

Nara City Information for Residents

June 2026 Issued by Nara City Hall (No. 1267)

(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



Request for urgent cooperation

Please cooperate by reducing kitchen garbage

The waste treatment facility that has been supporting our daily lives will undergo a major renovation for six months from June this year due to aging.

During this period, garbage removal will be outsourced. Therefore, we ask for your cooperation in reducing the amount of garbage as much as possible. The waste reduction target is 120 grams per household per day.

By reducing the awareness of each person, we can reduce the amount of kitchen waste and waste paper, which account for 60% of burnable waste.

Identify recyclable paper and send it to a collection agency.

Twenty percent of burnable waste consists of recyclable “waste” paper.

By simply bundling it together and sending it to wastepaper collection, it becomes a recycled resource and waste can be greatly reduced.

Inquires: Haiki-Butsu-Taisaku-Ka (Waste Management Section) Tel. 0742-71-3001

Prevent heatstroke in “*Hin-yari-Oasis*”

To avoid heat when going out, some public facilities, post offices, pharmacies and private facilities in Nara city will be opened to provide cool resting spaces.

Look for the locations displaying program banners and posters.

Date: 2026, June 1 (Mon.) – 2026, September 30 (Wed.)

* The hours of operation are the business hours of each facility.

Please note that the business hours are subject to change.

Note: Drinks are not served. Also, in order for everyone to be comfortable, please observe good manners and share with each other when using the facilities.

Please refrain from staying longer than 30 minutes when it is crowded.

Banners and posters are displayed at the venues.

Inquiries: Iryo-Seisaku-Ka (Medical Policy Section)

13-1 Sanjo-hon-machi 630-8122

Hagakumi Center (Nara City Public Health Center , Educational Center)

Tel. 0742-93-8392 Fax 0742-34-2482



Garbage Collection

Exterminate hives at collection sites

They are dangerous both for users and workers. Please have the managers or users of sites remove the hives.

Collection Dates & Areas in June

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

*Areas A, B, C, D are covered by Nara City, and Areas E, F, G, H are covered by City Seibi-Kosha & Co. Ltd. or Takeda-Kankyo & Yamato-Seiso J. V.

The collection days will differ from the above schedule in some areas, so please check the Nara City website.

Fallen leaves, weeds, and pruned branches will be collected as garden waste starting in June.

Collection takes place once every four weeks on Wednesdays.

Please check your designated collection area.

Inquiries: Shushu-Ka (Collection Section) Tel. 0742-71-3012
 City Seibi-Kosha & Co. Ltd. Tel. 0742-33-8782
 Takeda-Kankyo & Yamato-Seiso J.V. Tel. 0742-63-2552

Change to the maximum number of items for bulky waste applications

Starting in June, the maximum will be changed to four items.

Please check the details at the time of application.

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

Be Careful of Photochemical Smog

When a forecast or alert for photochemical smog is issued, please refrain from exercising outdoors.

If you experience symptoms such as eye or throat irritation, wash your eyes and gargle.

* We are establishing an emergency contact system in cooperation with the prefecture until September 30th.

Inquiries: Hoken-Kankyokensa-Ka (Health Environmental Section) Tel 0742-93-8477

Beware of Ixodids (Hard Ticks) During Outdoor Activities

Be careful not to be bitten by Ixodids, which cause tick-borne infections,

Measures for preventing bites:

1. Wear clothes such as long-sleeved, light-colored shirts. Use insect repellent.
2. Check your clothes and your skin after outdoor activities.

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

We have started providing subsidies for HPV vaccination for boys.

HPV (human papillomavirus) is a virus that infects more than 80% of men and women at least once in their lifetime. Starting this April, Nara City has begun offering financial support for HPV vaccination for boys.

HPV is mainly transmitted through sexual contact. In males, infection can cause diseases such as genital warts (condyloma acuminata) and anal cancer. Vaccination helps prevent infection for both yourself and your partner.

* The HPV vaccine for boys is a voluntary vaccination that is not covered under the Immunization Act and is administered based on the individual's own decision.

Period: until March 31 (Wed.), 2027

Those Eligible: Boys from 6th grade in elementary school to 1st year of high school who are registered as residents in Nara City on the day of vaccination.

Vaccine: 9-valent HPV vaccine (brand name: Gardasil 9)

Subsidy Amount: Up to 15,000 yen per dose * Any remaining cost must be paid to the medical institution.

Number of Subsidies: 2 or 3 doses until the vaccination course is completed * Varies depending on age at the start of vaccination

Things to bring: *Mother's and Child's Health Handbook* and identification document such as My Number card

Application: Advance reservation required at designated medical institutions in Nara City (see the Nara City website for details).

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

URL: <https://www.city.nara.lg.jp/soshiki/94/245437.html>

Hello, Visiting Babies (under four months old)

For those who are worried about rearing babies

(a midwife or a public health nurse will visit your home)

Those eligible: Those who want to consult about breast-feeding or those whose baby's birth weight was under 2,500 g

Application: Apply to Boshi-Hoken-Ka (Mother and Child Health Section) by phone. Tel.0742-34-1978
You can also send the dedicated application form on the city webpage.

For those who have no particular worries

A city-commissioned counselor will call you and visit your home.

Inquiries: Kodomo-Ikusei-Ka (Child Consultation Section) Tel. 0742-34-4804

Apply from here→ <https://logoform.jp/form/p6et/366755>

Vaccination Notices

Japanese Encephalitis Vaccinations will start (for those born in June 2023)

**Preliminary Examination Leaflets for Vaccinations were sent out in late May
(for those born in April 2026.)**

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

Medical Checkups for Babies & Children

Checkup Name (Eligibility)	Date	Place
4-month-old Babies Checkup (Born in March 2026)	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 September 2025)	From 10-month birthday until the day before turning 11 months old	
19-month-old Babies Checkup (Born in November 2024)	July 9, 16, 23, 30 (Thurs.)	Chuo Hoken Center (Central Health Center) (2F, Hagukumi Center)
3-1/2-year-old Babies Checkup (Born in December 2022)	July 7, 14, 28 (Tues.)	

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

* The questionnaire will be sent in June. People who moved to Nara City after June 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

Cancer Examinations (July)

Please apply to Kenko-Zoshin-Ka (Health Care Section) by phone or on the Nara City website. Free of charge for those who are on social welfare or belong to households receiving residential tax exemption and households receiving support benefits for Japanese left behind in China. Please notify us of such when you apply.

Application Period: June 1 (Mon.) - 19 (Fri.) 9:00-17:00

* Saturdays, Sundays, public holidays and the year-end and New Year holidays are excluded.

Stomach and Lung Examination

Date	Reception Time	Place	Capacity
July 10 (Fri.) July 13 (Mon.) July 15 (Wed.) July 23 (Thurs.) July 31 (Fri.)	9:00-10:00	Hagukumi Center	30 each

Lung Cancer Examination

Date	Reception Time	Place	Capacity
July 9 (Thurs.)	14:00-14:30	Seibu Library	20 each
	14:30-15:00		
July 27 (Mon.)	14:00-15:00	Hagukumi Center	60
July 28 (Tues.)		Co-op Oshikuma	40

Stomach Cancer Examination: X-Ray (involving drinking barium on that day) * For more details

Lung Cancer Examination: Chest X-Ray (including tuberculosis test)

Fee: 1,500 yen (1,000 yen for stomach cancer examination only and 500 yen for lung cancer examination only)

* From FY 2026, sputum testing is not included in lung cancer examinations because the national guidelines were revised.

Those eligible: A person over the age of 40 who is registered as a resident in Nara City on that day.

The following people are excluded: pregnant women; those who had stomach, lung, or intestine surgery within the past one year or are in treatment; those who have barium sensitivity or had aspiration (lung cancer examination is possible); those who had an endoscope stomach cancer check by Nara City in this or the previous fiscal year (lung cancer examination is possible); and those who had a lung cancer low dose CT scan by Nara City in this fiscal year (stomach cancer examination is possible).

Others: For those who are breastfeeding, please notify us of such when you apply. The examination interval is once a year. There might be cases when 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

Workshop for Pregnant Women & Babies and Dental Checkups

Reservation Needed

Ha-Pika Class for One-year-old Babies

Tooth decay prevention class for first-born children born in June 2025

Date: June 16 (Tues.)

Paku-Paku Class for Five-month-old Babies

Baby food class for children born in January 2026

Date: June 17 (Wed.)

Fluoride Coating for Tooth Decay Prevention

For children born in June 2024

Date: June 19 (Fri.)

Maternity “Happy” Check

For women 16 to 32 weeks pregnant on the day

Date: June 25 (Thurs.)

Papa-Mama Salon

For women between 22 and 32 weeks of their first pregnancy on the day and their partners

Date: July 10 (Fri.)

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

Maternal and Infant Health Care Consultation

Hagukumi Center 3F

Consultations by phone or face to face (with public health nurses or midwives) *Appointment is required

Date & Time: 9:00-17:00 on weekdays

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

Tsuge Hoken Center

Consultations 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

Consultations by phone or face-to-face (with public health nurses) *Appointment is required.

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

Inquiries: Tsukigase Health Consultation Room Tel. 0743-92-0480

For details, please visit <https://www.city.nara.lg.jp/site/kosodate/8839.htm>

Recruiting participants!

Multicultural Exchange Meeting

Let's learn, study, and laugh in “Easy Japanese”

A Let's learn and study through the Multicultural Coexistence Course

B Let's laugh in the multicultural coexistence course

“Easy Japanese” is a form of Japanese expression that is a paraphrase of difficult Japanese and is considerate of foreigners, children, and other people. It is also recommended by the Ministry of Justice and the Agency for Cultural Affairs. Let's make August 23rd a wonderful day to lean “Easy Japanese”, laugh, and have a wonderful day.

	A course	B course
Time	August 23 (Sun.)	
	10:00-12:00	13:30-15:00
Place	Hagakumi Center	
Contents	Thinking about regional coexistence through the basics and practice of “Easy Japanese”	Performing <i>Rakugo</i> and small stories using “Easy Japanese”
Performers	Easy Japanese Communication Instructor Kumiko Inoue	<i>Rakugo</i> artist Kaishi Katsura showing off easy Japanese <i>Rakugo</i>
Capacity	50	190

Application: Apply by 17:00 on July 31 from the specialized application form. Students of A can also participate in B, but it's also possible to only participate in either A or B. If there are many applicants, a lottery will be held. Winners will be contacted by August 7.

Inquiries: Kyosei Shakai Suishin-Ka (Promoting Coexistence Section) Tel. 0742-34-4733

Please apply from <https://logoform.jp/f/iEi70> (only in Japanese)

Naramachi Nigiwai-no-Ie

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

Nara-Sumi-Tanzaku (a strip of paper) Workshop

Date: July 5 (Sun.)

Time: 10:00-12:00, 13:00-15:00

Instructor: Tani Mariko-san (calligrapher)

Shiryō Hozon-Kan (Museum of Archives & Reservation)

1-1 Wakido-cho 630-8337 Tel. 0742-27-0169 (closed Mondays)

Special Exhibition: Seasonal Events in the Nara-machi Area, Jizo-Ko

Date: June 23 (Tues.)-July 26 (Sun.)

Contents: Exhibition of pictures of Jizo Boddhisattva and others (Jizo is believed to protect children and travelers)

Closed on Mondays and July 21 (Tues.)

Naramachi Koshi-no-Ie (lattice house)

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

Exhibition of Our Daily Lives and Kimono

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

Onjo-kan

32-1 Narukawa-cho 630-8335 Tel 0742-27-7700

Onjo-kan Street Piano

Date & Time: June 14 (Sun.), July 12 (Sun.) 14:00-16:00

Entrance Contents

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

Capacity: 40 people

Performer: Jimiken (Singing and playing the piano)

Sugioka Kason Calligraphy Museum

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

Calligraphy Experience Corner

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

Contents: Easy calligraphy experiences with paper that can be written on with water.

Naramachi Center

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

(Closed on Mondays)

Concert by Yoshioka Mari & Okimoto Minami

Date & Time: June 14 (Sun.), 14:00

Easy Piano Room No. 5

Date & Time: June 27 (Sat.) 13:00

Contents: Playing the piano inspired by the rainy season in a radio-style manner.

Performer: Tsuji Yuriko (piano)

Saruin Painting Exhibition

Date & Time: June 6 (Sat.) - 14 (Sun.) 10:00 - 16:00

Kotonarabo Workshop

Date & Time: June 21 (Sun.) 10:00 - 16:00

Contents: handicrafts, painting etc.

Nara Toastmasters Club

Would you like to gain confidence in public speaking in English?

Date & Time: Second Sunday of every month 14:00-16:30

Place: Seibu Kominkan (Gakuen-Minami 3-chome) *Also available online

Fee: Required

Inquiries: Nara Toastmasters Club (Email: naratmc2011@gmail.com)

KOMINKAN

Keisei Kominkan

3-43-2 Rokujyonishi 1-chome 630-8044 Tel./Fax 0742-44-2669

Event Name	Date and Contents	Deadline
The best of everything Experience Week	Observe and participate in trial classes by voluntary groups June 16 (Tues.)- June 27 (Sat.) (Excluding days closed, on June 21(Sun.), June 25(Thurs.)) 9:00-17:00 in principle *materials fee may be required for some classes.	Not necessary

Lifelong Learning Center

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

Event Name	Date and Contents	Deadline
Piano Concert By Musica Domani	Charity concert to support reconstruction for areas damaged by disasters June 14 (Sun.) 14:00-15:00 Free entry	Not necessary

Lifelong Learning Center

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

Gallery Information

Exhibition	Date and Contents
Nara Art Club (Wakakusa Sunday Art Club) Joint Art Exhibition	<i>“Minna de Irodoru”</i> Painting Exhibition June 16 (Tues.)- June 21 (Sun.) 9:00-17:00 Until 16:00 on the final day

Nambu Kominkan

27-1 Yama-cho 630-8434 Tel. /Fax 0742-62-5931

Event Name	Date and Contents	Application
Jazz & Latin music, with a touch of Japanese pop songs	Jazz/Latin Full band, a concert by DAD & MAMMYs June 28 (Sun.) 14:00 - 15:00 * Free entry (Those who work and study in Nara City are also welcomed). * Preschool children must be accompanied by their guardians.	Not necessary

Heijo Kominkan

1468 Akishino-cho 631-0811 Tel. & Fax 0742-48-3578

Event Name	Date and Contents	Application
Tasedai – Koryu- Hiroba (Please come here to play “Boccia” with people from different generations)	Let’s try “Boccia” together, for children to adults! June 27 (Sat.) 13:00 - 15:00 Capacity: 20 people, elementary school age and older (Those who work and study in Nara City are also welcomed).	June 18 (Thurs.)

Event Name	Date and Contents	Application
Let's try "Go"	A meeting to play mini-Go games together, for children (3 years old and over) to adults Sundays: June 28, July 5, Aug. 2 and Aug. 23 13:30- 16:00 * Preschool children must be accompanied by their guardians. * Free entry	Not necessary
Let's play, parent and children! ---Mini Summer Festival ---	Experience rhythm play, yoyo fishing, etc. June 12 (Sun.) 10:30-11:30 * Preschool children and their guardians * Free entry	Not necessary

Child-raising Spots in Nara

For children aged 0 to 3 and their guardians

Events will be held every month until March 2027. For details, please contact each community center.

Place and Class Name	Contents
Kasuga Kominkan <i>Kosodate Nombiri Kukan</i> (Relaxing Space for Parents and Children)	- Free space for kids and their guardians (sharing childcare information, sensory activities and seasonal crafts, etc.) - As a rule, 9:30-12:30 on the 1st and 3rd Tuesdays of the month
Keisei Kominkan <i>Puyo Puyo no Kai</i> (Group Puyo Puyo)	- Free space for kids and guardians (seasonal plays, simple crafts, storytelling, etc.) - As a rule, 9:00-12:00 on the 2nd and 4th Wednesdays of the month
Koto Kominkan <i>Nakayoshi</i> (Good Friends) Club	- Free playground for kids and guardians to have fun - As a rule, 9:00-12:00 on the 2nd and 4th Tuesdays of the month
Chubu Kominkan <i>Oyako Hiroba</i> (Parents and Children Square)	- Free space with many wooden toys - As a rule, 10:00-13:00 on the 2nd and 4th Tuesdays of the month Place: Gender Equity Center "Asunara" (Surugamachi)
Nimyo Kominkan <i>Nimyo Nikoniko Hiroba</i> (Nimyo Smile Square)	- Fingerplay, storytelling, exercise for parents and children, eurhythmics, etc. - As a rule, 9:00-12:00 on the 1st and 3rd Thursdays of the month
Mikasa Kominkan <i>Kosodate Mama no Hitotoki</i> (Good Time for Moms)	- Free space for kids and guardians (sensory activities, picture book storytelling, body exercise, etc.) - As a rule, 9:30-12:30 on the 2nd Saturday and 4th Friday of the month

"Deer in Nara" Protection Promotion Month

June is the month when deer give birth.

Let's take this opportunity to reconsider how we interact with deer.

- Do not hit or chase them

Please be careful and take good care of them: while the deer in Nara Park are a natural monument, they are also wild animals and may attack you.

- Do not give them any food other than "*shika-sembel*" (deer crackers)

If they eat anything other than deer crackers, they will get an upset stomach.

Please be sure to take your trash home with you as the deer may accidentally eat it.

Please also be sure to give the deer crackers quickly without teasing them.

- Please watch over baby deer quietly if you find them

Please be careful, as mother deer have strong maternal instincts and might attack you if you come close to or touch their fawns.

Inquiries: Kanko-Senryaku-Ka (Tourism Strategy Section) Tel. 0742-34-5135

Education Center KIDS LEARNING FLOOR

Class Name	Date & Time	Application Deadline
Kids Planetarium: "Nijiro and seasonal constellations - Story of <i>Tanabata</i>, the Star Festival" Capacity: 40 seats each time	Every Sat. & Sun. in June (except June 13, 14) (1) 10:30-10:50 (2) 13:30-14:00	Reception on the day
Petit-Petit Craft: "Let's make a jumbo dragonfly-shaped insect repellent" Capacity: 12 people each time	June 21 (Sun.) (1) 10:00-10:20 (2) 11:00-11:20 (3) 14:10-14:30	
Night Planetarium: "Kimagure Planetarium - We will deliver the seasonal starry sky." Capacity: 40 seats * This class is suitable for students in the upper grades of elementary school through adults. Adults by themselves can also apply.	June 26 (Fri.) 18:30-19:10	
Petit-Petit Science: "Paper chromatography - Secrets of color pencils" Capacity: 12 people each time	June 27 (Sat.) (1) 11:00-11:20 (2) 14:10-14:30	
Storytelling Session: "The most beautiful voice in the world", etc.	July 4 (Sat.) 11:00-11:30	Not necessary
Hands-on Craft Workshop: "Let's make something out of wood scraps!" Capacity: 12 participants per session, 1 st grade in elementary school and above	July 5 (Sun.) (1)10:00-11:30 (2)13:30-15:00	June 15(Mon.)

Space Workshop: “Let’s fly an aerodynamic wing boat!” Capacity: 18 participants per session, 1 st grade in elementary school and above	July 11 (Sat.) 10:00-11:30	June 22(Mon.)
Robot Workshop (for beginners): “Let’s make and operate an expedition robot!” Capacity: 12 participants per session, ages 5 and above * You cannot take the robot home.	July 12 (Sun.) (1) 10:00-11:30 (2) 13:30-15:00	
Science Experiment Workshop: “Let’s build a motor and make the hovercraft run!” Capacity: 12 participants per session, 2 nd grade in elementary school and above Fee: 600 yen	July 18 (Sat.) 9:30-11:30	June 29 (Mon.)
Science Experiment Workshop: “The world at -196°C” Capacity: 40 participants per session, ages 5 and above	July 20 (Sat.) (1) 13:00-14:00 (2) 14:30-15:30	
Science Experiment Workshop: “Miracle! Kagakuru!” “Let’s make a plastic bottle air cannon and try it out!” Capacity: 15 participants per session, ages 5 and above	July 25 (Sat.) (1) 11:00-11:40 (2) 14:20-15:00	July 6 (Mon.)
Robot Workshop (intermediate level): “Let’s make courses to run robots!” Capacity: 12 participants per session, 1 st grade in elementary school and above * You cannot take the robot home.	July 26 (Sun.) (1)10:00-11:30 (2)13:30-15:00	
Craft Experience Workshop: “Let’s learn from a black-ink artist” -Draw a painting by using shades of black effectively- Capacity: 18 people, aged 5 and above Things to bring: Calligraphy tools if you have them	July 30 (Thurs.) (1)10:00-11:30	

Place: Hagukumi Center 9F

Application: Apply online from the Nara City Website. In case of excess applications, a lottery will be held.

Apply here. --- <https://www.city.nara.lg.jp/site/kids-manabi/10783.html>

Others: Children must be accompanied by guardians. Reception on the day of the class will start 15 minutes before the starting time of each class and will be closed when the prescribed number of applications is reached. In addition to the above, other classes may also be held. Children have priority at the planetarium. The planetarium can be used by groups. (An application is needed.) For the latest information, please check the city website or contact us directly.

Inquiries: Kids Learning Floor (Education Support and Consultation Section) Tel. 0742-36-0401