (Tues.)

### **Planned Exhibition**

#### **Seasonal Paintings of Sightseeing Spots in Nara**

**Tourism in Nara during the early Showa-era (the middle of the 20<sup>th</sup> century)**

**Date:** June 11 (Tue.) – July 15 (Holiday) July 17 (Wed.) – Aug 25 (Sun.)

**Contents:** Water color paintings introducing tourist attractions, what life was like back then, and local specialties.

### **Special Exhibition**

**Seasonal events in the Nara-machi area “Jizo-Ko, the ritual offering prayers to the Buddhist saint Jizo”**

**Date:** June 25 (Tues.) – July 28 (Sun.)

**Contents:** Paintings and others of the Buddhist saint Jizo

### **Special Exhibition of the Museum Collection**

**Small votive tablets of Kofukuji Temple**

**Date:** June 25 (Tues.) – July 28 (Sun.)

**Contents:** Small votive tablets devoted to Kofukuji Temple in modern times

### **Traveling Exhibition of Shiryo Hozon-kan (Museum of Archives and Preservation)**

**Nara-Machi Time Travel – Scenic spots and seasonal sights**

**Date & Time:** June 22 (Sat.) 14:00 – 16:00

**Place:** Nara-machi Nigiwaino-Ie (Naka-shinya-Cho)

## **Volunteer Information Center**

13-1 Sanjo-hon-machi 630-8112 Tel.0742-93-8435 Fax. 0742-34-2336

### **Panel Exhibition about NPOs (Non-Profit Organizations)**

**Date:** June 1(Sat.) – Oct.28 (Mon.) There will be exhibition changes.

**Place:** Hagukumi Center 1<sup>st</sup> floor.

**Contents:** Introducing NPOs which are involved in activities in various areas including children, the environment, social welfare, community development, etc.

## Naramachi Nigiwai-no-Ie

5 Nakashinya-machi 630-8333 Tel. 0742-20-1917

### Kura (storehouse) Exhibition “Uta-de Tsumugu Irodori-no Shiki”

**Date & Time:** June 8 (Sat.) - June 30 (Sun.), 9:00-17:00

**Contents:** Painting the four seasons in Nara Park

Collaboration exhibition by Ono Komachi (Tanka) and Makiko Kawamura (photography)

### Workshop and Exhibition Commentary on Nara Sumi Strips of Paper “Hajimemashitete-no-Sho”

**Date:** July 7 (Sun.)

**Workshop:** 10:00-12:00 & 15:00-16:00 \* Can participate at any time

**Lecturer:** Mariko Tani (calligraphy instructor)

## Naramachi Koshi-no-Ie (lattice house)

44 Gangoji-cho 630-8332 Tel. 0742-23-4820

### Nigiwai-no-Ie Collaboration Exhibition

#### “Irodori-no-Shiki -Kokoro-ni Kizamareta Iro-wo Tazunete: Kawamura Makiko’s Photo Exhibition”

**Date & Time:** June 8 (Sat.) - June 30 (Sun.) 9:00-17:00

**Contents:** Photo exhibition tracing the landscape of Nara Park through color names

## The Former Residence of Irie Taikichi

49-2 Suimon-cho 630-8208 Tel. & Fax. 0742-27-1689

### Coming Together in the Evening -Firefly Viewing Event- (Free admission)

**Date & Time:** June 14 (Fri.), 15 (Sat.) 18:00-20:00

## Sugioka Kason Calligraphy Museum

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

### Calligraphy Experience Corner

**Date & Time:** June 22 (Sat.), 23 (Sun.) 9:00-17:00

**Contents:** Easy calligraphy experiences with paper that can be written with water instead of Sumi-ink.

**Fee:** 300 yen

240 yen for groups (over 20 people)

Free of charge for high school students, those under 16 years old and over 70 years old, challenged people (certificate needed) and caregivers.

## Nara-no Miyako Chamber Orchestra

**Regular Concert** **Date & Time:** June 29 (Sat.) 14:00~

**Place:** Nara Centennial Hall (Sanjo-Miyamae cho)

**Capacity:** 400 persons

**Fee:** Free of charge, an application is not necessary

**Inquiries:** Kawamoto-san (a member of the group) Tel. 090-3279-5998

## Nara Toastmasters Club

Let's overcome being nervous when speaking English in public ! (Available Online)

**Date & Time:** Second Sunday of every month 14:00-16:30

**Place:** Seibu Kominkan (Gakuen-Minami 3 chome)

**Fee:** Necessary

**Inquiries:** Nara Toastmasters Club (Email: naratmc2011@gmail.com)

## Kasuga Kominkan

86-1 Minami-Kyobate 1-chome 630-8141 Tel./Fax. 0742-62-2253

| Event Name           | Date and Contents  | Deadline                  |
|----------------------|--|---------------------------|
| Kasuga Origami Salon | Making seasonal wall decorations with origami<br>June 19 (Wed.) 13:30 – 15:00<br>Those eligible: Adults Fee: ¥100- | No application is needed. |

## Lifelong Learning Center

23 Surugamachi 630-8357 Tel. 0742-26-8811 Fax. 0742-26-8813

| Event Name  | Date and Contents  | Deadline                  |
|---|--|---------------------------|
| Piano Concert<br>By Musica Doman<br>(Women's group) | Charity concert to support reconstruction for areas damaged by disasters.<br>June 23 (Sun) 14:00 – 15:00<br>Free entry   | No application is needed. |
| Tanabata Children's Festival                        | Short anime film festival, fishing games, crafts and so on.<br>July 7 (Sun.) 10:00 – 12:30<br>Those eligible: From 3-year-olds to elementary school students and their guardians (Students enrolled in Nara City schools may participate.)<br>Free entry *Prekindergarten children must be accompanied by their guardians. |                           |

## June is Deer Protection Promotion Month in Nara City.

### How to behave around deer

**Inquiries:** Kanko-Senryaku-Ka (Tourism Strategy Section) Tel. 0742-34-4739

**- Do not hit, chase, or prank deer.**

Please be careful: as they are wild animals, they may attack you.

**- Do not give any other food than "*shika-senbei*" (deer crackers).**

Please take your trash home with you. If they eat it, they might become sick.

**-Please watch over baby deer quietly if you find them.**

Please be careful. Mother deer have strong maternal instincts and might attack you if you come close to or touch their babies.

\* Special viewings of baby deer will not be held this year because Roku-en (the deer center) is under renovation. You can look at the baby deer over the fence until the middle of July when it will reopen to the public.

(Date & time: 10:00 - 16:00 except on Mondays)





## Education Center KIDS LEARNING FLOOR

| Class Name  | Date & Time   | Application Deadline |
|---|---|----------------------|
| Planetarium “Nijiro and Seasonal Constellations ~Tale of Tanabata~”<br>Capacity: 40 seats each time   | Every Saturday and Sunday in June<br>1) 10:30-10:50<br>2) 13:30-14:00 | Reception on the day |
| Science Experiment Class “Do Miracles! Do Science! ~Let's Find out How Sound Is Transmitted by a String Phone!~”<br>Capacity: 15 children of 5 years old and over each time   | June 22 (Sat.)<br>1) 11:00-11:40<br>2) 14:20-15:00                    |                      |
| Movie Screening: “World Folklore in Animation, <<Little Red Riding Hood / Pears and a Legendary Wizard>>”<br>Capacity: 200 seats  | June 23 (Sun.) 13:00-13:30  | Not Necessary        |
| Night Planetarium “Whimsical Planetarium ~Let's Stroll in the Seasonal Starry Sky!~”<br>Capacity: 40 seats. Content is for upper graders of elementary school and over. Adults without children can attend.   | June 28 (Fri.) 18:30-19:10  | Reception on the day |
| Craft Experience Class “Pottery Class by students at the University of Education ~Easy even for beginners! Let's make your original plates~”<br>Capacity: 12 students from 1st grade to 6th grade in elementary school      Fee: 500 yen<br>Things to bring: Clothes that you do not mind getting dirty and a handkerchief or a towel to wipe off | June 29 (Sat.) 13:30-15:00  | June 10              |
| Craft Experience Class “Learn from a Bamboo Crafts Master. ~Let's Make <i>Taketombo</i> (T-shaped bamboo flying toy) and a Bird Whistle!~”<br>Capacity: 15 children of 5 years old and over<br>*A box-cutter or a utility knife will be used.   | June 30 (Sun.) 10:00-12:00  |                      |
| Robot Class (Intermediate) “Let's make a course for a robot to run”<br>Capacity: 12 students in the first grade and over in elementary school each time   | July 6 (Sat.)<br>(1) 10:00-11:30<br>(2) 13:30-15:00                   | June 17              |
| Science Experiment Class “Let's make a bookmark with a veined design”<br>Capacity: 15 children of 5 years old and over each time  | July 7 (Sun.)<br>(1) 10:30-11:30<br>(2) 14:00-15:00                   |                      |
| Science Experiment Class “Let's make a charcoal battery!”<br>Capacity: 18 students in the first grade and over in elementary school each time   | July 13 (Sat.)<br>(1) 13:00-14:00<br>(2) 14:30-15:30                  | June 24              |
| Science Experiment Class “Mystery of fireworks”<br>Capacity: 12 children of 5 years old and over  | July 15 (Holiday) 10:00-11:30   |                      |
| Space Class “Let's launch a bath bomb robot!”<br>Capacity: 18 students in the first grade and over in elementary school   | July 20 (Sat.) 10:00-11:30  | July 1               |
| Science Experiment Class “The world of minus 196°C”<br>Capacity: 40 children of 5 years old and over each time  | July 21 (Sun.)<br>(1) 13:00-14:00<br>(2) 14:30-15:30                  |                      |

|   |  |        |
|---|--|--------|
| Craft Experience Class “Let’s Make a Perpetual Calendar!”<br>Capacity: 18 children of 5 years old and over each time  | July 25 (Thurs.)<br>(1) 13:00-14:30<br>(2) 15:00-16:30 | July 1 |
| Craft Experience Class “Let’s make it with woodchips!”<br>Capacity: 12 students in the first grade and over in elementary school each time  | July 28 (Sun.)<br>(1) 10:00-11:30<br>(2) 13:30-15:00   | July 8 |
| Science Experience Class: “Little Creatures in the Ocean (Chirimen Monsters)”<br>Capacity: 18 students in the first grade and over in elementary school each time      Fee: 500 yen | Aug. 1 (Thurs.)<br>(1) 10:00-12:00<br>(2) 13:30-15:30  |        |

**Place:** Hagukumi Center 9F

**Application:** Apply online from the Nara City website. In case of excess application, a lottery will be held.

**Others:** Except for exceptions above, 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. In addition to the above, other classes may also be held. The planetarium can be used by groups. (An application is needed.) Children must be accompanied by guardians. For the latest information, please check the city website or contact us directly.

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

Application from here. →→→→→

