

Nara City Information for Residents

October 2018 Issued by Nara City Hall (No.1175)

(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



25th Anniversary of Becoming Sister Cities A Bridge for Reconciliation between Japan and Australia International Exchange between Nara and Canberra

The city of Nara and Canberra, the capital of Australia, will celebrate the 25th anniversary of becoming Sister Cities in October. In this issue, we would like to introduce a behind-the-scenes history of how they became sister cities, and the meaning and importance of the international exchange.

Private Sector Exchanges Led to Declaration of Sister Cities

While a feeling of hatred towards Japan was swirling within the people of Australia after World War II, Mr. Tony Glynn lived in Japan for approximately 40 years, devoted his life to reconciliation between the two countries, and he took part in various activities. His activities toward reconciliation and friendship awoke sympathy in Nara City and led to the establishment of the Japan-Australia Association of Nara. In the seventies, the Japan-Australia Association of Nara and the Australia-Japan Society - Canberra played a central role in the commencement of exchanges, and on October 26, 1993 when the momentum towards friendship exchanges led to a formal Sister City Agreement signed by both parties and the private sector relationship has continued to date.

About Canberra

The Capital of Australia

Canberra is the capital city of Australia and governed by ACT (Australian Capital Territory). The name of Canberra means "Meeting Place" in the Indigenous Aboriginal language.

Canberra used to be a calm local city. Australia became an independent nation from England in 1901, Canberra was selected as the capital of Australia in 1911, and it was decided to build the city as a "Planned and Designed City".

Canberra as a "Planned and Designed City"

Unlike other cities, it is characterized as a planned city, which has been precisely planned and built to fully achieve city functions. An international design competition for the capital city was held and an American architect, Walter Burley Griffin became the winner. After actual construction started, the schedule fell behind. After World War II, construction was expedited under the direction of Prime Minister Robert Menzies.

Concentration of Government Offices and Cultural Facilities

ACT Government, State Government Organizations, the Federal Parliaments, and Supreme Court, as well as National Library, museums, Australian National University and University of Canberra are concentrated in Canberra.

Japanese Companies are Participated in Infrastructure Projects

In Canberra the main transport system is a car travel. The other transport available is bus travel. In addition to these, a Light Rail Network is under construction. The 12-kilometer line will link the northern part of the city to the city center. This line consists of 13 stations and is expected not only to serve as the means of transportation for the people of the city but also to play a role in revitalizing tourism. Japanese companies such as Mitsubishi Corporation and others are taking part in the project. The new network is expected to be in operation in 2019.

Little known Hot Item - Wine

There are many wineries inside ACT and in the suburbs. Although they are small, they make good wine thanks to a dry plateau and climate. Residents of Canberra love to drink a lot of local wine.

A Canberra Wine Fair was held here in Nara in 1995, two years after becoming sister cities, to introduce the charm of wine.

Canberra

Population: Approx. 400,000

Area: 2,358 km² (8 times as large as Nara)

Climate: Relatively dry, with four distinct seasons

Time Zone: +1 ahead of Japan

Government: ACT (Australian Capital Territory), self-government

Points of Interest: Parliament House, National Gallery of Australia, Australian War Memorial

Father Tony Glynn

Father Tony Glynn, an Australian Marist Brothers Priest (1926 - 1994)

He was born in Lismore, Australia, as the seventh son of eight. Tony was brought up by a devout Roman Catholic family, went to seminary school, and was ordained as priest in 1951. He devoted most of his life to the establishment of a sister relationship between Nara and Canberra, overcame hatred for Japan and promoted reconciliation between the two countries.

Why don't you try an International Exchange?

A concert band and a science circus will come to Japan from Canberra in October.

A concert to Commemorate the 25th Anniversary of the Sister City Relationship

Entrance is free!

Date & Time: October 5 (Fri.) 18:00~

Place: Nara Hyakunen-Kaikan (Centennial Hall) (big hall) (Sanjo Miyamae-cho)

Contents: ACT Senior Concert Band consisting of senior high school students from Canberra will hold a joint concert with the Brass Band Club of Ichijo High School and others.

Science Circus Japan-Tour in Nara

Entrance is free!

Date & Time: October 27 (Sat.),28 (Sun.) from 10:00 to 16:00

Place: City Hall *Chuo-to* (Central Building) 6F

Contents: The Australian National Science and Technology Center (Questacon) will hold a Science Circus in cooperation with the Osaka Science Museum, the Australian National University, etc. More than 30 scientific experience-based displays and science shows will be sure to entertain everyone, from children to adults.

Schedule

Oct. 27 (Sat.) City Hall	11:00-11:30	Science
	12:00-12:30	Boomerang
	14:00-14:30	Sound
	15:00-15:30	Science
Oct. 28 (Sun.) City Hall	11:00-11:30	Sound
	12:00-12:30	Science
	14:00-14:30	Boomerang
	15:00-15:30	Sound



Science: Scientific shows will be conducted using ordinary things around us.

Sound: Science of sound and music. They will define scientific principles including vibration, resonance, and sound waves, and then demonstrate the ways of defining it.

Boomerang: A boomerang is designed to return to the person who threw it. Why does it come back? They will demonstrate the answer using a plane or a spinning top.

Inquiries: Kanko-Senryaku-Ka (Tourism Strategy and International Section)
Tel. 0742-34-1965

Please use public transportation if possible.

Nara City Art Project: Celebrate and Commemorate Nara 2018-2019

Nara City will hold various theatrical/artistic programs in this series, three of which are:

Green Mountain College: an art program for new collaboration through dialogue, each session with different theme.

	Date	Place	Theme/Guest
1 st session	Oct. 13 (Sat.)	Naramachi Center	“To Build A Furnace” by Toru Koyamada
2 nd session	Oct. 21 (Sun.)	Open space at East Side Entrance, JR Nara Station	“Men and Women, and Love” by Sohei Yamada & Chikako Akata
3 rd session	Nov. 17 (sat.)	Open space at the west side of New Wing, Nara National Museum	“A Huge Table” by Toru Koyamada and Choi Jeonghwa

Every session: 17:00-20:00. Entrance is free.

4th to 7th sessions will be held between December and February, 2019.

Choi Jeonghwa Workshop/Exhibition: Blooming Matrix

Participants can create towers with modern materials such as new/used tableware, kitchen tools, and tables at the Nara National Museum (NNM), a special place to research and exhibit history and Buddhism, so as to harmoniously connect our past, present and future. This event is open to all.

Workshop: Nov. 17 8Sa.t.), 14:00-16:00 at NNM. Objects made in the workshop will be exhibited till 17:00, Nov. 18 (Sat.)

Theatrical Program: Nara's Ark

High school and middle school students who passed as audition can experience the process of making a theatrical stage with professionals to present an original Nara play with new ideas.

Performance: Starts at 14:00 on Dec. 23 (Holiday) at Naramachi Hall (Higashi-Terabayashi-cho), general seating. Advanced application needed.

All inquiries: Nara City Art Project Executive Committee Secretariat, c/o Bunka-Shinko-Ka (Cultural Promotion Section), Nara City
Tel. 0742-34-4942, Fax. 0742-34-4738 email: art@city.nara.lg.jp

NARA CRAFT FESTIVAL 2018

Theme: Shuhari, the three stages of learning mastery (the fundamentals, breaking with tradition, parting with traditional wisdom)

Date & Time: Oct. 27 (Sat.)-Nov. 4 (Sun.) 10:00-18:00

* Closed at 17:00 on the last day. Temporarily open on Oct. 29 (Mon.).

Place: Nara Craft Museum (Azemame-cho)

The 6th Nara Traditional Crafts Exhibition (Special event commemorating the thirtieth anniversary)

By popularity poll. (People who voted for the top winning works will be chosen by lottery to receive the top winners' crafts.)

Sales of Nara Crafts

Itto-bori, Akahada-yaki, a limited number of lucky bags

Fun Lottery Where You May Get Nara Crafts

One drawing per purchase over 2,000 yen

It will finish when premiums run out.

Sampling Sale of the Local Brew

Date & Time: Nov. 3 (Holiday), 4 (Sun.) 11:00 -17:00

Special Exhibition in Naramachi Area (Free Admission)

Date & Time: Oct. 28 (Sun.), 29 (Mon.) 11:00 -17:00

Place: Naramachi-Nigiwaino-Ie (Nakanoshinya-Cho)

Contents: Exhibit of art works

Consultation with Professionals about Crafts

Tea Ceremony

Date & Time: Nov. 4 (Sun.) 11:00 -16:00

Fee: 500 yen

Demonstrations of Works

Contents	Dates & Times
<i>Itto-bori</i> (one-knife carving)	Oct. 30 (Tues.), Nov. 1 (Thurs.) 12:30 -16:30
<i>Nara fude</i> (writing brushes)	Nov. 2 (Fri.), 3 (Holiday) 12:30 -16:30
Ceramic arts	Oct. 29 (Mon.) 12:30 -16:30
<i>Nara shikki</i> (lacquer works)	Oct. 28 (Sun.), 29 (Mon.), 31 (Wed.), Nov. 1 (Thurs.) 12:30 -16:30
<i>Nara uchiwa</i> (fans)	Oct. 31 (Wed.) 12:30 -16:30

Craft-Making Workshops (dates & times may change)

Contents (Duration)	Dates & Times	Fee Capacity
<i>Sukashi raku-bori</i> (carving): Making wooden coasters, etc. (30 min.) (Application unnecessary)	Oct. 29 (Mon.) -Nov. 1 (Thurs.), Nov. 3 (Holiday), 4 (Sun.) 10:30 -16:30	500 yen +
<i>Itto-bori</i> (one-knife carving): Deer <i>Netsuke</i> , painting on a brooch (30 min.) (Application unnecessary)	Oct. 30 (Tues.), Nov.1 (Thurs.) 12:30 – 16:30	1,500 yen
<i>Nara fude</i> (writing brush): Forming the tip of a writing brush with glue (20 min) (Application unnecessary)	Nov. 2 (Fri.), 3 (Holiday) 12:30 -16:30	1,000 yen -

Craft-Making Workshops (Application Necessary)

<i>Itto-bori</i> (one-knife carving): Making the zodiac animal for 2019, a boar	Oct. 27 (Sat.), 29 (Mon.), 31 (Wed.), Nov. 4 (Sun.) 10:00 -16:00	2,500 yen 30 people per class
<i>Akishino Teori</i> (textiles): Making a cotton table center	Oct. 28 (Sun.) -30 (Tues.) Nov. 1 (Thurs.) -3 (Holiday) 1) 10:00 -11:00, 2) 11:00 -12:00, 3) 13:30 -14:30, 4) 14:30 -15:30	1,000 yen 5 people per class
<i>Nara Sarashi</i> (hemp cloth): Making a hemp table center	Nov. 3 (Holiday) 1) 10:00 -11:00, 2) 11:00 -12:00, 3) 13:30 -14:30, 4) 14:30 -15:30	1,000 yen - 5 people per class
<i>Tombo-dama</i> (dragonfly marble): Making glass art	Oct. 28 (Sun.) 1) 10:15 -11:15, 2) 11:45 -12:45, 3) 13:30 -14:30, 4) 15:15 -16:15	3,500 yen 6 people per class *(1)
<i>Kogaku-men</i> (old mask): Painting <i>Akishino-tera</i> 's Brahma-Deva mask	Nov. 3 (Holiday) 1) 10:00 -12:30, 2) 13:30 -16:00	2,500 yen 15 people
Wood craft: Making a small box with <i>kumiko</i> (wooden parts)	Nov. 1 (Thurs.) 10:00 -15:00	3,000 yen 10 people
Ceramic art: Making cups and bowls, etc. with 1 kg of clay	Nov. 2 (Fri.) 1) 10:00 -12:00, 2) 13:30 -15:30	2,500 yen *(2) 10 people
<i>Nara uchiwa</i> (fan)	Oct. 30 (Tues.) 1) 10:00 -12:00, 2) 13:30 -15:30	1,620 yen 20 people

*(1) 3rd grade and over

*(2) 2,000 yen for elementary school students

Application: Send a return postcard with your address, name, age, phone number, name of item, desired date and time (first to third priorities) to the Nara Craft Museum no later than Oct. 11 (Thurs.). One class on one postcard. Lottery in case of excess applications.

Inquiries: Nara Craft Museum Tel. 0742-27-0033 (1-1 Azemame-Cho 630-8346)

Special Events in Autumn October is 3Rs Promotion Month

Reduce: Think twice before you buy and/or give.

Reuse: Use things repeatedly.

Recycle: Waste can be a resource.

Reducing & Recycling Campaign Nara Clean Fiesta 2018

Date & Time: Oct. 21 (Sun.), 10:00 - 13:00

The gate will open at 9:30 (This may change depending on traffic conditions, etc.)

Place: *Kankyo-Seibi* Center (Sakyo 5-chome)

Contents: Award ceremony for Zero Garbage Campaign works

Presentations on activities relating to the 3Rs by non-profit private organizations

Distribution of woodchips

Lottery for *HATARAKU* manure from *Eisei-Joka* Center, the Sewage Disposal Center

PR booth for carbonized manure by the Yamanobe Environmental Health Center,
Yamanobe Environmental Health Association

PR booth for special manure made by naturally fermented from pig feces

PR corner for promotion of recycling small-sized waste electrical and electronic equipment.
(They will be collected.)

Tour of the *Kankyo-Seibi* (Environmental Sanitation) factory

Recycling flea market

Operation of the recycling locomotive No. 100

Corner for promoting awareness of environmental issues

Inquiries: *Haikibutsu-Taisaku-Ka* (Waste & Recycling Section) 2 Sakyo 5-Chome, 631-0801

Tel. 0742-71-3001 Fax. 0742-71-1621 E-mail: haikibutsutaisaku@city.nara.lg.jp

Inquiries on the day: Tel. 0180-991-977 Available from 8:00

Other Events Held on the Day

Exchange corners will be set up as follows to promote reuse. It's fine to only bring in unwanted items, or to only take items away.

Collection and Exchange of Shoes, Bags, Stuffed Toys and Stationary

An exchange corner for shoes (complete pairs only), bags, stuffed toys and stationary will be set up.

Inquiries: 090-7097-6604 (Kuramoto-san of Nara Eco-Life Laboratory).

Mottainai (Do not throw away) Ceramic Dish Market

Bring in your unwanted ceramic dishes and take away ones that you like. (Only unwanted ceramic dishes may be brought in.)

Inquiries: *Kankyo-Seisaku-Ka*, Environmental Policies Section

Tel. 0742-34-4591 Fax. 0742-36-5466 E-mail: kankyoseisaku@city.nara.lg.jp

Seeking Stall Operators for the Recycling Flea Market

Date & Time: Oct. 21 (Sun.) 10:00 – 13:00 (Will be canceled in case of rain)

Inquiries on the day: NTT Teledome Tel. 0180-991-977 (Available from 8:00)

Capacity: About 45 citizens' groups such as residents' associations, children's associations, PTAs, friends, etc. Only those who reside in Nara City may participate.

Type of Goods: Unwanted household goods

1. Clothing, sundry goods, accessories
 2. Children's clothes and toys
 3. Handicrafts (remade goods, those which are made from recycled materials, etc.)
- *Food, drinks, soap and items which directly touch bare skin, living creatures, pirated goods, illegal products, lotteries, etc. are not allowed.

Application: Send a return postcard or an e-mail indicating the name, address, zip code, phone number of the group's representative, the number of people in the group and the type of goods to *Haikibutsu-Taisaku-Ka* (Waste & Recycling Section) no later than Oct. 10 (Wed.). One postcard is valid only for one group. Excess applications will be decided by lottery.

Inquiries: *Haikibutsu-Taisaku-Ka* (Waste & Recycling Section), 2 Sakyo 5-chome 631-0801
Tel. 0742-71-3001 E-mail: haikibutsutaisaku@city.nara.lg.jp

Mitsuki-Umashi Festival
“Heijo-kyo Tempyo Sai” Festival in Autumn
Oct. 20 (Sat.) - 21 (Sun.) 10:00-16:00 at Heijo Palace Site

Contents: Exhibition of flower art (Flowery images of ancient times, flower art by Nenouwasa, etc.)
 Re-enactment of ancient events (guard troops and others)
 Food stalls and market (local sake, confectionery, etc.)
 Performances on stage: FM live broadcasting, Asian court dancing, etc.

Other: No parking lot will be available for visitors. Please use public transportation.
 There may be some changes in the contents of the events. For details, visit the Festival's website.

Inquiries: The Office of *Heijo-kyo Tempyo-Sai Jikko-iin-kai* Tel. 0742-25-0707

Garbage Collection

Please Put Garbage Out by 7:30 in the morning on that day

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

Please Don't Park near Garbage Collection Sites

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

*Garbage will be collected on October 8 (Holiday) as usual.

Unburnable Garbage Collection Dates and Areas in October

Area	Burnable Garbage	Unburnable Garbage
A F	Mon. & Thurs.	10, 24 (Wednesdays)
B E		
C H	Tues. & Fri.	3, 17, 31 (Wednesdays)
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 dates can be different in some areas, so please check the Nara City website.

Inquiries: Shushu-Ka (Collection Section) Tel. 0742-71-3012
 City Seibi Kosha (Public Corp.) Tel. 0742-33-8782

* **Central Health Center is in the Hagukumi Center**

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.

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 October. People who moved to Nara City after October 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

Name	Date	Place
Checkup for 4-month-old babies (Born in July 2018)	Within one month after 4-month birthday	Designated Medical Facilities
Checkup for 10-month-old babies (Born in January 2018)	Within one month after 10-month birthday	Designated Medical Facilities
Checkup for 19-month-old children (Born in March 2017)	Nov. 8, 15, 22, 29 (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 April 2015)	Nov. 6, 13, 20, 27 (Tuesdays) Reception: 13:15 - 14:15 Waiting numbers will be distributed at 12:45.	Central Health Center

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

Fluoride Coating for Tooth Decay Prevention

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

Date & Time: Nov. 16 (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 homepage with the class name, child's name, the date of birth and phone number to Kenko-Zoshin-Ka (Health Care Section) by Oct. 31 (Wed.)
Tel. 0742-34-5129 Fax. 0742-34-3145

Maternal and Infant Healthcare Consultation

Consultation by Visiting Health Nurses

Month	Date	Place
October	10 (Wed.)	Keisei Kominkan, Hiramatsu Bunkan
	15 (Mon.)	Fushimi Kominkan, Ayame-ike Bunkan
	17 (Wed.)	Heijo Nishi Kominkan
	23 (Tues.)	Heijo Kominkan
	25 (Thurs.)	Tomio Minami Kominkan

Time: 9:30 - 11:30

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

Consultation by Midwives or Public Health Nurses

< Seibu Kaikan Second-Floor Consultation Room > (Consultation at the office)

Time: Weekdays, 10:00 - 14:00 (Reception until 13:30)

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

Time: Weekdays, 9:00 - 15:00

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

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

Various Classes for Babies

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

Those Eligible: First babies born in June 2018 and their guardians

Date & Time: Nov. 7 (Wed.) and 21 (Wed.) 10:00 - 11:30

Place: Hagukumi Center

Contents: Lecture about baby food by a dietitian and lecture 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 babies per day

12 Month Old Baby Ha-Pika Class (Tooth decay prevention class for babies)

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

Date & Time: Nov.6 (Tues.), 20 (Tues.) 10:00 - 11:00

Place: Hagukumi Center

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 babies per day

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 (HealthCare Section). Tel. 0742-34-5129 Fax. 0742-34-3145

Excess applications will be accepted for another day.

Nara City Offers Aid for Part of the Charge for Pregnancy Tests and Infertility Treatment

Grant for Pregnancy Tests

Nara City will offer aid for part of the charge for pregnancy tests.

Those Eligible: People receiving welfare benefits and who are excluded from city tax.

Grant: Will cover the fees charged by each clinic for medical examinations and urinalysis for pregnancy tests, and ultrasonography if necessary, for up to 7,000 yen per test, twice per fiscal year.

Application: Contact Kenko-Zoshin-Ka (Health Care Section) before seeing a doctor.
Tel. 0742-34-5129

Grant for General Fertility Treatment

Nara City will offer aid for part of the charge for general fertility treatment including artificial insemination.

Those Eligible: People who had general fertility treatment; limited to legally married couples who have health insurance, with an income in the previous year under 7.3 million yen (when you apply between Jan. and May, the income is that of two years ago). It is also required that the wife is under age forty-three when she has the treatment.

Grant: Half the copayment, and up to 50,000 yen in a fiscal year. The amount of furtherance is to total 100,000 yen within two years from the month you start the medical treatment.

Application: Apply to Kenko-Zoshin-Ka with all receipts for your treatment (April-March) and other required documents available on the City website, before the end of that fiscal year (March 31).

Grant for Special Fertility Treatment

Nara City will offer aid for the part of the charge for special fertility treatments such as in-vitro fertilization and micro fertilization.

Those Eligible: People who had special fertility treatment; limited to legally married couples whose previous year's income is under 7.3 million yen (when you apply between Jan. and May, the income is that of two years ago). It is also required that the wife is under age forty-three when she starts the special treatment.

Grant: Up to 150,000 yen per treatment (300,000 yen for the first time only), however up to 75,000 yen for some medical treatments. Up to 150,000 yen added, in case of treatment for the husband at the same time. The grants can be received up to six times in total if the wife is under age forty, up to three times in total if she is forty and over when they start the special treatment.

Application: Apply to Kenko-Zoshin-Ka with the required documents available on the City website before the end of the fiscal year (March 31) in which you finish the special fertility treatment.

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

Cancer Examinations (November)

Application: Please apply by phone, fax, or internet using the Kenko-Zoshin-Ka (Health Care Section) website. For examinations at Tsuge Hoken (Health) Center, please apply to the Center by phone.

Period: From October 1 (Mon.) to October 19 (Fri.)

{Internet application will be accepted until October 10 (Wed.)}.

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

Stomach and Lung Cancer Examinations

Date	Place	Reception time	Capacity
2 (Fri.)	Nara City Hall (Conference Room 3)	9:00-10:00	30
5 (Mon.)	Coop Oshikuma	9:15-10:15	27
6 (Tues.)	Tsuge Health Center	8:30-10:00	30
7 (Wed.)	Tsuge Health Center	8:30-10:00	30
8 (Thurs.)	Hagukumi Center	8:45- 9:45	33
14 (Wed.)	Hagukumi Center	8:45- 9:45	33
26 (Mon.)	Hokubu Shutcho-sho	9:15-10:15	27
27 (Tues.)	Tomio-Minami Kominkan	9:15-10:15	27
28 (Wed.)	Seibu Toshokan (Library)	9:45-10:45	23
29 (Thurs.)	Tsuge Kominkan	9:15-10:15	27
30 (Fri.)	Seibu Shogai Sports Center Club House	9:15-10:15	27

Lung Cancer Examination

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

Stomach Cancer Examination: Stomach X-Ray involving 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.) An additional fee of 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 the previous year (for those, the lung cancer examination is possible).

Others: 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 Fax. 0742-34-3145
Tsuge Hoken (Health) Center Tel. 0743-82-0341

Japanese Encephalitis Vaccinations Will Start (For Those Born in October 2015)

Please get the first term (the first, the second and the additional vaccination)!

Please confirm in your child's Preliminary Examination Leaflet

Period: Between age 3 and one day before the 7 1/2-year-old birthday

How to get vaccinated: Normally the second vaccination is given from one to four weeks after the first one. The additional vaccination is given one year after the second one.

Application: Please make an appointment with a registered clinic, listed on the Nara City website, and bring the *Mother's and Child's Health Handbook*, Preliminary Examination Leaflet and an ID card such as the Health Insurance Card identifying the child as a Nara citizen on that day. Please make sure that your child is registered in Nara City by that day.

*Please fill in the Preliminary Examination Leaflet with an indelible black ball-point pen.

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

Those Receiving individual Notices in October (Delivered in late September)

Preliminary Examination Leaflet: (Those born in August 2018)

You can get the vaccination if you bring the Preliminary Examination Leaflet, the *Mother's and Child's Handbook*, and your health insurance card. Those who have moved to Nara City recently and don't have the Preliminary Examination Leaflet should contact Hoken-Yobo-Ka (Health Protection Section). Tel. 0742-93-8397

*Please fill in with an indelible black ball-point pen.

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

Informational postcards were sent. You can get the vaccination if you bring your *Mother's and Child's Health Handbook*, Health Insurance Card, and so on.

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

Information about Flu Vaccinations for the Elderly Aimed at the Elderly, flu vaccinations will be given individually.

Those Eligible: Those who are registered as residents in Nara City

1. 65 years old and over on the day of vaccination and want to get the vaccination
2. between 60 and 64 years old on the day of vaccination who have heart, kidney or respiratory function impairments which limit their daily lives extremely, or who have severe immune system suppression due to HIV, making their daily lives almost impossible and want to get the vaccination.

* Those who are in the second category but who are in hospital or in prison and must get the vaccination outside Nara City (but within Nara Prefecture), should make the necessary arrangements after Oct.15 (Mon.) with Hoken-Yobo-Ka (Health Protection Section). (They must also contact Hoken-Yobo-Ka beforehand.) The same arrangement is available at the reception desk of Tsuge Health Center.

Fee: 1,700 yen. The fee will not be charged to those who show their certification of welfare assistance or of economic assistance for Japanese left in China granted by Hogo-ka (Protection Section) to the clinic at the time of vaccination.

* Fees will be charged if the vaccination is taken outside Nara Prefecture.

Times: once

How to Get the Flu Vaccination: Make an appointment at a designated clinic in the city (found in the list on the Nara City website). Those who are in hospital or in prison and want to get the vaccination outside Nara City (but within Nara Prefecture) should make the necessary arrangements with Hoken-Yobo-Ka (Health Protection Section) in advance.

Things to bring: Identification document (Health Insurance Card, etc.)

Vaccination Period: October 15 (Mon.) – December 28 (Fri.) (excluding days clinic is closed)

Others: Please read carefully the explanatory notes for the preliminary questionnaire (the 1st page is titled "Before getting the flu vaccination for the elderly") given by the clinic.

*The form must be filled in with an indelible black ball-point pen)

Those Who Cannot Get Flu Vaccinations :

1. Have a fever of 37.5°C or higher at the time of vaccination.
2. Have clear evidence of a severe acute disease.
3. Ever had an anaphylactic reaction (severe allergic reaction within 30 minutes after vaccination) with substance(s) in the flu vaccine.
4. Ever had an allergy-like reaction of fever or generalized rash within 2 days after a flu vaccination.
5. Have been informed by their doctor that the vaccination is inappropriate.

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

Shika no Tsuno-kiri (Deer Antler-cutting Ceremony)

Date & Time: October 6 (Sat.), 7 (Sun.), 8 (Holiday) 12:00-15:00

Place: Rokuen Tsuno-kiri Stadium in the precinct of Kasuga Taisha Shrine (Kasugano-cho)

Admission Fee: Necessary

Inquiries: Nara-no-Shika Aigokai (The Nara Deer Preservation Foundation)

Tel. 0742-22-2388

Nara Shiba-Noh (Noh Play on a Grass-Field Stage)

Date & Time: October 27 (Sat.) 13:00-16:00

Place: Grass square in front of Nara Prefectural Government Building

(In case of rain, at Nara Bunka Kaikan's small hall)

Admission Fee: Necessary (Free for spectators without seats)

Inquiries: Nara Noh Tel. 0742-22-2660

Arukun Nara Stamp Rally

Date & Time: October 27 (Sat.) – November 12 (Mon.) 9:00-18:00

Place: Kintetsu Nara Station, JR Nara Station, Naramachi, Kitamachi, Nara National Museum area

Inquiries: Machizukuri Nara Tel.0742-27-1111

Sports Experience Festival

October 7 (Sun.) 10:00 – 15:45 at Naradenryoku Konoike Park

(Horen Sahoyama 4-chome)

- Application is unnecessary!
- You can join in at any time!
- Participation free!

Sports Experience Corner & Stamp Rally: 10:00 – 15:00

Get a stamp card at the reception desk and start collecting stamps!

Join various sports and get stamps!

Participate in the lottery! 15:15 – 15:45

*Participation award will be given by first come at the reception.

Events on the Stage: 12:30 – 13:30

Performance show by Mr. Milor

Quiz about Olympic & Paralympic Games

Experience Various Sports Events: In case of rain, some will be cancelled.

Sports test/ Hokey/ Soccer/ Rugby Football/ Truck & Field/ Medical science for sports/ Orienteering/ Sumo wrestling/ Recreation/ Ground golf/ Gate-ball/ Soft-ball/ Baseball/ Tennis/ Kendo/ Naginata/ Wheelchair basketball/ Boccia/ Badminton/ Soft volleyball/ Gymnastics/ Rhythmic sportive gymnastics/ Table tennis/ Shorinji Kempo (Modern Japanese martial art)/ Kyudo (Japanese archery)/ Judo/ Karate

Experience of Paralympic Sports

Wheelchair Basketball

Boccia

Access: 15 minutes' walk from Kintetsu & JR Nara Stations.

Take the Nara Kotsu Bus: Bound for Kamo Station, Takanohara Station or Minami-Kamodai 5-chome and get off at the Shiei-kyujo bus stop.

*Parking space is limited, so please carpool or use the public transportation system.

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

*Please use the special information number on October 7 (Sun.) Tel. 070-1350-8992