

# Nara City Information for Residents

July 2024 Issued by Nara City Hall (No. 1244)

(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)



Photo: *Shikishima* Construction Area of Newly Opened “*Yamato-Chuo-Do* Road”

## A Section of *Yamato-Chuo-Do* Road Has Opened

One section of the "Yamato-Chuo-Do" road, connecting the northern and southern regions of the city, opened on June 16. An improvement in the road safety of the region and shorter access times is expected.

**Inquiries:** *Doro-Kensetsu-Ka* (Road Construction Section) 0742-34-5461  
*Doro-Iji-Ka* (Road Maintenance Section) 0742-34-5387

## Preparing for Typhoons

You may be able to minimize the damage caused by typhoons and downpour disasters by gathering accurate information and preparing in advance. To protect yourself and the lives of people around you, please regularly inspect your home to prepare to protect from disasters, and prepare emergency supplies.

### What you can do regularly

- Clean gutters and drains, so that water flows well.
- Secure potted plants so they can't blow over.
- Keep a flashlight handy in case of power outage.
- Prepare water and groceries that can be stored at room temperature.
- Confirm the emergency evacuation route to shelters, such as local schools, *kominkan* (community centers), etc.

### What do you need to do when a typhoon approaches?

When a weather warning, alerts about record-breaking short-term heavy rain, landslide warnings, etc., are announced, pay attention to TV and radio broadcasts. In such cases, refrain from going out unless necessary.

### Evacuation Tips

Please do not approach rivers and irrigation channels as they may overflow because of torrential rain/downpour. In floods or flowing water, only water up to knee level is safe to walk through.

If the water level is higher than that, evacuate to a place such as the 2nd floor of a building, where it is higher than the water level and safe.

### "My Timeline" (Your own action plan for emergency evacuation)

In order to safely evacuate when torrential rain or a typhoon is approaching, please plan out what you should do in advance.

## Useful Tools for Collecting Disaster Information

Nara City and private companies deliver disaster related information whenever it is necessary. Always try to collect such information and make use of it in case of disaster.

### Disaster Prevention Information Email

Warnings and emergency information, related to evacuation orders, etc., will be delivered instantly (You need to register in advance). You may register by sending a blank email from the QR code below. The transcript of the disaster prevention loudspeaker is also delivered.

For Smart Phones and Tablets →



### Disaster Prevention Related Applications

You can receive disaster prevention information such as early earthquake warnings or heavy rain forecasts and disaster/evacuation/power outage information by push notification. Please make use of these to get information at any time.

NHK news/disaster prevention application →



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



## Garbage Collection

### When you dispose of sharp items, make sure you take the right safety measures.

When you throw away broken glass, plastic, pottery shards, knives, etc. (unburnable garbage), or skewers disposable chopsticks, etc. (burnable garbage), wrap them in newspaper or cloth and write what is inside. If you do not take safety measures, we cannot collect them, because it could hurt collectors.

### Drain food waste well.

### Garbage Collection Dates and Areas in July

Area	A, F	B, E	C, H	D, G
Burnable Garbage	Mon. & Thurs.		Tues. & Fri.	
Unburnable Garbage	10, 24 (Wed.)		3,17, 31 (Wed.)	

\*Garbage will be collected on July 15 (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

### When you dispose of bulky household waste, please write your name and “Nara-Shi Moshikomi Hin (Applied for collection by Nara City)” on a sticker from July.

**Inquiries:** Machi-Bika-Suishin-Ka (City Beautification Promotion Section) Tel. 0742-71-3220

### There will be some changes to bulky household waste collection from July.

Bowling balls will only be accepted at the factory.  
For reed blinds and rattan carpets, cut them half, roll up, and tie.

### When disposing of recyclable materials, separate and throw them away properly.

Remove the cap from the empty bottle. Pottery and ceramics are not recyclable. Paper cartons with aluminum coating on the inside are included in burnable waste. Cans emptied of pesticides, paints and aerosols are included in unburnable waste. Empty can lids should be separated according to materials.

**Inquiries:** Haikibutsu-Taisaku-Ka (Waste Management Section) Tel. 0742-71-3001

### From July, the Base for the Mobile Library Is in Front of Nara City Hall

**Date & Time:** 12:30-14:00 on July 24 (Wed.), Aug. 28 (Wed.) and Sept. 25 (Wed.)

**Place:** South side lawn of City Hall

**Inquiry:** Chuo-Toshokan (Nara City Main Library) Tel. 0742-26-6101

### Beware of Mosquito-Borne Infections

Infectious diseases like dengue fever, Zika fever, etc. can be contracted through mosquito bites. To prevent infection, clean up watery areas once a week, use insect repellents and wear long sleeves and long pants when in brush and grassy areas.

**Inquiry:** Hoken-Yobo-Ka (Health and Prevention Section) Tel. 0742-93-8397

## Japanese Hepatitis Day and World Hepatitis Day is on July 28

### Get a hepatitis virus examination at least once in your life

The city's medical checkups are listed on the page 27 of the Japanese edition.

**Those eligible:** Those who have had no chance to undergo the hepatitis examination in the past, or who had it but might have been infected with hepatitis afterwards.

\* Those who have opportunities to have the hepatitis examination through work or have had the hepatitis examination in the past are not covered.

## Awareness Exhibit Related to Japanese Hepatitis Day and World Hepatitis Day

**Date:** July 22 (Mon.) - 26 (Fri.)

**Place:** Liaison corridor on the first floor of City Hall

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

## Child-rearing

### Vaccination Notices

**\*Japanese Encephalitis Vaccinations to Start (for those born in July 2021)**

**\*Preliminary Examination Leaflets Will be Sent in Late June (for those born in May 2024)**

**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 April 2024)	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 October 2023)	From 10-month birthday until the day before turning 11 months old	
19-month-old Babies Checkup (Born in December 2022)	August 1, 8, 22, 29 (Thurs.)	Chuo Hoken Center (Central Health Center) (2F, Hagukumi Center)
3-1/2-year-old Babies Checkup (Born in January 2021)	August 6, 20, 27 (Tues.)	

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

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

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

## Workshop for Pregnant Women & Babies and Dental Checkup

### *Papa & Mama Salon*

**Date & Time:** (1) July 12 (Fri.) (2) Aug.9 (Fri.) 9:30-12:00

**Place:** Hagukumi Center 2F

**Contents:** Lecture about baby and child rearing by a public health nurse and a midwife, and practicing how to bathe a baby.

**Capacity:** 12 pairs of a first-time pregnant woman between 22 and 32 weeks of gestation on the day and her partner

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

**Deadline for application:** (1) July 10 (Wed.) (2) Aug 2 (Fri.)

**Ha-Pika Class for One-Year-Old Babies (Tooth Decay Prevention Class)**

**Date & Time:** July 16 (Tues.) 10:00-11:00

**Place:** Hagukumi Center 2F

**Contents:** Lecture and training about dental care for new teeth

**Capacity:** 24 pairs of a first-born child born between April and July 2023, and his or her guardian

**Things to bring:** *Mother's and Child's Health Handbook* and the currently used toothbrush or some gauze for wiping the baby's mouth

**Deadline for application:** July 11 (Thurs.)

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

**Date & Time:** July 17 (Wed.) 10:00-11:15

**Place:** Hagukumi Center 2F

**Contents:** Lecture and training about weaning food by a dietitian and talk about child rearing by a public health nurse

**Capacity:** 32 pairs of a first-born child born in February 2024, and his or her guardian

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

**Deadline for application:** July 12 (Fri.)

**Fluoride Coating for Tooth Decay Prevention for Children Born in July 2022**

**Date & Time:** July 19 (Fri.) 9:30,10:00,10:30,11:00

**Place:** Hagukumi Center 2F

**Capacity:** 25 babies each time

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

**Deadline for application:** July 16 (Tues.)

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

**Date & Time:** July 25 (Thurs.) 9:30-11:30

**Place:** Hagukumi Center 2F

**Contents:** Dental check, learning about tooth brushing, and fluoride coating only for applicants

**Capacity:** 28 pregnant women between 16 and 32 weeks of gestation on the day

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

**Deadline for application:** July 18 (Thurs.)

**Application:** Call to Boshi-Hoken-Ka (Mother & Child Health Section) by each deadline  
Tel. 0742-34-1978

**Get an ECG test at your physical exam.**

The specified medical checkup by the city's national health insurance system offers an electrocardiogram (ECG) test to check for any cardiac abnormalities. \*

In order to detect arrhythmia and other problems at an early stage, please have an examination.

\*Unless your doctor considers it unnecessary.

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

Tel. 0742-34-4736

**The "Anyone-Child Day Care System" will be implemented on a trial basis  
starting in August.**

Takamado Kodomoen in Furuichi-cho will start a trial system in August that will allow flexible use of the certain within a certain number of hours per month, regardless of work requirements, working toward the full-scale implementation of such a day-care center system

The service will be available between 10:00 a.m. and 3:00 p.m. for up to a maximum of 10 hours per month.

**Those eligible:** Children between 6 months to 3 years old who have not been to daycare before

**Application:** Apply using the application form on the Nara City website between the 10th and 25th of the month prior to the month in which you wish to use the service.

In case of excess applications, a lottery will be held.

For more information, please visit the city website.

**Inquires:** Hoiku-Soumu-Ka (Childcare General Affairs Section) Tel 0742-34-5493

**Waku Waku Science Play "Let's Make and Play with Milk Carton Theaters"**

**Date & Time:** July 31 (Wed.) 13:00-15:00

**Place:** Seibu Library (Tsurumai nishi-machi)

**Capacity:** 30 3<sup>rd</sup> grade and 4<sup>th</sup> graders in elementary school who live in Nara City

**Things to bring:** Multicolor water-based pens (crayons and colored pencils are also acceptable) scissors, glue, bags to put the projects in

**Application:** Call or come to Seibu Library by July 18 (Thurs.) Tel 0742-45-5669

Application closes when capacity is reached.

## Cancer Examinations (August)

Please apply to Kenko-Zoshin-Ka (Health Care Section) by phone, fax or on the Nara City website. If you wish to be examined at Tsuge Health Center, please call the Center directly. 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: July 1 (Mon.) – 19 (Fri.)**

### Stomach and Lung Cancer Examinations

Date & Reception Time		Place	Capacity
Aug. 6 (Tues.) Aug. 7 (Wed.)	8:30 – 10:30	Tsuge Health Center (Appointment times will be specified.)	30 each
Aug. 8 (Thurs.)	9:15 – 10:15	Co-op Oshikuma	27
Aug. 13 (Tues.)	9:30 – 10:30	Tomigaoka Kominkan	26
Aug. 14 (Wed.) Aug. 20 (Tues.) Aug. 26 (Mon.) Aug. 30 (Fri.)	8:45 – 9:45	Hagakumi Center	33 each
Aug. 15 (Thurs.)	9:15 – 10:15	Tomio-Minami Kominkan	27
Aug. 19 (Mon.)	9:15 – 9:45	Hokubu Shutchosho	10 each
	9:45 – 10:15		
Aug. 23 (Fri.)	9:15 – 10:15	Seibu Shogai Sports Center Club House	27
Aug. 27 (Tues.)	9:30 – 10:30	Nishi Fukushi Center	20

### Lung Cancer Examination

Date & Reception Time	Place	Capacity
Aug. 8 (Thurs.)	14:00 – 15:00	Hagakumi Center

**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 except for: 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 endoscopy for stomach cancer by Nara City in fiscal year 2023 or 2024 (lung cancer examination is possible); and those who had low-dose CT screening for lung cancer by Nara City in fiscal year 2024 (stomach cancer examination is possible)

**Others:** For those who are breast feeding, please inform us of such when you apply. The examination interval is once a year. There might be cases where you may not be able to have the examination depending on your physical condition or medical consultation on that day.

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

Tsuge Hoken Center Tel. 0743-82-0341

For more information, please visit the Nara City website.



## Tsuge Hoken Center Traveling consultations with public health nurses

Date & Time	Place
July 9 (Tues.) 10:00-11:30	Koto Kominkan (Oyagyū-cho)
July 24 (Wed.) 10:00-11:30	Tawara Kominkan (Myōga-cho)
July 26 (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

## **Saturday Kids “Let’s create your own characters and draw an original comic”.**

**Date & Time:** July 27 (Sat) 9:30 – 11:30

**Place:** Higashinosaka Jidokan (Kawakami-cho)

**Lecturer:** Mr. Yoshiyuki Hiragino from the school of the illustrated production

**Capacity:** 15 students under junior high school age.

\*Preschool children must be accompanied by a guardian.

**Inquiries:** Please call the Jidokan Tel. 0742-27-8263

\* Applications can be accepted directly at the Jidokan.

\* Applications will close as soon as the capacity is reached.

## **Shiryō Hozon-kan (Museum of Archives and Preservation)**

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

**Special Exhibition “Naramachi Saijiki -Nara Magistrate & Mantoro (Lantern ceremony)”**,

**Date:** July 30 (Tues.) – August 25 (Sun.)

**Contents:** Introduction and exhibition of the lanterns of Nara Magistrate, Honda Awaji-no-kami, and so on.

**Special Exhibition of the Shiryō Hozenkan’s Collections, “Naramachi during wartime”**

**Date:** July 30 (Tues.) – August 25 (Sun.)

**Contents:** An exhibition and introduction to ordinary people’s livelihoods during wartime through the Town’s Record.

\* Shiryō Hozon-kan is closed on August 13 (Tues.).

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

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

**Nigiwai-no-Ie Collaboration Exhibition**

“With calligraphy ---Words accompanying life --- Tani Mariko Calligraphy Exhibition”

**Date & Time:** July 2 (Tues.) - 28 (Sun.) 9:00-17:00

**Let’s Play with Transparent Paper**

**Date & Time:** July 20 (Sat.) 14:00-15:00

**Contents:** Let’s make decorations with transparent paper which allow light pass through.

**Capacity:** 10 people

## **Naramachi Nigiwai-no-Ie**

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

**Stamp World of Meiji & Showa era**

**Date & Time:** July 27 (Sat.) - July 28 (Sun.), 9:00-17:00



## Aoyama Swimming Pool Will Open on July 21 (Sun.)

**Date:** July 21 (Sun.) - Sep. 1 (Sun.)

9:00-12:00 (Swimming Hours is until 11:30), 13:00-17:00 (Swimming Hours is until 16:30)

**Facilities:** 25 meter long swimming pool and small pool for children

Admission Fee Table

	Individual		Group	
	Child	Adult	Child	Adult
AM	150 yen	300 yen	120 yen	240 yen
PM	200 yen	400 yen	160 yen	320 yen

Child: From three years old  
To Junior high-school students  
Group: more than thirty people (Attendance of a responsible person is necessary.)  
\* Child fee is applied for those sixty-five years old and over, living in Nara City (It is needed to show ID certifying the age.)

**Others:** Lockers are available for 50 yen each.

Elementary school students must be accompanied by one adult (eighteen years old or over) for every two students. (This is also applicable to groups.)

**Inquiries:** Aoyama Swimming Pool Tel. 0742-26-2996

## Irie Takichi Memorial Museum of Photography

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

**Takabatake Expedition "Let's look for familiar insects."**

**Date & Time:** August 19 (Mon.) 9:30-12:00

**Place:** Museum as above, Nara Park etc.

**Lecturer:** Kozo Tani, or director of the Freshwater Biology Research Institute

**Things to bring:** Insect nets

**Fee:** 100 yen each

**Others:** Children under the 3rd grade of elementary school must be accompanied by a parent or guardian.

**Application:** Write the name of the event, your address, names of all participants, age, telephone and fax number, school name, and grade on a round-trip postcard or e-mail and arrive at the museum no later than August 10. Only one pair per piece.

## Nara Centennial Hall

7-1 Sanjo Miyamae-cho 630-8121 Tel. 0742-34-0100 \*Closed on Tuesday

**Nara 100 Summer Vacation Children's Movie "The Super Mario Bros. Movie"**

**Date & Time:** August 10 (Sat.) 13:30

## Naramachi Center

38 Higashi Terabayashi-cho 630-8362 Tel. 0742-27-1151

**Toshio Mae "Tanka & Photo Exhibition: Songs of Trees and Mountains"**

**Date & Time:** July 3 (Wed.) -15 (Holiday) 10:00-17:00 \*Until 16:00 on the final day

**Contents:** Introducing Toshio Mae's tanka and landscape photographs of his hometown

**Asuka and Tatsuchi Elementary School "Welcome to Nara Poster Exhibition"**

**Date & Time:** July 18 (Thurs.) - 27 (Sat.) 10:00 -17:00 \*Until 16:00 on the final day

**Contents:** Poster exhibition for children to introduce Nara

**Let's play board games from around the world! In Naramachi Center.**

**Date & Time:** July 28 (Sun.) 11:00, 13:00, 14:00, 15:00

**“Pop Out! Insects” Cork Painting Exhibition**

**Date & Time:** July 31 (Wed.) - August 12 (Holiday) 10:00-17:00 \*Until 16:00 on the final day

## **Sugioka Kason Calligraphy Museum**

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

\*Temporary Closed for changing exhibits: July 17 (Wed.) – July 19 (Fri.)

**Calligraphy Experience Corner**

**Date & Time:** July 20 (Sat.) – September 1 (Sun.) 9:00-17:00

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

**110th Anniversary Exhibition of “Hirata Kayu’s World”**

**Date:** July 20 (Sat.) - September 29 (Sun.)

**Contents:** Exhibition of newly donated Hirata Kayu’s works

**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 City Museum of Art**

On the fifth floor of M! Nara

3-1 Nijo-oji Minami 1-chome 630-8012 Tel. 0742-30-1510, Fax 0742-35-7160

**Exhibition:** 3D illusion-Art “Pop-up” by Hideyuki Nagai, for Revitalization Project of City Museum of Art

**Date & Time:** July 27 (Sat.) – August 25 (Sun.)

(The entrance gate closes at 17:00.), Dec. 4 (Sun.) 10:00- 15:00

Closed on Mondays and August 13 (Tues.)

**Contents:** Experience of “Mysterious World by Hideyuki Nagai, picture book author”

Photography is permitted.

## **MAHORIBA Bazaar 2024 “Tan-Q tou”**

**Date & Time:** July 14 (Sun.) 14:00- 20:00

**Place:** *Nobori-oji* enchi (Nobori-oji-cho) in Nara Park

**Inquiries:** Nara Junior Chamber of Commerce Tel. 0742-93-9731

**Exhibition of the winning works of the Yamanobeno-Michi "Nara Road" photo contest**

**Date & Time:** July 18 (Thurs.) - 21 (Sun.) 9:30-17:00

**Place:** Nara City Museum of Photography (Takabatake-cho)

**Inquiries:** Hirose, Yamanobeno-Michi "Nara Road" Preservation Society Tel. 090-7104-4626

**The Agency for Cultural Affairs' Traditional Culture Parent-Child Class**

**—Free Koto Class for Children —**

**Date:** July 27 (Sat.) - January 11 (Sat.), 2025 8 times

**Place:** Hokubu Kaikan Civic Cultural Hall (Ukyo 1-chome)

**Capacity:** 12 people

**Inquiries:** Akaba, Shihou-sha, Hounokai Tel. 090-2066-0217

## KOMINKAN

### Tsukigase Kominkan

2815 Tsukigase Oyama 630-2302 Tel. & Fax 0743-92-0346

Event Name	Date & Contents	Deadline
Night Library: Let's read a slightly scary picture book	Reading scary picture books together in the library at night Date: July 19 (Fri.) 19:00-20:00 Those eligible: approximately 3 years old - elementary school students and their guardians Free entry	Not Necessary

### Tomio-Minami Kominkan

501-3 Nakamachi 631-0052 Tel. & Fax 0742-48-3066

Event Name	Date & Contents	Application
<b>Tominan Kids Summer Festival</b> * Entrance is free	<b>Presentations on the stage, works displayed, selling of snacks, etc.</b> August 4 (Sun.) 10:30-15:00 Elementary school students and their families * Preschool children must be accompanied by their guardians.	Not necessary

### Lifelong Learning Center

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

Event Name	Date & Contents	Application
<b>Salon Concert</b> * Entrance is free	<b>Sumo Jinku for the July Basho</b> Let's listen to various topics about Sumo by Narayama Sumo Jink-kai. July 14 (Sun.) 14:00-15:00 <b>Kasuga Guitar and Mandolin Melodies</b> A performance by the Guitar & Mandolin Club of Kasuga Middle School July 20 (Sat.) 14:00-14:30 <b>Oldie Folk Songs</b> Guitar and singing performance by MEGA-CI-CAS' July 21 (Sun.) 14:00-15:30 <b>Peace Festa 2024</b> Chorus and violin performance by the executive committee of Nara City War Exhibition for Peace July 28 (Sun.) 13:00-14:30	Not Necessary

**Mikasa Kominkan**

313-3 Omiyacho 4-chome 630-8115 Tel &amp; Fax 0742-33-0515

Event Name	Date & Contents	Application
<b><i>Sakutto Shukudai</i></b> <b><i>Dandori</i></b> * Entrance is free	<b>Open to the public for summer vacation learning or as a place for interaction</b> July 30 (Tues.), 31 (Wed.), August 6 (Tues.), 7 (Wed.) 9:30-11:30 * Free for elementary and junior high school students.	Not necessary

**Wakakusa Kominkan**

575 Kawakami-cho 630-8202 Tel. &amp; Fax 0742-26-0130

Event Name	Date and Contents	Application
<b><i>Ohiza-no-Uede</i></b> (playing on laps) * Entrance is free	<b>Let's enjoy a mini-summer festival! Yo-yo fishing, etc.</b> July 11 (Thurs.), 10:30-11:30 Preschool children and their guardians.	Not necessary

**SPECIAL EVENTS FOR SUMMER VACATION**

**Tobu Kogen (Eastern Highlands Area) Marché 2024**  
**Satoyama (countryside) fresh ingredients \*Entrance is free**

In the eastern part of Nara City, there are farm stands that sell fresh local produce and processed products. Please come to the Marché where you can find seasonal agricultural products and local specialties.

Date	Marché
July 20 (Sat.)	Tawara-Yamazato Market
July 21 (Sun.)	Sakahara Market Cosmos, <i>Tsuge-no-hatake</i> Kogenya
August 24 (Sat.)	<i>Kohan-no-sato</i> Tsukigase
August 25 (Sun.)	Tsukigase Onsen Fureai Market

**Time:** 10:00-around 13:00

\* What has been scheduled will go on, rain or shine, except in case of stormy weather.

Once it is sold out, it will end. Closing time may vary depending on sales.

**Place:** Rakuda square on the first floor of Nara Family (Saidaiji-higashi-machi)

Please see here for details →



**Nara Satoyama SUMMER Campaign**  
**Great strategy for summer homework**

In the eastern part of Nara City, a trial campaign for summer vacation will be held.

Crafts, *Okudosan* (stove-cooked rice), harvesting experience, etc. please come and join us for events those are perfect for summer homework.

For details (In Japanese) →→→→→

**Recommendation for summer homework!****Introducing the experience menu for summer vacation****Period:** From July 20 (Sat.) to August 31 (Sat.)**Contents:** Introducing the menu of experiences by crafts, independent research project, and picture diary.

\*Venue and other, etc. details are on the city web site.

Have you already done your summer homework? Great gathering of experience booths.

### Summer Homework Festa 2024

**Date & Time:** August 17 (Sat.) 10:00-16:00

**Place:** Manten square (Mizuma-cho)

**Inquiries:** Tobu Shutcho-sho Tel. 0742-93-0001

\*These events are held by utilizing Community Subsidy Project Subsidy from lottery social contribution public relations projects of General Incorporated Foundation Jichi-Sogo Center

## Cancer and Other Exams

**Period:** July 1, 2024 - February 28, 2025

(Stomach cancer and lung cancer exams: May 2024 to late March 2025)

**Inquiries:** Kenko-Zoshin-Ka (Health Care Section) (3rd floor of Hagukumi Center) Tel: 0742-34-5129

Item & Those Eligible * 3	Contents (Fee)	Things to Bring	Apply to	Place
<b>4. Stomach Cancer Exam</b> Those 40 years old and over	Interview, stomach x-ray exam (barium exam) (1,000 yen)	Jushin-hyo (Consultation form)	Kenko-Zoshin-Ka (Please see August schedule on page 13 of the Japanese edition.)	Group exam (mobile exam unit will stop at multiple locations in Nara City)
<b>5. Lung Cancer Exam</b> Those 40 years old and over * 4	Interview, chest x-ray (500 yen), sputum test (only if necessary, extra 600 yen)			
<b>6. Stomach Cancer Endoscopic Exam</b> Those aged 50, 52, 54, 56, 58, 60, 62, 64, 66, 68, and 70	Interview, stomach endoscope exam (4,000 yen)	Jushin-hyo (Medical Exam Passport)	Notices will be sent to those eligible in late June.	Medical institutions or clinics registered in Nara City
<b>7. Bowel Cancer Exam</b> Those 40 years old and over	Interview, fecal occult blood test (1,000 yen) * Those who are 40 years old as of April 1, 2024 will receive a free exam ticket.			
<b>8. Cervical Cancer Exam</b> Women 20 years old and over who are even-numbered ages *Those with odd-numbered ages who did not have the exam last year, please apply	Interview, inspection, cytological diagnosis (2,000 yen) * Those who are 20 years old as of April 1, 2024 will receive a free coupon.			
<b>9. Breast Cancer Exam</b> Women 40 years old and over who are even-numbered ages *Those with odd-numbered ages who did not have the exam last year, please apply	Interview, breast x-ray exam (mammography) (2,000 yen) * Those who are 40 years old as of April 1, 2024 will receive a free coupon.			Medical institutions or clinics registered in Nara City

<b>10. Osteoporosis Exam</b> Women aged 40, 45, 50, 55, 60, 65 and 70	Interview, bone mineral testing (DXA) (1,200 yen)			
<b>11. Periodontal Diseases Exam</b> Those aged 40, 50, 60, and 70	Interview, periodontal testing (1,000 yen)			
<b>12. Stomach Cancer Risk Exam</b> Those aged 40 to 70 who have never had a stomach cancer risk exam	Interview, blood test (Free of charge) * If you wish to have this exam in place of a stomach endoscopic exam, please let us know.			
<b>13. Lung Cancer Low Dose CT Exam</b> Those aged 50, 55, 60, 65, and 70	Interview, chest low dose CT scan (4,000 yen)			
<b>14. Hepatitis Virus Exam</b> Those 40 years old, or those other than 40 years old who have never had the hepatitis virus exam	Hepatitis Virus C Exam (HCV antibody test), Hepatitis Virus B Exam (HBs antigen test) Selectable. (Free of charge) * Those not eligible but who have concerns about hepatitis virus B/C can apply regardless of the period. Call Kenko-Zoshin-Ka (Health Care Section)	Those aged 40: Jushin-hyo (Medical Exam Passport) Those aged other than 40: Hepatitis Virus Medical Exam Sheet	Notices will be sent to those aged 40. Those aged other than 40: Apply at Kanko-Zoshin-Ka (Health Care Section)	Medical institutions or clinics registered in Nara City

\* 3: Age as of March 31, 2025

\* 4: Exams for tuberculosis included.

### Exemption from Fees for Various Cancer Exams

Exams numbered 4. to 11. are free of charge for those who apply as city-tax exempt or a livelihood protected household. Please apply no later than 10 days in advance with the application form. You can apply online through the city website. Upon submission and approval of your application, you will receive the Medical Passport with Fee Exemption. No refunds are available after the exam.



## Education Center KIDS LEARNING FLOOR

Class Name	Date & Time	Application Deadline
Planetarium “ <i>Nijiro</i> and Seasonal Constellations - Tale of <i>Tanabata</i> ” (until July 7)•Cygnus (from July 13) Capacity: 40 seats each time	Holidays, every Saturday and Sunday in July 1) 10:30-10:50 2) 13:30-14:00	Reception on the day
Petit-Petit Science “Making a Rocket with a Package for Burdock” Capacity: 8 children 5 years old and over each time	July 14 (Sun.) 1) 11:00-11:20 2) 14:10-14:30	Not Necessary
Story Telling “The Story of the Three Little Pigs”	July 20 (Sat.) 11:00-11:30	
Planetarium Summer Holidays’ Projection “We’re the Eight Planets Brothers” (only motion video) Capacity: 40 seats each time	July 24 (Wed.), 31(Wed.) and August 7 (Wed.) 1) 10:30-11:00 2) 13:30-14:00	Reception on the day
Night Planetarium “Whimsical Planetarium We Will Deliver a Seasonal Starry Sky.” Capacity: 40 seats. Content is for upper graders in elementary school and over. * Adults can participate without children.	July 26 (Fri.) 18:30-19:10	
Summer Vacation Movie Screening “Hello Kitty: Alice in Wonderland” “Kero Kero Keroppi no Gulliver no Bouken” Capacity: 200 seats each time	July 26 (Fri.) 1) 11:00-12:00 2) 13:00-14:00	Not Necessary
Summer Vacation Movie Screening “Kero Kero Keroppi no Daibouken - Fushigi na Mame no Ki” “Hello Kitty no Oyayubi hime” Capacity: 200 seats each time	July 27 (Sat.) 1) 11:00-12:00 2) 13:00-14:00	
Craft Experience Class “Let’s Enjoy a Botanical Kaleidoscope with the Senses.” Capacity: 15 children 5 years old and over each time Fee: 300 yen	August 2 (Fri.) 1) 13:00-14:00 2) 14:40-15:40	July 15
Story Telling “The Story of Suzumibukuro”	August 3 (Sat.) 11:00-11:30	Not Necessary
Summer Vacation Movie Screening “Hello Kitty no Kaguya hime” “Ahiru no Pekkle no Sindbad no Bouken” Capacity: 200 seats each time	August 4 (Sun.) 1) 11:00-12:00 2) 13:00-14:00	
Craft Experience Class “Let’s Make Floss Silk from Silkworm Cocoons.” Capacity: 15 children age 5 and over Things to bring: Towel Fee: 300 yen	August 6 (Tues.) 13:00-15:00	July 15

<b>Robot Class (Basic) “Wakuwaku Robot Lecture”</b> Capacity: 10 children in the third grade and over in elementary school each time * Same contents on both days.	August 7 (Wed.) August 8 (Thurs.) 9:00-12:30	July 22
<b>Craft Experience Class: “Learn from an Ink &amp; Watercolor Painter. Let’s Draw with Ink Gradation.”</b> Capacity: 18 children age 5 and over <b>Things to bring:</b> calligraphy supplies	August 8 (Thurs.) 10:00-11:30	
<b>Astronomical Class “Let’s look at the crescent moon through a telescope”</b> <b>Capacity:</b> 15 students in the first grade and over <b>Place:</b> Bodaigawa Park (Sanjyo-Honmachi) * The class will be cancelled if cloudy or rainy.	August 9 (Fri.) 18:30-20:00	
<b>Robot Class (Advanced) “Wakuwaku Robot Lecture”</b> <b>Capacity:</b> 10 children in the third grade and over * Those who have previously taken the basic class	August 14 (Wed.) 9:30-12:30	
<b>Space Class “Let’s Launch a Space Shuttle”</b> <b>Capacity:</b> 18 children in the first grade and over <b>Things to bring:</b> Two 1-liter paper cartons	August 17 (Sat.) 10:00-11:30	July 29
<b>Craft Experiment Class “Learn from a Bamboo Crafts Master. Let’s Make a Windmill Whistle!”</b> <b>Capacity:</b> 15 children in the third grade and over * Uses saws, box cutters, etc.	August 18 (Sun.) 10:00-12:00	
<b>Craft Experience Class “Let’s Make a Perpetual Calendar!”</b> Capacity: 18 children 5 years old and over each time	August 22 (Thurs.) (1) 13:00-14:30 (2) 15:00-16:30	August 5
<b>Programming Class “Programming Class by Senior High School Students”</b> Capacity: 10 children in the 3rd to 6th grades in elementary school each time	August 24 (Sat.) (1) 10:30-12:00 (2) 13:30-15:00	
<b>Robot Class “Robot Class by Senior High School Students”</b> Capacity: 10 children in the 1st to 6th grades in elementary school each time	August 25 (Sun.) (1) 10:30-12:00 (2) 13:30-15:00	

**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

Apply from here. →→→→→

