

Nara City Information for Residents

March 2025 Issued by Nara City Hall (No. 1252)

(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



Photo: Tsukigase Bairin (plum grove)

Confronting of Fires

**Twice the number of fires Nara experienced at this time last year have
Already taken place. Some people lost their lives in the fires.**

Inquiries: Somu-Ka, Shobo-kyoku (General Affairs Section, Fire Department) Tel. 0742-35-1199

Peak seasons for fires are from winter to spring.

Familiar items cause fires. Let's check once more. Many fires are caused by cigarettes, cooking stoves, etc. Many cases are due to ordinary things. Especially pay attention to cigarette butts. There has been a recently increase in fires caused by **lithium-ion batteries (mobile batteries, etc.)**. These batteries tend to short out and catch fire when dropped and or struck.

Pay special attention when using fire in farming.

Spring Nationwide Fire Prevention Campaign March 1 (Sat.) to March 7 (Fri.), 2025

Six Tips for Residential Fire Prevention and Protecting Lives

- 1) Install heaters and gas or electric cookers with safety devices to prevent a fire.
- 2) Check residential fire alarms regularly and replace them every 10 years.
- 3) Clear and tidy up rooms, and use fireproof products to avoid fires spreading to bedding, clothing, etc.
- 4) Install fire extinguishers to put out fires before they spread and know how to use them.
- 5) Have evacuation routes and plans for the elderly and those who with disabilities
- 6) Participate in fire and disaster prevention drills, and take fire prevention measures in the local area through door-to-door visits, etc.

Inquiries: Yobo-Ka, Shobo-Kyoku (Fire Prevention Section, Fire Department)
Tel. 0742-35-1192

Nara City Will Have a Special Booth in Expo 2025 Osaka Kansai

Nara City Exhibition at a Special Booth

Date: April 19 (Sat.) - 22 (Tues.)

Content: Tourism promotion, etc.

Inquiry: Sougou Seisaku Ka (Policy Planning Section)

Tel. 0742-34-4786

Expo 2025 Osaka Kansai

Date: April 13 (Sun.) - Oct. 13 (Mon.)

Place: Yumeshima, Osaka City

For more information on events and tickets, visit the official website.



Garbage Collection

Please do not park near the collection site.

Please bring garbage to the collection site before 7:30 on the day.

Collection times may vary depending on road congestion and other factors.

Collection Dates and Areas in March

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

* Garbage collection is scheduled as usual on March 20 (Holiday).

* Areas A, B, C and D are covered by Nara City, and areas E, F, G and H are covered by City Seibi Kosha or Takeda Kankyo & Yamato Seiso Kyodo Kigyotai (Joint Venture).

* Collection days in some areas might be different, so please check the Nara City website.

Inquiries: Shushu-Ka (Garbage Collection Section)

Tel. 0742-71-3012

City Seibi Kosha

Tel. 0742-33-8782

Takeda Kankyo & Yamato Seiso Kyodo Kigyotai (Joint Venture)

Tel. 0742-63-2552

Workshops for Pregnant Women, Parents & Babies and Dental Checkups

Maternity “Happy” Check (Dental Checkup for Pregnant Women)

Date & Time: March 13 (Thurs.) 9:30-11:30

Place: Hagukumi Center 2F

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: March 11 (Tues.)

Fluoride Coating for Tooth Decay Prevention for Children Born in March 2023

Date & Time: March 14 (Fri.) 9:30, 10:00, 10:30, 11:00 (30 minutes each)

Place: Central Health Center

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: March 11 (Tues.)

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

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

Place: Hagukumi Center 2F

Capacity: 24 pairs of a first-born child born in March 2024* and their guardian

* Children born between December 2023 and February 2024 and their guardian may also participate.

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: March 13 (Thurs.)

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

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

Place: Hagukumi Center 2F

Capacity: 32 pairs of a first-born child born in September 2024 and their 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: March 14 (Fri.)

Papa & Mama Salon

Date & Time: April 11 (Fri.) 9:30-12:00

Place: Hagukumi Center 2F

Capacity: 16 pairs of a first-time pregnant woman between 22 and 32 weeks of gestation on the day and her partner (Pregnant women can participate by themselves)

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

Deadline for application: April 4 (Fri.)

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

Tel. 0742-34-1978



Aozora Mama Commyu (Blue Sky Mother's Community)

Date & Time: March 16 (Sun.) 10:00- 14:00 * Will be cancelled in case of rain

Place: *Shibafu Hiroba* (lawn area) in front of Kintetsu Yamato Saidaiji Station

Contents: Baby crawling race, picture book reading and hand play, workshops, baby carrier adjustment, infant emergency medical care training, etc. *fees for some parts

Those Eligible: Preschool children and their guardians

Application: Advance reservation is required for the baby crawling race via the cocot instagram account

<https://forms.gle/Z72cVCjZ9693NCmn8>

Inquiries: *Kosodate Hiroba* (Child-rearing Plaza) cocot

Tel. 0742-81-3898

For further details →



Vaccination Notices

* Japanese encephalitis vaccinations will start. (for those born in March 2022)

* Preliminary Examination Leaflets for Vaccinations were sent in late February.
(for those born in January 2025)

Inquiries: Kenko Zoshin-Ka (Health Care Section)

Tel. 0742-34-5129

For further details →



Maternal and Infant Health Care Consultation

* Hagukumi Center 3F

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

Date & Time: 9:00-17:00 on weekdays (Until 16:00 with midwives)

Inquiries: 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: 9:00-17:00 on weekdays

Inquiries: Tsuge Hoken Center

Tel. 0743-82-0341

* Tsukigase Health Consultation Room

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

Date & Time: 9:45-16:00 on weekdays

Inquiries: Tsukigase Health Consultation Room

Tel. 0743-92-0480

Medical Checkups for Babies & Children

Checkup Name (Eligibility)	Date	Place
4-month-old Babies Checkup (Born in December 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 June 2024)	From 10-month birthday until the day before turning 11 months old	
19-month-old Babies Checkup (Born in August 2023)	April 10, 17, 24, (Thurs.)	Chuo Hoken Center (Central Health Center) (2F, Hagukumi Center)
3-1/2-year-old Babies Checkup (Born in September 2021)	April 8, 15, 22 (Tues.)	

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

*The questionnaire will be sent in 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).

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

Mottainai Tableware Reuse Market

(Collection and distribution of tableware that is no longer needed at home.)

Date & Time: March 15 (Sat.) 9:00-13:00

It will be held, rain or shine.

Place: Hygiene Purification Center (2-chome Daianji-nishi)

Others: Items made of wood, plastic, lacquerware, clay pots, etc. cannot be collected.

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

Shiryo Hozon Kan (Historical Materials Preservation House)

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

Time Travel in Naramachi as seen in the Ezuya Shop

Date & Time: March 15 (Sat.), 14:00-16:00

Place: Naramachi Nigiwai-no-Ie House (Naka Shinya-cho)

Naramachi Nigiwai-no-Ie House

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

Exhibition of Japanese Poems with Photos

Date & Time: March 6 (Thurs.)-25 (Tues.), 9:00 -17:00

Contents: Exhibition of pictures and Japanese poems by students of Tenri University

Bonseki "Describe the Scenery of the World"

Date & Time: April 3 (Thurs.), 10:00-17:00 / April 4 (Fri.)-7 (Mon.), 9:00 -17:00 / 8 (Tues.), 9:00 - 16:00

*April 5 (Sat.) and 6 (Sun.) 10:00 -15:00 for demonstrations and experiences

Contents: Demonstrations and experiences of Bonseki artworks

Lecturers: Members of *Hosokawa-ryu* Yamato-Bonsekikai Biseki-kai

Nara- Art Space
“ *Nara Shuji Terakoya* (Calligraphy display)”

Date & Time: March 24 (Mon.)- 28(Fri.) 9:00-17:00 including set up and take down

Place: Entrance Hall of Nara City Hall

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

Naramachi Center

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

***Kasugayama* Primeval Forest Art Project**

***Exhibition “Listen and Play the Thousand Year Forest”**

Date & Time: March 12 (Wed.) – 23 (Sun.) 10:00 – 17:00 (Until 16:00 on the last day.)

***Workshop “Craft experience using wood from Kasugayama”**

Date & Time: March 20 (Holiday) 10:00

The Cultural Festival *Naramachi Ikiki* Festa (Free entry)

Date & Time: March 20 (Holiday) 22 (Sat.) 23(Sun.) 10:00

Contents: Dance, music performance, etc.

***Marche (market) held by Call Duck K-chan and Merry Friends**

Date & Time: March 22 (Sat.) 23(Sun.) 11:00-16:00

Nara City Museum of Calligraphy in Honor of Kason Sugioka

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

Brush-Writing Experience Corner

Date & Time: March 20 (Holiday) – 23 (Sun.) 9:00-17:00

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, and physically challenged persons (certificate required) and their caregivers

Nara City Museum of Art (on the 5th floor of Mi-Nara)

3-1 Nijo-Oji Minami 1-Chome 630-8012

Tel. 0742-30-1510, Fax. 0742-35-7160

Exhibition “Hime-Kore” A time-travelling journey through contemporary art collections

Date & Time: March 8 (Sat.)- March 23 (Sun.), 10:00 - 17:30 (Admission until 17:00)

Closed on March 10 (Mon.), 17 (Mon) and 21(Fri.)

Free admission

Talk and Performance

Date & Time: March 15 (Sat.) 14:00-16:00

Program: Talk and performance show by artist-duo Aokid and artist MES.

Restrictions on visiting *Todaiji-Shunie (Otaimatsu)*

Due to congestion, the area restrictions and admission restrictions around Nigatsudo Hall will be in place from March 1 (Fri.) to March 14 (Thurs.).

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

Inquiries: Todaiji Temple Tel. 0742-22-5511

Shinryu Shoten (Shinryu Calligraphy Exhibition)

Date & Time: March 14 (Fri.)-16 (Sun.) 10:00-16:00 (Until 17:00 on March 14)

Place: Kyoto City Kyocera Museum of Art (in Kyoto City)

Inquiries: *Shinryu Shodo-Kai* (Shinryu Calligraphy Association) Tel. 0743-85-6766

Nara *Fude* (writing brush) Festival

Date & Time: March 20 (Holiday) 10:00-16:00

Place: Sugawara Tenmangu Shrine (Sugawara-higashi 1-chome)

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

Yagyu Cherry Blossoms Festival

Date & Time: April 5 (Sat.) 10:00-16:00, 6 (Sun) 10:00-15:30

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

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

*** Kominkan Activities ***

Tomio-Minami Kominkan

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

Event Name	Date & Contents	Application
Tominan Spring Concert	Concert by the independent group "Accordion Duo Flonflons" March 22 (Fri.) 10:00-11:00 For adults	Not necessary Free entry

Kasuga Kominkan

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

Event Name	Date & Contents	Application
Kasuga Origami Salon	Making wall decorations with seasonal origami March 12 (Wed.) 13:30-15:30 * For adults	Not necessary

Lifelong Learning Center

23 Surugamachi 630-8357

Tel. 0742-26-8811, Fax. 0742-26-8813

Event Name	Date & Contents	Application
Salon Concert (Free Entry)	Sumo Jinku for the March Tournament Please enjoy various stories about sumo and melancholy sumo jinku (songs) by Narayama Sumo Jinku Group. March 16 (Sun.) 14:00-15:00	Not necessary
	Let's enjoy children's songs and Showa songs Please enjoy nostalgic songs by Warabe-no-Hiroba, Sukoyaka Club. March 22 (Sat.) 13:00-14:30	

Mikasa Kominkan

313-3, Omiya-cho 4-chome 630-8115

Tel. & Fax. 0742-33-0515

Event Name	Date & Contents	Application
<i>Roudoku de Gagaku</i> and trial session (Recitation with traditional Japanese court music)	Performance of recitation & <i>gagaku</i> , and so on, by Independent Group "Kansai Gagaku-kai" March 16 (Sun.) 14:00-15:30	Not necessary Free entry

Nambu Kominkan

27-1 Yama-cho 630-8434

Tel. & Fax 0742-62-5931

Event Name	Date & Contents	Application
<i>Ehon Hiroba</i> (Picture Books Square) in Nambu --- Out of season summer festival ---	Look at, listen to, and touch picture books and feel them in your heart and body March 16 (Sun.) 10:00-16:00 *Please contact Nambu Kominkan for details.	Not necessary Free entry
<i>Asakatsu!</i> (Morning activities) Let's do radio exercises.	Radio Exercise No.1, Stretching and Radio Exercise No.2 Every Wednesday in principle from April 9 (Wed.), 2025 to March 18 (Wed.), 2026 9:00-9:30 For adults (Those who work or study in Nara City may attend).	Not necessary Free entry

Heijo Kominkan

1468 Akishino-cho 631-0811

Tel. & Fax 0742-48-3578

Event Name	Date & Contents	Application
Heijyo <i>Aozora-Ehon-no-Hiroba</i> (Open-air Picture Book Space)	Open-air picture book space exhibition of picture books, graffiti and fishing corners March 22 (Sat.) 10:00 - 15:00 From preschool children to the second-grade elementary school students with their guardians	Not necessary Free entry

Event Name	Date & Time and Contents	Application
Your Hot Space	<p>A free space open for self-study, reading, etc., with events held irregularly. * Please contact Heijo Nishi Kominkan for details.</p> <p>Date & Time: From April 2 (Wed.) to March 25 (Wed.), 2026 9:00-17:00 every Wednesday in principle</p> <p>Those eligible: Elementary school to high school students (Students who study in Nara City can also attend.)</p>	<p>Not necessary Free entry</p>

Notice of 2025 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.
- If your dog cannot receive the shot at the site, please get it at an animal hospital.
- Dogs must be collared and brought by a person who is accustomed to handling them.
- Please use public transportation as much as possible since some sites may not have enough parking.



For those who have not registered dogs over 90 days old:

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

Increases in Female-Specific Cancers

Breast cancer affects one in nine women. Cervical cancer often affects women between their 20s and 30s.

These can be detected early by screening, so please be sure to have a medical check once every two years.

Get Regular Osteoporosis Checkups

Osteoporosis is a disease in which bones become weaker, making them more prone to fractures. It is especially common in postmenopausal women. Regular medical checkups raise your awareness of bone mass changes and help prevent disease. Nara City osteoporosis checkups are conducted every five years for those aged 40 to 70.

* Medical checkups for the fiscal year 2024 finished at the end of February. They will start again from July 1, 2025.

Exhibition to Raise Awareness about Women's Health Week

Date: March 3 (Mon.) - 7 (Fri.).

Place: Nara City Hall 1F passageway

The Second Thursday in March Every Year is World Kidney Day.

The following exhibitions will introduce the symptoms of chronic kidney disease (CKD) and what can be done to prevent it through daily practices.

Exhibitions on the Symptoms and Preventive Measures for Chronic Kidney Disease (CKD)

1) **Date:** March 10 (Mon.) - 14 (Fri.)

Place: Nara City Hall 1F passageway

2) **Date:** March 17 (Mon.) - 28 (Fri.)

Place: Hagukumi Center 1F

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



Education Center KIDS LEARNING FLOOR

Class Name	Date & Time	Application Deadline
Planetarium: Story of Corvus (the Crow constellation) Capacity: 40 seats each time	Every Saturday, Sunday and Holiday (except March 29 & 30) 1.10:30-10:50 2.13:30-14:00	Reception on the day
Story Class: Errand by Ariko	March 15 (Sat.) 11:00-11:30	Not necessary
Movie Screening: "Manga Japanese Old Stories, Water imp praying for rain / Mysterious char fish" Capacity: 200 seats	March 23 (Sun.) 13:00-13:30	
Night Planetarium: "Kimagure Planetarium -We will deliver the seasonal starry sky" Capacity: 40 seats (From elementary school upper graders to adults. Adults by themselves can also apply)	March 28 (Fri.) 18:30-19:10	Reception on the day

Place: Hagukumi Center 9th floor

Application: Online application on the Nara City Website. A lottery will be held if there are too many applications.

Others: Reception on the day starts 15 minutes before the starting time and will end upon reaching capacity. Participants must be accompanied by guardians. Other classes will be held besides the above. The Planetarium is available for exclusive group use. (Application necessary) Please refer to the city website or call us directly for the latest information.

Inquiries: Kyoiku-Shiensodan-Ka (Education Support and Consultation Section) Tel. 0742-36-0401

