

Nara City Information for Residents

April 2018 Issued by Nara City Hall (No.1169)

(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



“Heijo-kyo *Tempyo Sai*” Festival
May 3 (Holiday) – 5 (Holiday) 10:00-16:30 at Heijo Palace Site
(Admission free)

The First Chodo-in (State Hall) Site

Heijo-kyo *Tempyo* Procession / the Empress’s Word about Capital Transfer to Heijo-kyo

Date & Time: May 3 (Holiday) 10:30-13:00

Contents: The highlights are processions of 400 people gorgeously dressed as emperors, aristocrats, and government officials like civil and military officers from Suzaku-oji to the First Chodo-in the North site, followed by the Empress Genmei’s Word about the “Imperial Rescript of Capital Transfer”.

***Tempyo Furu* (Elegant) Procession**

Date & Time: May 4 (Holiday) 10:30-12:00

Contents: Processions of people with *Fusaku-men* (fabric masks), Korean dancers, Sangaku (ancient performance) group, etc.

***Tempyo* Children’s Procession**

Date & Time: May 5 (Holiday) 10:30-12:00

Contents: Procession led by the child guard troop

*Participants are being recruited now.

Please ask the Executive Committee for details. Tel. 0742-25-0707



Falconry

Date & Time: May 3 (Holiday) 13:30-14:30, 15:00-16:00

Contents: Dynamic falconry performances by Suwa School falconers

***Tempyo Tsunahiki* Meet (Tug-of-War) New Event**

Date & Time: May 4 (Holiday)

*Participating teams are being recruited now!

The First Chodo-in North Side

***Tempyo* Costume Wearing Experience (Paid event)**

Rent aristocrats’ costumes for men, women, adults and children

Let’s walk around Heijo Palace Site as if we were *Tempyo* people

Sakura Tea Ceremony (Paid event)

High school students, college students, and members of tea ceremony clubs in Nara will serve tea.

Take a break with a Japanese sweet and a cup of green tea.

The First Chodo-in (State Hall) West Side

Recreation of the *Ich* (market), where Capital resident’ come and go

Depicting Heijokyo’s daily life

Suzaku-mon Gate site

Performance of the Guard Troop

Re-enactment of the Gate opening and closing ceremony, and the round guard in the Heijjo Palace Site by a *Tempyo* fashioned guard troop.

Saeki-mon Gate Eastside square

Toh-ichi (Eastern market) and Sai-ichi (Western market)

Nara's delicious local dishes are served at *Ichi* (markets).

Stage Events *Tempyo* Girls' Collection

May 3 (Holiday) Children's traditional art performance & modern Japanese drum concert

May 4 (Holiday) International Exchange Festival

May 5 (Holiday) Performance of Songs and Dances

Crafts Corner (Paid Event)

Bamboo works, natural material crafts, braiding, making rubbed copies of ancient roof tiles

Other events

Street Performance by People in *Tempyo* Fashion (as appropriate)

Educational Stamp Collection Rally (paid event)

Guided Tour of Heijo Palace Site (paid event) is held on May 3, 4, 5 (Holidays).

The tour starts at 14:00 for May 3.

*Recruiting participants now. Please ask the executive committee for details. Tel. 0742-25-0707

Nara *Gurutto* (Shuttle) Bus Service

Service Hours: 9:00-17:20 every 20 min.

The last bus will leave Suzaku-mon Square at 16:45.

Bus Fare: 100 yen for elementary school students and over

Route: Kintetsu Nara Station--JR Nara Station West Exit--Nara City Hall--Palace Site Garden

--Hokkeji Temple/Kairyuoji Temple--Daigoku-den--Suzaku-mon Square--Palace Site Garden

--Nara City Hall--JR Nara Station West Exit--Kintetsu Nara Station

Free Shuttle Bus Service

Service Hours: 9:00-17:00 every 15 min.

Route: Kintetsu Yamato-Saidai-ji Station South Exit--Suzaku-mon Square

The last bus starts at Suzakumon Square at 17:00.

*No parking lot will be available for visitors. Please use public transportation.

*There may be some changes in the contents of the events.



Inquiries: Heijo-kyo Tempyo-Sai Festival Jikko-in-kai Office Tel. 0742-25-0707

(Monday – Friday 10:00-17:00)

Spring Sports Festival May 13th (Sunday)

The opening ceremony will start at 8:00 at *Naraden* Arena.

Eligibility: Citizen amateur athletes, but athletes who work or study in Nara City are also eligible.

Application: Brochures with detailed information and application forms are available at Sport Shinko-Ka (Sports Promotion Section), Shutcho-sho, Administration Centers and Renraku-sho. The application form is also available on the website: <http://www.city.nara.lg.jp>

Please fill in the application form and send or bring it to Sports Shinko-Ka (Sports Promotion Section, Tel. 0742-34-5376) no later than April 12th (Thurs.). Application by phone or fax is not permitted, but e-mail will be accepted (sports-taikai@city.nara.lg.jp)

Inquiries: Sports Shinko-Ka (Sports Promotion Section) Tel. 0742-34-5376

Events

Track and Field	Rubber-ball Baseball	High School Baseball
Softball	Soft Tennis	Tennis (Doubles)
Table Tennis	Handball	Basketball
Soccer	Badminton	Judo
<i>Kendo</i>	<i>Naginata</i>	<i>Sumo</i>
<i>Karate</i>	<i>Shorinji Kenpo</i> (May 27, Sunday)	Gymnastics
Archery (May 3, Holiday)	Rifle Shooting	Clay Pigeon Shooting (April 8, Sunday)
Weightlifting	Volleyball	<i>Kyudo</i> (Japanese Archery)
Rugby Football (May 12, Saturday)	<i>Jukendo</i> (Bayonet Martial Art)	<i>Gateball</i>
Fencing	Recreation	Ground Golf (Application unnecessary except for elementary & high school students)
Tai Chi (Application unnecessary) May 15 (Tues.) at Seibu Kominkan)	Hockey	

2018 Tsuge Machizukuri Kyogikai Looking for Participants for an Agriculture Experience Exchange!

Pick Tea Leaves at Nara pref. Yamanobe High School

Date & Time: May 27 (Sun.) during the morning, (Will be held, rain or shine)

Contents: Picking tea leaves which Yamanobe high school students planted and grew.

Tea leaves which grew in a cool climate have sweetness, good aroma and high quality.

This area's tea is very popular now.

Blueberry Picking Experience

Date & Time: August 18 (Sat.) during the morning

Contents: Picking blueberries at the Kamifukawa Kanko-Noen Farm.

Please enjoy picking and eating the blueberries which are grown in the soft soil of the Kamifukawa farm.



Harvest Winter Vegetables, Dry Persimmons, and Make *Shimenawa*

Date & Time: November 4 (Sun.) during the morning

Contents: Picking sweet potatoes and daikon radishes (at Kamifukawa Kanko-Noen farm), making dried persimmons, and making *Shimenawa* (sacred straw ropes) at Tsuge Koryu Center

Viewing the lily-of-the-valley Colony in the Hayama Region

(from late May to early June)

The Hayama region is known as the southern limit that lilies of the valley are distributed naturally. This region's lilies of the valley were named natural monument in 1930. You can enjoy viewing them here. The staff can show you the best viewing spot.

Gathering to View Fireflies in Tsuge Village

(from the middle of June to the early July)

Tsuge village has crystal clear air and beautiful rivers. You can enjoy watching Genji fireflies and Heike fireflies everywhere. The staff can show you the best places, where fireflies dance beautifully.

Place: in the Tsuge district

Fee: 1,000 yen *It is the same fee through the year.

Capacity: 80 elementary school students and over, who work and study in Nara City.

Application: Send a postcard with your name, all of the participants' names, ages (school grade, if you are an elementary school student.), a phone number which can be contacted on the day, and E-mail address by April 27 (Fri.) to Tsuge Machizukuri Kyogikai. Excess applications will be decided by lottery.

Inquiries: Tsuge Machidukuri Kyogikai (1026-1, Tsuge Shiraishi-Cho,
Tel. 0743-82-0201 Fax.0743-82-1950)

Garbage Collection

Please Put Garbage Out by 7:30

Due to traffic accidents, road construction, traffic jams and the amount of the garbage on that day, sometimes garbage will be collected later or sooner.

Please put garbage out by 7:30 in the morning on that day.



Please Don't Park near Garbage Collection Sites

If you park near garbage collection site, cars may get damaged or splashed by dirty water while loading garbage, and we may not be able to collect the garbage.

*Garbage will be collected on April 30 (Holiday) as usual.

Unburnable Garbage Collection Dates and Areas in April

Area	Burnable Garbage	Unburnable Garbage
A F	Mon. & Thurs.	11, 25 (Wed)
B E		
C H	Tues. & Fri.	4, 18 (Wed)
D G		

*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 website.

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

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

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. April 4 (Wed.) at Co-op Oshikuma (Oshikuma-cho)
 2. April 11 (Wed.) at Co-op Shichijo (Shichijo-Nishimachi)
 3. April 18 (Wed.) at Hagukumi Center (Sanjo-Hommachi)
 4. April 25 (Sun.) at Miato Kominkan (Gojo-cho)

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



Bosai Center (Disaster Prevention Center)

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

Let's learn how to prevent disasters taking advantage of the Golden Week.

Date & Time: May 5 (Holiday) 10:00-16:00

Contents: Various disaster-prevention experiences (extinguishing a fire, evacuation from smoke, typhoon and earthquakes), facility tour of new firefighting operation center, experience discharging water, experience riding a fire vehicle (may change in case of rain), and other free experience corners.

Min'yo (Folk Dance) Lecture Class

Date & Time: April 14 (Sat.) 10:00-15:00

Place: Naraden Daini (Second) Arena (Horen-Sahoyama 4-chome)

Contents: Bon Dance, etc..

Things to bring: Indoor shoes, a facecloth, a folding fan, a box lunch and so on.

Inquiries: Ms. Misako Fukuyama of the Nara City Recreation Association (Tel. 0742-48-8250)

Outdoor Soft Tennis Class

Date & Time: Every Sat. & Sun. from May 19 (Sat.) 9:30-11:30, 10 times

Place: Seibu Shogai Sports Center Tennis Court (Maruyama 1-chome)

Capacity: 30 elementary school students from the 3rd to 6th grades

Fee: 3,300 yen

Application: Send a return postcard with the class name, your name (with the reading in Kana) address, age, grade, the guardian's name, gender and phone number to Naraden Arena (1-3, Horen-Sahoyama 4-chome 630-8108) no later than April 28 (Fri.). Excess applications will be decided by lottery.

Inquiries: Naraden Arena (Tel. 0742-24-1501)



Tea Ceremony and Flower Arrangement Classes

1. Tea Ceremony for Beginners (Ura-Senke)

2. Flower Arrangement (Ikenobo)

Date & Time: Thursdays from May 10 (Thurs.) until February, 2019 for a total of 16 times 13:00-16:00

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

Capacity: 1) 12 people 2) 15 people

Fee: 10,000 yen for each class (additional payment for material expenses)

Application: Send a return postcard with the desired class, your name (with the reading in Kana), address, and phone number to Nara City Sogo-Zaidan (1-2 Horen-Sahoyama 4-chome 630-8108) no later than April 13 (Fri).
A lottery may be held in case of more applicants than capacity.

Inquiries: Naraden-Budojo (Tel. 0742-26-1060)

Naraden Field Sports Classes

	Class		Date & Time	Place	Fee	Capacity
1	Walking & Stretching Exercises on the Lawn Field		Every Tuesday from 1) 9:30 2) 10:45 3) 13:00	Naraden	800 yen for each time	15 for each
2	Track & Field for Boys & Girls (elementary school students only)		Saturdays from April 21 for a total of 21 times 14:00-16:00	Field	7,800 yen for 21 times	140
3	Tennis Lessons by Two Professional Players (*)	For Adults	April 14 (Sat.) 9:00-12:00	Naraden Konoike Court	7,000 yen	16
		For Elementary School Students	April 14 (Sat.) 13:00-16:00		6,000 yen	16
		For High School Students	April 15 (Sun.) 9:00-12:00		6,000 yen	16
		For Junior High School Students	April 15 (Sun.) 13:00-16:00		6,000 yen	16

(*) A round-table talk will be held after class, from 16:30, if there are more than 48 entrants in total.

Application:

1 & 3: Call Naraden Field (Tel. 0742-22-0001)

2: Send a return postcard with the student's name (with the reading in Kana), the date of birth, gender, address, phone number, and the guardian's name to Naraden Field (5-1 Horen-Sahoyama 4-chome 630-8108).

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

Tel. 0742-34-5129

Central Health Center (Chuo Hoken Center) is located inside of Hagukumi Center.

Name	Date	Place
Checkup for 4-month old babies (Born in Jan. 2018)	Within one month after 4-month birthday	Designated Medical Facilities
Checkup for 10-month old babies (Born in July 2017)	Within one month after 10-month birthday	Designated Medical Facilities
Checkup for 19-month old children (Born in Sept. 2016)	May 10, 17, 24, 31 (Thursdays) Reception: 13:15 - 14:15 Waiting numbers will be distributed at 12:45.	Central Health Center
Checkup for 3 1/2-year old children (Born in Oct. 2014)	May 8, 15, 22, 29 (Tuesdays) Reception: 13:15 - 14:15 Waiting numbers will be distributed at 12:45	Central Health Center

Various Classes for Babies

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

Those Eligible: First babies born in Dec. 2017 and their guardians

Date & Time: May 9 (Wed.) and 23 (Wed.) 10:00-11:30

Contents: A lecture about baby food by a dietitian, and another about child rearing by a health nurse

Things to Bring: *Mother's and Child's Health Handbook* and the leaflet on baby food included in the questionnaire for the checkup for 4-month old babies, etc.

Capacity: 40 families per day

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

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

Date & Time: May 8 (Tues.), 22 (Tues.) 10:00-11:00

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 per day

Place: Hagukumi Center

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 May 2016 (Until age 26 months as of the month of coating)

Date & Time: May 18 (Fri.) 9:30-11:30

Place: Central Health 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 City website with the class name, child's name, the date of birth and phone number to Kenko-Zoshin-Ka (Health Care Section) by April 25 (Wed.)
Tel. 0742-34-5129 Fax. 0742-34-3145

Japanese Encephalitis Vaccinations for Those Born in March and April 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 Method:

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 the Preliminary Examination Leaflet with indelible black ballpoint pen.

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

Hello! Visiting Babies (Free of Charge)

We are visiting all homes to see babies less than 4 months old.

**If You Have Worries about Baby-Rearing or You Need Consultation on Breast feeding-
If Your Baby's Birth Weight was 2,500g or Under-**



Please notify us in these cases because special care will be needed, such as in living conditions and prevention of diseases.

Application: Please phone or send the green "newborn baby" postcard attached in the "*Mother's and Child's Health Handbook*" to Kenko Zoshin-Ka, after filling in the information on the back side of the card. A midwife or public health nurse will visit your home.

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

If You Don't Have Any Particular Worries about Baby-rearing:

A city-entrusted counselor will call and visit your home when your baby is 2 or 3 months old.

Inquiries: Kosodate-Sodan-Ka (Child Consultation Section) Tel. 0742-34-4804

*This is done under the Child Welfare Act. You may get a phone call about the counselor's visit from a different phone number from the above.

Those who will Receive Individual Notices in April

(Notices were sent in late March)

Preliminary Examination Leaflet: Those born in February 2018.

Preliminary Examination Leaflet, *Mother's and Child's Health Handbook* and the Health Insurance Card, etc. are needed to get vaccinations. Those who don't have a Preliminary Examination Leaflet should contact us. *Fill out forms with an indelible black ballpoint pen.

Japanese Encephalitis (the second term): Those born in February 2009

Postcards with guidance should be sent. *Mother's and Child's Health Handbook* and the Health Insurance Card, etc. are needed to get vaccinations.

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

Maternal and Infant Healthcare Consultation

Please consult us about life during pregnancy, breast-feeding, and infant growth and development.

*Application unnecessary: Please bring your *Mother's and Child's Health Handbook*.

Consultation by Visiting Public Health Nurses

	Date	Place
April	9 (Mon.)	Fushimi Kominkan Ayameike Bunkan
	11 (Wed.)	Keisei Kominkan Hiramatsu Bunkan
	17 (Tue.)	Tomio Kominkan
		Koto Kominkan*
	18 (Wed.)	Heijo Nishi Kominkan
	24 (Tue.)	Heijo Kominkan
	26 (Thurs.)	Tomio Minami Kominkan
May	2 (Wed.)	Fushimi Kominkan

Time: 9:30 – 11:30 (*11:00 – 12:00)

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

Midwives' Consultation

Seibu Kaikan (2F) Consulting Room (Consultation at the Office)

Date & Time: Weekdays 10:00 – 14:00 (Reception: Until 13:30)

*Some sessions may be held by public health nurses.

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

Date & Time: Weekdays 9:00 – 15:00

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

Tuberculosis Examinations for Citizens

Date & Time: April 21 (Sun.) 9:30 – 10:30

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

Contents: Chest X-ray examination

Those eligible: 65 years old and over

Capacity: 15 people

Application: Call Hoken-Yobo-Ka (Health Protection Section) between April 2 (Mon.) and April 20 (Fri.) Tel. 0742-93-8397

Various Cancer Examinations (May)

Applications: Please apply by phone, fax or internet through the website to Kenko Zoshin-Ka (Health Care Section).

Period: From April 2 (Mon.) to 20 (Fri.). Internet applications will be accepted until April 10 (Tues.).

*Free of charge for those who are on social welfare or belong to households receiving residence tax exemption. Please notify us of such when you apply.

Stomach and Lung Cancer Examinations

Date	Place	Reception Time	Capacity
1 (Tues.)	Tomigaoka Kominkan	9:30 – 10:30	26
2 (Wed.)	Hagukumi Center	8:45 – 9:45	33
8 (Tues.)	Hagukumi Center	8:45 – 9:45	33
9 (Wed.)	Corop Oshikuma	9:15 – 10:15	27
11 (Fri.)	Seibu Toshokan	9:45 – 10:45	21
21 (Mon.)	Hokubu Shutcho-sho	9:15 – 10:15	27
24 (Thurs.)	Bosai Center	9:15 – 10:15	27
25 (Fri.)	Miata Kominkan	9:15 – 10:15	29
29 (Tues.)	Nara City Hall (Conference Room No. 3)	9:00 – 10:00	30
30 (Wed.)	Tomio Kominkan	9:15 – 10:15	27
31 (Thurs.)	Hagukumi Center	8:45 – 9:45	33

Fee: 1,500 yen (1,000 yen for stomach cancer examination only, 500 yen for lung cancer examination only). 600 yen may be added as an additional fee for a sputum examination based on general checkup (postage might need to be paid).

Lung Cancer Examination

Date	Place	Reception Time	Capacity
16 (Wed.)	Hagukumi Center	14:00 – 15:00	60

Fee: 500 yen. 600 yen may be added as an additional fee for a sputum examination based on general checkup (postage might need to be paid).

Those eligible: 40 years old and over. Pregnant women, those who had stomach, lung or intestine surgery or are in treatment (for details, please ask Kenko-Zoshin-Ka); those who have barium sensitivity or had aspiration (lung cancer examination is possible); and those who had an endoscope stomach cancer check by Nara City in the last fiscal year (lung cancer examination is possible) are excluded.

Others: For those who are breast feeding, please notify us of such when you apply.

The examination interval is once a year. There might be cases where 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

Regular Vaccination Schedule for 2018 Fiscal Year

Vaccination (V) Name		Eligibility	Average V.Age	V. Times
Hib		From 2 months before 5 th year birthday	Start between 2 months old and before reaching 7 months old	* It depends on the age of starting V.
Childhood Pneumococcus Infection (CPI)				
Hepatitis B		Before 1 st year birthday	1 st time: 2 months old 2 nd time: 3 months old	3 times
			3 rd time: between 7 and 8 months old	
*[4-type combination vaccine] Diphtheria, Whooping Cough, Tetanus, and Inactivated polio, or [Inactivated polio]	1 st Term	From 3 months before 7.5 year birthday	[Initial Period (IP)] Between 3 and 12 months old	Initial Period (IP) 3 times Additional Period once
			[Additional Period] 12-18 months after finishing 3 rd initial time	
Tuberculosis (BCG)		Before 1 st year birthday	Between 5 and 8 months old	Once

Chickenpox		From 1 year before 3 rd year birthday	Once during the initial period between 12 months and 15 months Once during the 6-12 months after finishing initial period	Twice
*1) Measles and Rubella (MR)	1 st Term	From 1 year before 2 nd year birthday		Once
	2 nd Term	Those born April 2, 2012 to April 1, 2013	5-year-old kids (before elementary school)	Once
*2) Japanese Encephalitis (JE)	1 st Term	From 6 months before 7 1/2 year birthday	Initial period: 3 years old Additional period: 4 years old	IP: Twice Additional period: Once
	2 nd Term	Over 9 and below 13 years old	Elementary school 4 th graders (10 years old)	Once
[2-type Combination vaccine] Diphtheria and Tetanus	2 nd Term	Over 11 years old and below 13 years old	Elementary school 6 th graders (12 years old)	Once
Human Papilloma Virus Infection (HPV vaccine) *Nara City does not actively recommend since June 14, 2013.		Girls grade 6 to high school 1 st year	Junior high school 1 st year	3 times

*1) Vaccinations will not be given between April 1 and 9.

*2) Japanese Encephalitis Vaccination (JEV)

- 1) Those born between April 2, 1995 and April 1, 2007
- 2) Those born between April 2, 2007 and October 1, 2009

For 1) those who have not finished all three times of the 1st term and the 2nd term are eligible to get the JEV for free until the day before the 20th birthday thanks to preferential measures.

For 2) those who have not finished all three times of the 1st term can get the others from age 9 to before their 13th birthday.

Place: Medical institutions registered by Nara City (please refer to Nara City Website.)

Eligibility: For those who have a residence certificate in Nara City. Those who want to get vaccinations outside Nara City or Nara Prefecture need to apply to Hoken-Yobo-Ka.

Things to Bring: *Mother's and Child's Health Handbook*, Health Insurance Card identifying the child as a citizen of Nara City, Preliminary Examination leaflet (Children born on/after January 1, 2013)

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

