

Nara City Information for Residents

September 2018 Issued by Nara City Hall (No.1174)

(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



Disaster Prevention Measures We Can Do from Today

Disaster Information and Nara City

Western Japan suffered severe damage from heavy continuous rain between June 28 and July 8.

In Nara City on July 6, 195.5 millimeters of rain was recorded, the largest amount of rainfall in twenty-four hours in the history of observation: there was inundation above or under floor level, and damage was caused by landslides.

This month, we feature disaster information in Nara City and disaster prevention measures that citizens can do daily.

Sediment Disaster

Because the land is surrounded by mountains, preparation for landslides is necessary.

Especially in the eastern area, there are many sediment disasters because of heavy rains and typhoons.

Storm and Flood Disasters

The number of occurrences of heavy rain (rainfall over eighty millimeters per hour) has increased recently. Along with the progress of global warming, it is predicted that heavy rain and the frequency of heavy rain that falls in a short period of time will increase. The risk of storm and flood disasters or landslides caused by typhoons and heavy rain is increasing.

Earthquakes

The active faultline, *Nara-Bonchi Toryoku* Fault Zone which causes epicentral earthquakes, runs through the center of Nara City. It is said that the incidence of earthquakes caused by this active fault is zero to five percent in thirty years, but an earthquake can occur at any time.

The probability the *Nankai Trough megathrust* earthquake will occur is said to be nearly seventy to eighty percent within thirty years, and ninety percent within fifty years. (Details are described in The Urban Area Fault Map by the Ministry of Land, Infrastructure and Transport Geospatial Information Authority of Japan.)

The strength of the rain and a rough estimate of disaster occurrence

How Much Is Fifty Millimeters of Rain an Hour?

We often hear the phrase, “fifty millimeters of rain per hour”, in the weather forecast. This means the strength of rainwater accumulating fifty millimeters per hour. You may think it’s only fifty millimeters, but if you consider that the area of an open umbrella is one square meter, it is the same as fifty one-liter cartons of milk per hour hitting the umbrella .

hourly rainfall (millimeters)	Over 10 less than 20	Over 20 less than 30	Over 30 less than 50	Over 50 less than 80	Over 80
Forecast word	A little strong	Strong	Heavy	Very heavy	Terribly heavy
How it feels		A downpour	like a bucket turning-over	like a waterfall	stuffy feeling of pressure and fear
Influence on the person	Feet get wet by splashing	Get wet despite using an umbrella		An umbrella is completely useless	
Outside	puddles are on the ground		a road becomes like a river	all around turns white with splashing, visibility gets worse. Driving a car is dangerous.	
Disaster Occurrence Situation	Need to be careful of even this level of rain if it lasts long	Gutters, sewers and small rivers overflow, small landslides	Landslides, landslips are likely to occur. Need to prepare for evacuation in	Sometimes rainwater flows into the basement or underground shopping	Large-scale disasters caused by rain are likely to occur. Strict vigilance is

		start	dangerous areas. Rainwater overflows from sewer pipes in cities	centers in urban areas. Water spurts from manholes. Debris flows are likely to occur.	necessary.
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NATURAL DISASTERS

-----Prepare for the Worst-----

We must always be aware of natural disasters.

Please consider how to act during a disaster by getting knowledge beforehand about them, and prepare emergency bags and rations to save the lives of you and your family members.

* Please refer to the page 6, September issue of Nara City Information, Japanese version (Japanese only) for details about “emergency bags and rations”.

Evacuation in Case of Storms and Floods,

It is important to understand emergency information issued by the City correctly when disasters occur.

- 1, Stay indoors if going out to evacuate seems dangerous.
Move up to the second floor as it is safer.
- 2, You might be able to walk if the flooding on the roads is under around 70 cm (for men) or 50 cm (for women).
But in case the flooding is deeper than that, go to a higher place and wait for rescue.
- 3, Before you go to an evacuation site, don't forget to turn off the gas main cock and the circuit breaker. Make sure that all fires are out and lock doors up securely.
- 4, Don't wear long rain boots when you walk outside. They might fill with water quickly. Walking bare foot is also dangerous. Wearing sports shoes is better.
- 5, When you take refuge from a flood, go with two or more people.
If you do so with family members, use a rope and all hang on.
- 6, Carry a whistle to inform others of where you are.
- 7, Walk in the middle of the road carefully even if you know it well, because you can't watch your step on a flooded road.
- 8, Be careful of side ditches, waterways, manholes (the lid might have washed away), slopes (water is running faster even if the water level is shallow) and reservoirs, when the roads are flooded.

----- About Evacuation Information -----

1) Evacuation Preparation Information:

People who need time to evacuate such as the elderly and physically challenged persons are recommended to start evacuation early. If this is not the case, still, prepare for evacuation by making contact with family members and taking out your emergency supplies.

2) Evacuation Advisory

When this advisory is issued, please start going to evacuation sites. This is not an order but is issued to citizens by the mayor of Nara as the occasion demands.

3) Evacuation Order (Emergency)

This is issued when the situation is dangerous to human life. Please hurry to the evacuation site immediately as soon as you hear this order. If you can't, do everything possible to save yourself.

Five Basic Rules to Protect Yourself from Earthquake

1) If you are in your home, protect yourself first of all.

Hide under a sturdy desk or table and hold on tight to a leg. Protect your head with something such as a *zabuton* cushion and wait until the quake stops.

2) Keep distance from big furniture, TV, etc..

It is safer to use overturn-preventive device, glass protective film for them.

3) Open doors or windows to secure escape routes.

4) Stay indoors until the shaking stops. You might be injured by falling debris, such as roof tiles, glasses, signboard, etc. if you rush outside before the shaking stops.

5) Keep away from gates, walls, vending machines and so on.

They may fall down on you.



Inquiries: Kiki-Kanri-Ka (Crisis Management Section)

Tel. 0742-34-4930

Nara International Film Festival 2018 5th Edition

We are happy to inform you that we will celebrate the 10th anniversary and have concluded a partnership with the Berlin International Film Festival, which along with Cannes is one of the three major ones.

Special entries from the world festivals will be screened at this time.

Date: September 20 (Thurs.) -24 (Holiday)

Place: Naramachi Center (Higashi Terabayashi-Cho) and Hotel Sunroute Nara (Takabatake-Cho), etc.

Policy: We will advertise Nara's attractive points, create opportunities to come into contact with film cultures all over the world, and generate a new culture in Nara.

We also aim to develop human resources for the next generation and serve as a provider for international communication.

Major Activities: Film Festival in Nara City to be held every two years

NARActive will produce films set on the stage of Nara Prefecture along with the ones shown in the international film festivals

Nara Cinematheque will screen films in several places in Nara City every month

Opening Ceremony

Date: September 20 (Thurs.)

Contents: Nikaido Family Story projected on the stage of Tenri City by NARActive will be screened (Director: Mr. Ida Panahandeh, Leading actor: Mr.Masaya Kato who comes from Nara)

International Competition

Date: September 21 (Fri.) -24 (Holiday)

Contents: Films from all over the world which have been specially selected from those unreleased in Japan will be screened.

NARA-wave

Date: September 21 (Fri.) -23 (Sun.)

Contents: This student film competition project is aimed to bring up the younger generation.

The award winner can become a candidate to be the next director of NARActive.

Audience votes will be added up for the selection.

Various Screening Events

Obana-Za (an old established theater) Screening

Date: September 21 (Fri.) -23 (Sun.)

Obana-Za will be revived.

Screening using Bicycle-Powered Electricity Generation

Date: September 22 (Sat.) -23 (Sun.)

The films screened will be powered with electricity generated by bicycles.

Screening on a Starlit Night

Date: September 21 (Fri.) -22 (Sat.)

An outdoor screening will be held on the grass in Nara Park.

Fair stalls and food booths will be available.

Planning for the Younger Generation (Teenagers)

We want to improve the communication ability and the self-rediscovery of the younger generation by observing the world through film culture. Please enjoy these films produced by them.

Youth Judge

Date: September 22 (Sat.) -23 (Holiday)

Teenagers will judge the films in cooperation with the Berlin International Film Festival.

The grand prix film will be shown.

Youth Film Production Workshop

Date: September 23 (Holiday)

Teenagers will shoot, cast, direct and produce a film.

The film they produce will be shown.

Seeking places to Apply for My Number Card

You will be able to apply for every kind of certificates in convenience stores from March 2019. In order to apply for these certificates you have to get a My Number Card (with photograph). Nara City officials will go to receive applications for My Number Cards a local assembly rooms or other desired places.

Period: until September 28 (Fri.)

Date: Tuesday-Friday 10:00-12:00,13:00-15:00 Tuesday and Thursday 18:00-20:00 The first and third Saturday 10:00-12:00

Those eligible: 10-20 people in a group who are expected to participation

Application: Shimin-Ka (City Office) Tel. 0742-34-5326

Details on the Nara City website

About Garbage Collection

If the garbage collection sites are locked and you park near there, trucks may not be able to collect the garbage.

In addition, the disposal of garbage is the responsibility of everyone who uses the collection sites.

*Garbage will be collected on September 17 (Holiday) and 24 (Holiday) as usual.

Unburnable Garbage Collection Dates and Areas in September

Area	Burnable Garbage	Unburnable Garbage
A F	Mon. & Thurs.	Wednesdays (12, 26)
B E		
C H	Tues. & Fri.	Wednesdays (5, 19)
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

How to Collect Plastic Containers

Eligible: Plastic containers with the Pla-mark (with certain exceptions)

Please don't put garbage out in double bags (a big bag holding small bags) and don't tie the bags.

In addition, don't mix containers with things such as: plastic products without the Pla-mark sharp edged-tools like razors dangerous goods like dry batteries, cigarette lighters, etc.

Inquiries: Haikibutsu-Taisaku-Ka (Waste Management Section) Tel. 0742-71-3001 Fax 0742-71-1621

E-mail: haikibutsutaisaku@citynara.lg.jp



About String Bags and Containers for Recyclable Resources

Containers and string bags for the collection of recyclable resources will be distributed the day before, and those things will be collected on that day; however, some people hold on to them without permission. We can't distribute containers and string bags if there's a shortage in their numbers. Please return unused things on the garbage collection day.

Inquiries: Recycle-Suishin-Ka Tel. 0742-61-9900

Traffic Safety Campaign in Fall

Keep the Roads in Nara Safe and Traffic Accident-Free

Let's improve road manners in Nara.

Campaign Period: Sept. 21 (Fri.) - Sept. 30 (Sun.)

Priority Activities:

1. Securing safe traffic for children and the elderly, as well as preventing traffic accidents by elderly drivers
2. Preventing traffic accidents while biking or walking at dawn and night
3. Promoting seatbelt use and proper installment and use of child seats
4. Preventing drinking and driving
5. Protecting crossing pedestrians and promoting the proper way of crossing (this is the main priority in Nara Prefecture)

Sept. 30 (Sun.) Is Designated Nation-wide as the Campaign Day for No Traffic Fatalities

Cyclists are encouraged to purchase damage insurance or the equivalent in case of accident.

Public Meeting for Traffic Safety Campaign in Fall

Date & Time: Sept. 21 (Fri.) 13:30-15:30

Place: Gakuenmae Hall (Gakuen-Minami 3-chome)

Inquires: Kotsu-Seisaku-Ka (Traffic Policy Section) Tel. 0742-34-4717

September 10 is Sewer Day

Drain Wastewater to the Public Sewage System

We would like to ask citizens who live in the areas with the public sewage system to drain household wastewater to the public sewerage. In order to do so, please be sure to contact a designated company promptly, as only they are allowed to do this drainage work (including flush toilets).

Who Takes Care of Wastewater And the Public Sewage System?

You Have To Take Care of the Drainage Equipment in Your House and Grounds by Yourself!

You have to deal with problems such as clogging of drain pipes on your own. So, please contact a designated company on such occasions. Clogging of the public sewerage system is handled by the Gesui Keikaku Kanri Ka (Sewage Planning and Management Section). For inquiries about designated companies, call the Kyuhaisui-Ka (Water Supply & Drainage Section). Available on Nara City's website.

Inquiries: Kyuhaisui Ka (Water Supply & Drainage Section), Kigyo Kyoku (Enterprise Bureau)

Tel. 0742-34-4751

Gesui Keikaku Kanri Ka (Sewage Planning and Management Section), Kigyo Kyoku
(Enterprise Bureau) Tel.0742-34-4837

September 9 is First-Aid Day

Sept. 9 to 15 is Emergency Medicine Week

September 9 was designated as First-Aid Day in 1982 in order to deepen understanding and recognition about first-aid services and emergency medical care. One week including the day has been observed as Emergency Medicine Week since then.

Ambulances And Emergency Medicine Are Limited Resources

The Shobo Kyoku (Fire Bureau) asks you to use an ambulance properly. There were 19,077 cases of emergency aid in 2017, and the number has been increasing year after year. While some calls for an ambulance are unnecessary calls, some others are hesitant to call even in cases of heart attack and stroke which they should be treated as early as possible.

When you are not sure if you should call an ambulance or not, please call:

Nara-Ken Kyukyu Anshin Center (Nara Prefectural Emergency Medical Care Center):

Around the clock. Tel. #7119 Tel. 0744-20-0119

Kodomo Kyukyu Denwa Sodan (Emergency Helpline for Children (under 15): Tel. # 8000

Tel. 0742-20-8119

Weekday: 18:00 – 8:00 (next morning)

Saturday: 13:00 – 8:00 (next morning)

Sunday, holidays, and the year-end & New Year holidays: 8:00 – 8:00 (next morning)

Inquiries: Kyukyu Ka (First-Aid Section), Shobo Kyoku (Fire Bureau) Tel. 0742-35-1190

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 Shiraishi-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.

Physical Checkups for Babies and Infants

Things to Bring: The questionnaire and *Mother’s and Child’s Health Handbook*.

The questionnaire will be sent to you by the middle of September.

People who moved to Nara City after September 1 and haven’t received the questionnaire by the checkup day can come to the place directly on the day. (In the case of the checkups for 4-month-old babies and 10-month-old babies, please contact Kenko-Zoshin-Ka.)

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

Name (eligibility)	Date	Place
Checkup for 4-month-old babies born in June 2018	Within one month after 4-month birthday	Designated Medical Facilities in Nara City
Checkup for 10-month-old babies born in Dec. 2017	Within one month after 10-month birthday	Designated Medical Facilities in Nara City
Checkup for 19-month-old children born in Feb. 2017	Oct. 4, 11, 18, 25 (Thursdays) Reception: 13:15-14:15 Waiting number cards will be distributed from 12:45	Central Health Center
Checkup for 3 1/2-year-old children born in Mar. 2015	Oct. 2, 16, 23, 30 (Tuesdays) Reception: 13:15-14:15 Waiting number cards will be distributed from 12:45	Central Health Center

Fluoride Coating for Tooth Decay Prevention

Those Eligible: Those born in October 2016 (Until age 2 1/3 years as of the month of coating)

Date & Time: Oct. 19 (Fri.) 9:30-11:30

Place: Central Health Center

Contents: Dental checkup, fluoride coating, guidance in brushing teeth

Things to Bring: *Mother's and Child's Health Handbook*, a child's toothbrush, towels

Application: Call or fax with the class name, child's name, birthday and phone number to Kenko-Zoshin-Ka (Health Care Section) by Sept. 28 (Fri.). Application may also be made via the website. Tel. 0742-34-5129 Fax. 0742-34-3145

Maternal and Infant Healthcare Consultation

Consultation by Visiting Public Health Nurses

	Date	Place
Sept.	10 (Mon.)	Tatsuichi Fureai Kaikan
	21 (Fri.)	Heijo-Higashi Kominkan*
	25 (Tues.)	Miato Kominkan Hiramatsu
	26 (Wed.)	Keisei Kominkan
	27 (Thurs.)	Tawara Kominkan**
Oct.	2 (Tues.)	Koto Kominkan***
	5 (Wed.)	Tomio Kominkan

Time: 9:30-11:30 (*13:30 -15:30, **10:30 – 12:00, ***11:00 – 12:00)

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

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

Consultation by Midwives or Public Health Nurses

Seibu Kaikan (2F) Consulting Room (Consultation in the office)

Date & Time: Weekdays 10:00-14:00 (Reception closes at 13:30)

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

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

Classes for Babies and Infants

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

Those Eligible: First-born babies born in May 2018 and their guardians

Date & Time: Oct. 10 (Wed.) and 24 (Wed.) 10:00-11:30

Contents: Talk about baby food by a nutritionist and talk about child rearing by a public health nurse

Things to Bring: *Mother's and Child's Health Handbook*, leaflets referring to baby food enclosed with the questionnaires for the 4-month-old baby's physical checkup, etc.

Capacity: 40 babies per day

Ha-Pika Class (Tooth Decay Prevention Class for 12-month-old Babies)

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

Date & Time: Oct. 9 (Tues.) and 23 (Tues.) 10:00-11:00

Contents: Talk about how to take care of baby's new teeth and practice of tooth care

Things to Bring: *Mother's and Child's Health Handbook* and gauze to wipe baby's mouth

Capacity: 30 babies per day

Place: Hagukumi Center

Application: Call or fax with the class name, address, baby's name, birthday, guardian's name, phone number, and date you prefer to come, to Kenko-Zoshin-Ka (Health Care Section). Excess applications will be accepted for another day. Tel. 0742-34-5129 Fax. 0742-34-3145

Class for Pregnant Women & Dental Checkup

Mother's & Father's Class

Schedule A	Schedule B	Contents (Eligibility)
October 10 (Wed.)	November 7 (Wed.)	Lecture and talk with experienced mothers (Women in their first pregnancy*)
October 13 (Sat.)	November 10 (Sat.)	Bathing practice and lecture (Women in their first pregnancy* and their husbands)

*Eligibility: Those who are in the 22nd to 31st week of pregnancy. Each class has a two-day program.

Time: 9:30 – 12:00

Place: Central Health Center

Capacity: 24 expectant parents for each day

Application: Please contact Kenko-Zoshin-Ka (Health Care Section) by phone, internet (from the website) or fax with the class name, schedule A or B, your name, address, age, phone number, expected delivery date, and whether your husband will attend or not by October 3 (Wed.) for schedule A and October 31 (Wed.) for schedule B.

Tel: 0742-34-5129

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

Those Eligible: Pregnant women in stable condition, in their approx. 16th to 31st week of pregnancy

Date & Time: (1) October 25 (Thurs.), (2) November 22 (Thurs.) 9:30 - 11:30

Place: Central Health Center

Contents: Dental checkup, effective tooth brushing, fluoride coating (only for those who want to have the coating)

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

Capacity: 30 women

Application: Please contact Kenko-Zoshin-Ka (Health Care Section) by phone or fax with the class name, date you want to attend, your name, date of birth, phone number, and expected delivery date by October 18 (Thurs.) for (1), or November 15 (Thurs.) for (2).

Tel. 0742-34-5129

Cancer Examinations (October)

Applications will be accepted from September 3 (Mon.) to September 20 (Thurs.) at Kenko-Zoshin-Ka (Health Care Section) by phone or fax. Online application will be accepted until September 10 (Mon.). Applications for examinations at Tsukigase Gyosei Center will be accepted by phone only, at Tsukigase-Kenko-Sodanshitsu (Tel. 0743-92-0480). 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.

A Set of Stomach and Lung Cancer Examinations

Date	Place	Reception Time	Capacity
2 (Tues.)	Hagukumi Center	8:45-9:45	33
3 (Wed.)	City Hall (Conference Room # 3)	9:00-10:00	30
4 (Thurs.)	Seibu Shyogai Sports Center Clubhouse	9:15-10:15	27
5 (Fri.)	Seibu Library	9:45-10:45	23
9 (Tues.)	Hagukumi Center	8:45-9:45	33
10 (Wed.)	Naramachi Center	9:15-10:15	27
19 (Fri.)	Tomio Kominkan	9:15-10:15	27
22 (Mon.)	Hokubu Shutcho-sho	9:15-10:15	27

23 (Tues.)	Tomigaoka Kominkan	9:30-10:30	26
29 (Mon.)	Hagukumi Center	8:45-9:45	33
30 (Tues.)	Tsukigase Gyosei Center	8:30-10:00	30
31 (Wed.)	Tsukigase Gyosei Center	8:30-10:00	30

Lung Cancer Examination

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

Stomach Cancer Examination: Stomach X-Ray drinking barium on that day.

Lung Cancer Examination: Chest X-Ray

Fee: 1,500 yen (1,000 yen: stomach cancer examination only, 500 yen: lung cancer examination only.) As an additional fee 600 yen will be charged for a 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 those who are pregnant; had stomach, lung or bowel surgery in the past or those organs are currently being treated; have barium sensitivity or have accidentally swallowed it (for those, the lung cancer examination is possible); or had a stomach cancer examination with an endoscope in FY 2017 (for those, the lung cancer examination is possible).

Other: For those who are breast feeding, please notify us of such when you apply. The examination interval is once a year. You might not be able to have an examination depending on your physical condition or the results of the general check-up on the day.

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

Don't Forget to Get Vaccination as students

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

The vaccination taken while in school are additional vaccinations for those vaccinations taken in early Childhood, and are very effective in strengthening basic immunity. Be sure to get vaccinations when You're in good physical condition.

Vaccination (V.)Name	Eligibility	Average V. Age	V. Times	Remarks
[2-type Combination vaccine] Diphtheria and Tetanus 2 nd term	From 11 years old to the day before the 13 th birthday	Elementary school 6 th grade (12 years old)	One	This can be taken as additional vaccination after receiving the 3-type combination vaccine (DPT) 4 times total in early childhood.
Japanese Encephalitis (JE) 2 nd Term	From 9 years old to the day before the 13 th birthday	Elementary school 4 th grade (10 years old)	One	This can be taken as additional vaccination after receiving 3 times in total of the 1 st term (2 times for first vaccination and one time for additional vaccination) in early childhood.

Kurokami-yama Nature School

139 Sahodai Nishi-machi 630-8106

1. Wall Trial Class

Date & Time: September 23 (Holiday)

Contents: Bouldering (Wall Climbing), Slacklining (Belt Walking), Cooking, etc.

Fee: 800 yen

2. Autumn Entertainment Class

Date & Time: October 28 (Sunday)

Contents: Potato Digging, Secret-base Making, Cooking, etc.

Fee: 800 yen

- Capacity:** 60 elementary school students in each class
Place: Kurokami-yama Camp Site (Narazaka-cho)
Instructors: Leaders of the Boy Scouts, Nara Mahoroba Nature Game Club and others.
Application: Send a return postcard with the class name, address, child's name (with furigana), gender, grade, guardian's name and phone number to the Nature School (139 Sahodai Nishi-machi 630-8106) no later than September 13 (Thurs.) for class No. 1 and October 18 (Thurs.) for class No. 2. Excess applications will be decided by lottery. Brothers and sisters are allowed to apply on one postcard. For details, please refer to the Nara City website (written only in Japanese).
Inquiries: Shogai-Gakushu-Ka (Lifelong Education Section) Tel. 0742-34-5471

“KOTOROGE 2018” -Host Town Project of Nara City for Tokyo Olympic and Paralympic Games

What Is Rogaining?

It is an orienteering sport. Participants access and collect points from checkpoints marked on the map within a time limit and compete for most total points. It originated in Australia, whose host town for the Tokyo Olympic and Paralympic games is Nara City.

Let's Enjoy Rogaining in Nara City!

Checkpoints will be set up at World Heritage Sites, sightseeing spots, etc. All are welcome to run to get high points, or walk or hike as you like. This event will be enjoyable for everyone from beginners to athletes.

Date & Time: Nov. 11 (Sun.) 8:00-15:30

Meeting place: Entrance of Nara City Hall

Goal: Naraden Field

Capacity: 300 people

Fee: 500 yen

Application: Please access the “KOTOROGE 2018” website or fill out and send an application form, which can be found at athletic facilities in Nara City ; by Oct. 15 (Mon.) to Nara City Check-Point Management Secretariat.

Inquiries: Secretariat Tel. 0742-34-8111

Martial Arts Exercise & *Zazen* (Zen Meditation) Classes

Naraden Budo-jo

***Kendo* (Japanese Fencing) (Basic Class for Elementary School Students)**

Date & Time: Every Mon., Tues. and Fri. 17:30-18:30, starting on Oct. 1 (Mon.)

Capacity: 30 elementary school students

Fee: 9,000 yen plus an accident insurance fee

***Kendo* (Advanced Class for Elementary School Students)**

Date & Time: Every Mon., Tues., Thurs. and Fri. 17:30-19:00, starting on Oct. 1 (Mon.)

Capacity: 20 elementary school students (level 3-*kyu* or higher)

Fee: 10,000 yen plus an accident insurance fee

***Kendo* (for Parents and Children)**

Date & Time: Sat. on Oct. 13, 20, Nov. 17, 24, Dec. 1, 22, 9:30-10:30,

Capacity: 15 pairs of guardians and children 5-6 years old. Children may participate alone

Fee: 2,000 yen plus an accident insurance fee

***Kendo* (for Junior High School Students and Over)**

Date & Time: Every Mon., Tues., Thurs. and Fri. 19:00-20:00, starting on Oct. 1 (Mon.)

Capacity: 20 experienced junior high school students and over

Fee: 4,000 yen, plus an accident insurance fee and 300 yen for a day ticket

Naginata (Long Handled Sword)

Date & Time: Every Tues. 10:00-12:00, every Thurs. 16:30-18:30, every Sat. 13:00-15:00 starting on Oct. 2 (Tues.). Senior high school students and younger meet only on Thurs. and Sat..

Capacity: 20 people (five-years old and over)

Fee: 4,000 yen

Yari (Spear) (Hozoin School)

Date & Time: Every Sat. 10:00-12:00, starting on Oct. 6 (Sat.)

Capacity: 10 senior high school students and over.

Fee: 6,000 yen

Zazen (Meditation)

Date & Time: Every Sun. 7:00-8:30, starting on Oct. 7 (Sun.)

Capacity: 10 high school students and over

Fee: 2,000 yen



Naraden Daini (Annex)Budo-jo

Judo (for Elementary School Students)

Date & Time: Every Tues. and Thurs. 17:00-18:30, every Sat. 13:30-15:00 starting on Oct. 2 (Tues.)

Capacity: 20 elementary school students

Fee: 4,500 yen

Judo (for Parents and Children)

Date & Time: 2nd, 3rd, 4th Thurs. 15:30-16:30 starting on Oct. 11 (Thurs.)

Capacity: 15 pairs of guardians and children 5-6 years old. Children may participate alone.

Fee: 3,000 yen

Judo (for Junior School Students and Over)

Date & Time: Every Tues. and Thurs. 18:00-19:30, every Sat. 14:30-16:00 starting on Oct. 2 (Tues.)

Capacity: 20 junior high school students and over

Fee: 4,500 yen

Judo (for Women)

Date & Time: Tues. 10:00-11:30 starting on Oct. 2 (Tues.) twice a month

Capacity: 20 people (18 years old and over)

Fee: 4,000 yen

Naraden Kyudo-jo

Kyudo

Date & Time: Every Sat. 17:00-19:00, starting on Oct. 6 (Sat.)

Capacity: 20 beginners (high school students and over)

Fee: 3,000 yen

Others: Fees are for 3 months.

Application: Send a return postcard with the class name, address, your name (with furigana), age (in case of students, school name and your grade), gender and phone number to reach the Shi-Sogo Zaidan (c/o Naraden Daini Budojo, 6-3 4-chome Horen-Sahoyama 630-8108) no later than Sept. 14 (Fri.). Excess applications will be decided by lottery.

Inquiries: Naraden Budojo for Kendo, Naginata, Yari and Zazen Classes Tel. 0742-26-1060

Naraden Daini Budojo for Judo and Kyudo Classes Tel. 0742-27-6163