

Nara City Information for Residents

July 2026 Issued by Nara City Hall (No. 1268)

(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



Nara by Night: Growing as an Overnight Destination

With its ancient temples and shrines and the unique sight of freely roaming deer, Nara has long been an attractive destination for foreign visitors. According to the Japan Tourism Agency's *Survey on Inbound Consumption Trends (2025)*, Nara ranked third in the Kansai region and seventh nationwide for the number of foreign visitors on a prefectural basis.

In 2025, boosted by the Osaka Kansai Expo, the number of foreign visitors staying overnight in Nara increased by 25.5 percent compared with the previous year. Nara has been steadily gaining recognition as an overnight destination.

Most foreign visitors come to Nara to see specific sites, enjoy the scenery and nature, or explore its history and culture, rather than for shopping. Many also feel a strong connection to Nara and its history. We appreciate visitors who seek authentic experiences and aim to promote overnight stays by offering more opportunities to savor Nara for multiple days. As a first step, we have begun introducing visitors to Nara's nighttime experiences.

"*Nara no Yoru*", or "Nara by Night", is a part of an initiative to promote Nara as a "city of bars". Thirty-two bars, restaurants, hotels, and other venues across the city are participating. By hopping between these venues, visitors can enjoy cocktails created under the supervision of Michihiro Kaneko, winner of the World Class Global Final, who is the owner-bartender of Lamp Bar and a Nara City Tourism Special Ambassador. We hope this project will attract more visitors to Nara in the evenings.

For a list of participating venues, please visit our website:

<https://www.city.nara.lg.jp/site/kankou/264063.html>



Preparation for Storms and Flood Damages



Damages due to typhoons and heavy rain increases in July. Are you prepared for disasters, to protect yourself and the lives of people around you? It's necessary to not only stock water, food, flashlights, and emergency kits, but also to collect accurate weather information and inspect your surroundings.

Confirm your evacuation area and the route there in advance.

Check the evacuation route on the way to shelters, paying attention to whether it is easily flooded, has underpasses, or goes under cliffs or, along rivers.

In heavy rain, don't approach rivers, irrigation drains, and rice paddies.

Decide in advance your family's meeting place and method of contact.

Take safety precautions inside and around the house.

Close shutters and curtains to prevent broken window glasses from scattering.

Tidy away outdoor items or fix them in place.

Move home electrical appliances and valuable things to higher places to avoid flood damages.

Clean gutters and drains, so that water flows well.

Use the newest weather information

The new disaster-related weather information system started in May. To evacuate in time, use the most up-to-date information. As it is difficult for elderly people who live alone to evacuate by themselves, try to cooperate with neighbors and evacuate together.

Alert Level	Alert Name	Actions to Take
1	Early warning information	Pay attention to disaster prevention weather information and begin to prepare yourself for the possibility of a disaster.
2	Advisory	Study hazard maps, etc., and reconfirm possible disaster risk assessment .
3	Alert	Begin evacuating elderly people who need more time to evacuate from hazardous areas. People who are not elderly must also prepare to evacuate as necessary.
4	Hazard Warning	Everyone must evacuate from hazardous places. If a strong windstorm is expected, evacuation must be completed before the windstorm starts.
5	Emergency Warning	Life-threatening situation. Move immediately to the safest place possible.

*Level 3: The elderly, disabled people, babies and infants, and pregnant women need to evacuate from hazardous places.

*Level 4: Everyone must evacuate from hazardous places. Evacuation complete.

<https://www.city.nara.lg.jp/site/bousai-saigai/89308.html> (Hazard map in Japanese)

Inquiries: Kiki-Kanri-Ka (Crisis Management Section) Tel. 0742-34-4930

Garbage Collection

Please Drain Wet Garbage

In order to prevent wet garbage from spattering dirty water during collection, please drain garbage thoroughly.

When you dispose of sharp items, make sure you take the right safety measures.

When you throw away broken glass, plastic, pottery shards, knives, or skewers, etc., wrap them in newspaper or cloth and write what is inside. If you do not follow these safety measures, we cannot collect those items, because they could hurt collectors.

Collection Dates & Areas in July

Area	Burnable	Unburnable	Garden Waste
A, F	Every Mon. & Thurs.	July 8 (Wed.)	July 22 (Wed.)
B, E			
C, H	Every Tues. & Fri.	July 1 (Wed.) & 29 (Wed.)	July 15 (Wed.)
D, G			

* Garbage collection will be carried out as usual from July 20 (holiday).

* 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.

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

Protecting your health in the summer!



Please be aware of mosquito-borne infectious diseases.

Infectious diseases transmitted by mosquitoes, such as dengue fever and Japanese encephalitis, have occurred in Japan. To protect your and your family's health, please take precaution to avoid mosquito bites and prevent mosquitoes from reproducing.

Prevention Point

1. Minimize skin exposure
2. Use insect skin repellents on your skin.
3. Regularly remove and clean standing water in plant pot saucers, drains, etc.

If you experience symptoms such as fever or rash, seek medical attention promptly.

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

Medical Checkups for Babies & Children

Checkup Name (Eligibility)	Date	Place
4-month-old Babies Checkup (Born in April 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 October 2025)	From 10-month birthday until the day before turning 11 months old	
19-month-old Babies Checkup (Born in December 2024)	Aug 6, 20, 27 (Thurs.)	Chuo Hoken Center (Central Health Center) (2F, Hagukumi Center)
3-1/2-year-old Babies Checkup (Born in January 2023)	Aug 4, 18, 25 (Tues.)	

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

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

Maternal and Infant Health Care Consultation

* Hagukumi Center 3F

Consultations by phone or face to face with public health nurses or midwives (appointment 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

Traveling consultation

Date & Time	Place
July 10 (Fri.) 10:00-11:30	Tsukigase Fukushima Center (Tsukigase Oyama)
July 28 (Tues.) 10:00-11:30	Koto Kominkan (Oyagyū-cho)

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

Inquiries: Tsuge Hoken Center Tel. 0743-82-0341

*** Tsukigase Health Consultation Room**

Consultations 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

Workshops for Pregnant Women & Babies and Dental Checkups (appointment required)

***Ha-Pika Class for One-year-old Babies**

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

Date: July 14 (Tues.)

***Paku-Paku Class for Five-month-old Babies**

Baby food class for first-born children born in February 2026

Date: July 15 (Wed.)

***Fluoride Coating for Tooth Decay Prevention**

For children born in July 2024

Date: July 17 (Fri.)

***Maternity “Happy” Check**

For women 16 to 32 weeks pregnant on the day

Date: July 23 (Thurs.)

***Papa-Mama Salon**

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

Date: August 7 (Fri.)

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

Vaccination Notices

***Japanese Encephalitis Vaccinations will start (for children born in July 2023)**

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

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

Cancer Examinations (August)

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: July 1 (Wed.)-17 (Fri.) 9:00-17:00

(Saturdays, Sundays and holidays are excluded.)

Stomach and Lung Cancer Examination

Date	Reception Time	Place	Capacity
Aug. 10 (Mon.)	9:15-10:15	Seibu Shogai Sports Center Club House	27
Aug. 12 (Wed.) Aug. 17 (Mon.) Aug. 21 (Fri.) Aug. 27 (Thurs.)	9:00-10:00	Hagukumi Center	30 each
Aug. 13 (Thurs.)	9:15-10:15	Tomio-minami Kominkan	27
Aug. 14 (Fri.)	9:15-10:15	Kita Fukushi Center	26
Aug. 18 (Tues.)	9:15-10:15	Tsuge Kominkan	27
Aug. 20 (Thurs.)	9:15-10:15	Co-op Oshikuma	27
Aug. 28 (Fri.)	9:45-10:45	Seibu Library	20

Lung Cancer Examination

Date	Reception Time	Place	Capacity
Aug. 24 (Mon.)	14:00 - 15:00	Hagukumi Center	6

Stomach Cancer Examination: Stomach X-Ray (involving drinking barium on that day)

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

* For more details: <https://www.city.nara.lg.jp/soshiki/94/10734.html>

Kita Fukushi Center

1-4 Ukyo 1-chome, Nara City, 631-0805 Tel. 0742-71-3501, Fax 0742-71-3548

“Tsunagari Festival” (Multi-generational Exchange Event)

Date & Time: July 25 (Sat.) 9:30-13:00

Contents: Exchange event among generations (games, market, café and so on.)

“Delicious Nara” Summer Festa: Grow & Eat Locally

Date & Time: July 18 (Sat.) 7:00-

Place: Square in front of the old station building of JR Nara Station

Contents: We will hold a morning market with fresh vegetables and other produce from Nara.

You can taste Yamato tea and buy food and drinks.

Inquiries: Nosei-Ka (Agricultural Administration Section) Tel. 0742-34-5142

Naramachi Koshi-no-Ie (Lattice House)

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

Experience Calligraphy- Calligraphy Reflects the Houman Exhibition

Date & Time: July 5 (Sun.)-17 (Fri.) 9:00-17:00

Contents: Calligrapher Mariko Tani's Art Exhibition

Let's Make Origami Deer!

Date & Time: July 20 (holiday) 13:00-15:00

Inquiries: Naramachi Nigiwai-no-Ie Tel. 0742-20-1917

Naramachi Nigiwai-no-Ie

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

First Encounters with Calligraphy: "Conveying the appeal of Nara Sumi Ink (Storehouse Gallery Exhibition)"

Date & Time: July 5 (Sun.)-17 (Fri.) 9:00-17:00

Contents: An exhibition of works by calligrapher Mariko Tani

Reading Aloud! Nara

Date & Time: July 12 (Sun.) 14:00-15:00

Lecture: Playwright and Tanka poet Komachi Ono

Summer Vacation Children's Event *Nigiwai Natsu Hiroba*

Date & Time: August 11 (Holiday) 13:30-15:30

Contents: Summer play activities using the outdoor space

*Some activities require a fee



Smile Kids Fair

<http://www.volunt-info.jp/pg2077.html>

Many child support organizations will participate! Everyone from children to adults is welcome

Date & Time: July 26 (Sun.) 10:00-13:00

Place: Hagukumi Center 1F, 3F (Sanjo-Honmachi)

Stage performances: Songs, magic shows, Children's *Rakugo* (storytelling), *Kamishibai* (picture-story shows), etc.

Booth & Hands-on activities: Hand-me-down area, balloon art, toy making, hand & foot measuring, etc.

Sales Corner: Light meals, fresh vegetables, etc.

Inquiries: Volunteer Information Center

Tel. 0742-93-8435

Shiryo Hozon-kan (Museum of Archives and Preservation)

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

The museum is closed on Mondays (except holidays) and August 12 (Wed.).

Try the Quiz at the Shiryo Hozon-kan!

Date: July 22 (Wed.)- August 23 (Sun.)

Contents: Explore the exhibition and answer the quizzes in the mini workbook.

Eligibility: Elementary school students

Special Exhibition: "Naramachi Saijiki-Nara Magistrate and Mantoro (lantern festival)"

Date: July 28 (Tue.)- August 23 (Sun.)

Special Exhibition of the Shiryo Hozon-kan's Collections: "Naramachi during Wartime"

Date: July 28 (Tue.)- September 20 (Sun.)

Aoyama Swimming Pool Will Open on July 18 (Sat.)

Date & Time: July 18 (Sat.)-Aug. 31 (Mon.)

9:00-12:00 (swimming hours are until 11:30), 13:00-17:00 (swimming hours are until 16:30)

Facilities: 25 meters-long swimming pool and a small pool for children

Admission Fee:

	Individual		Group	
	Child	Adult	Child	Adult
AM	150 yen	300 yen	120 yen	240 yen
PM	200 yen	400 yen	160 yen	320 yen
Child: from three years old to Junior high-school students Group: more than thirty people (Attendance of a responsible adult is necessary.) The child fee also applies to those 65 years old and over, living in Nara City. (It is necessary to show ID certifying the age.)				

Others: Lockers are available for 50 yen

Elementary school students and under must be accompanied by one adult (eighteen years old or over) for every two students. This is also applicable to groups.

Inquiries: Aoyama Swimming Pool

Tel. 0742-26-2996

Nara Art・Space “Modeling Paste Art Exhibition” (1)(2)

Date & Time: (1) July 13 (Mon.)-July 17 (Fri.) (2) July 27 (Mon.)- July 31 (Fri.)

9:00-17:00 *Including setup and removal time.

Place: City Hall 1st Floor Entrance Hall

1-1 Nijo-Oji Minami 1-chome, Nara City 630-8580

Inquiries: Bunka-Shinko-Ka (Cultural Promotion Section) Tel. 0742-34-494

Onjo-Kan

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

Story of the Four Seasons' Songs Vol. 14 & 15

Date & Time: July 19 (Sun.), August 30 (Sun.), 14:00-15:00

Contents: Singing seasonal songs

α + Music Event Planning vol.3--Sounds of daily life and sounds of the seasons

Date & Time: July 26 (Sun.) 14:00-15:00

Contents: A story about sounds heard in the city and music

Capacity: 40 people

Lecturer: Mr. Fujino Masafumi, co- representative of Onjo-Kan

Onjo-Kan - Entrance Theater--Hoping for Peace

Date & Time: August 8 (Sat.) 19:00 - 20 :00

Contents: Plays and readings for children during the past wartime

Nara City Museum of Art

3-1 Nijo-oji Minami 1-Chome, on the 5th floor of Mi-Nara 630-8012
Tel. 0742-30-1510, Fax 0742-35-7160 Closed on Mondays

Exhibition of Shigeta Yusuke, Videographer

Title: *Shikakui Keshike* (Square Landscape)—The Art of Light, Pixels and Animation

Date & Time: July 28 (Tues.)–August 23 (Sun.) 10:00-17:30 (Admission until 17:00)

Contents: Presentation of “The small yet vast worlds of animation”

Sugioka Kason Calligraphy Museum

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

Calligraphy Experience Corner

Date & Time: July 25 (Sat.)-August 30 (Sun.) 9:00-17:00

Contents: Experience calligraphy easily using special paper that lets you write with water instead of ink.

Retrospective Exhibition of Distinguished Nara Artists: “Kōhō Nishihashi Exhibition”

Date & Time: July 25 (Sat.)-September 27 (Sun.)

Contents: A retrospective look at the Distinguished Nara Artists Exhibition, featuring works by the late Kōhō Nishihashi, Honorary Professor at Osaka Kyoiku University.

Calligraphy Culture Lecture: Special On-site Brush Performance for the Museum's Anniversary

Date & Time: August 2 (Sun.) 14:00

Performers: Takagi Atsuhito, Director of the Museum, and others

Naramachi Center

38 Higashi-Terabayashi-cho 630-8362 Tel. 0742-27-1151 (Closed on Mondays)

Gallery Exhibition

Date & Time: June 24 (Wed.)-July 12 (Sun.) 10:00-16:00 * Closes at 15:00 on the final day.

Contents: Experience 3D surround-sound music.

Nara Bikaku Exhibition “Living with Deer Antlers, The World of Rare and Exotic Plants”

Date & Time: July 15 (Wed.) - 20 (Holiday) 10:00-16:00 * Closes at 15:00 on the final day.

Entrance Concert “Naramachi Summer Concert”

Date & Time: July 18 (Sat.) 16:00

Performers: Noriko Naruse (Piano)

Agency for Cultural Affairs Traditional Culture Parent-Child Program Free Koto Lessons for Children

Date & Time: July 11 (Sat.), 25 (Sat.), August 8 (Sat.), 29 (Sat.), September 12 (Sat.),
October 10 (Sat.), November 8 (Sun.) 9:30

Place: Hokubu Kaikan (Ukyō 1-chōme)

Capacity: 12 participants (elementary to high school students)

Inquiries: Yamaguchi-san of Iho-sha / Tomo-no-kai (Tel. 0742-72-0555)

Nara Satoyama SUMMER 2026 Campaign

In the eastern area of Nara City, there will be an experience campaign that is perfect for going out during summer vacation. Activities such as crafts, harvesting, and observing wildlife can also be used as inspiration for summer homework. Please come and join us.

For homework or going out ! Introducing summer vacation experience menus

Date: July 18 (Sat.)-Aug.31 (Mon.)

Contents: Crafts, independent research projects, etc., that will be useful for homework.

Great Gathering of Experience Booths! "Summer Homework Festa 2026"

Date & Time: July 25 (Sat.) 10:00-16:00

Place: Manten Square (Mizuma-cho)

Contents: Experience booths from the eastern region gather at the perfect square

Inquiries: Tobu Shutcho-sho

Tel. 0742-93-0001

Asuka Kominkan

984 Kidera-cho 630-8306

Tel. & Fax 0742-23-2804

Event Name	Date and Contents	Application
Summer Scary Story Night	Immersive stories and picture book reading July 17 (Fri.) 18:00-19:30 Approximately 4 years or older Free entry * Preschool children must be accompanied by their guardians.	Not necessary

Lifelong Learning Center

23 Surugamachi 630-8357

Tel. 0742-26-8811

Fax. 0742-26-8813

Event Name	Date & Contents	Application
Salon Concert * Entrance is free	Relive the Hit Songs of the Showa Era Performance and singing by G. G's July 11 (Sat.) 13:30-15:00	Not necessary
	Sumo Jinku July Tournament Listen to various topics about Sumo by Narayama Sumo Jinku-Kai July 19 (Sun.) 14:00-15:00	
	Kasuga Guitar and Mandolin Melodies A performance by Kasuga Junior High School's Guitar and Mandolin Club July 22 (Wed.) 14:00-14:30	
	Peace Festa 2026 Chorus, etc. by the executive committee of Nara City War Exhibition for Peace July 26 (Sun.) 13:30-15:00	

Lifelong Learning Center Gallery Exhibition

Nara City War Exhibition for Peace

(The executive committee of Nara City War Exhibition for Peace)

Period: From July 23 (Thurs.) to 26 (Sun) 10:00-17:00

Contents: Panel displays and exhibits of wartime artifacts

Tawara Kominkan

1078-1 Myouga-cho 630-2175

Tel. & Fax. 0742-81-0888

Event Name	Date & Contents	Application
A Special Evening to Experience Bon Odori!	Dance the traditional Bon Odori dances of the Tawara area, including Saimon Ondo Aug. 6 (Thurs.) 19:00-20:30 For those elementary school age and older who can come by car (those who work and study in Nara City are also welcomed) * Free entry	Not necessary

Tomio Minami Kominkan

501-3 Nakamachi 631-0052

Tel. & Fax: 0742-48-3066

Event Name	Date & Contents	Application
Tominan Kids Summer Festival	Performance by the group "Twinkle", picture-story show about disaster prevention, kids café, storytelling, etc. July 25 (Sat.) 10:30-14:00 Elementary school students (their families may also participate.) * Free entry	Not necessary

Nambu Kominkan

27-1 Yama-cho 630-8434

Tel. & Fax: 0742-62-5931

Event Name	Date & Contents	Application
Scary Story Time in Nambu	Scary storytelling, picture-stories, picture book reading, etc. July 25 (Sat.) 19:00-20:00 Preschoolers to elementary school students (Those who go to school in the city may participate.) Preschool students must be accompanied by a parent or a guardian. * Free entry	Not necessary

Nimyo Kominkan

3684 Gakuen Akamatsu-cho 631-0027

Tel. & Fax: 0742-46-9113

Event Name	Date & Contents	Application
Laughter Café for Guardians in July	Meeting for guardians who have school refusal children July 19 (Sun.) 13:00-17:00 Any guardians with children from elementary to high school age. (including those who work in the city) may participate. Fee: 400 yen	Not necessary

Heijo Nishi Kominkan

25 Jingu 4-chome 631-0804 Tel. & Fax 0742-71-5711

Event Name	Date & Contents	Application
Big plan for your summer-holiday homework	Open as a place for learning during the summer vacation. Aug. 7 (Fri.) 10:00-16:00 Free entry for elementary and junior high school students *Anyone still enrolled may attend *You can ask questions to college student instructors between 13:00-16:00.	Not necessary

Event Name	Date & Contents	Application
Easygoing board game gathering	You can enjoy playing boardgames and making friends (There is a lunch break.) July 25 (Sat.) 10:00-15:00 Free entry for elementary and junior high school students	Not necessary
Let's get your homework done right away	Open as a place for learning and making friends during the summer vacation. July 28 (Tues.), 29 (Wed), Aug. 4 (Tues.), 5 (Wed.) 9:30-11:30 Free entry for elementary and junior high school students	

***Kenshin* (Health Checkup) Passports Sent Out in Late June**

In late June, Nara City sent out “*Kenshin* Passports”, vouchers both for general health checkups and various cancer examinations. This passport allows you to see at a glance which examinations and checkups are available this fiscal year, making it easy to schedule cancer examinations and general health checkups. We strongly encourage you to take advantage of these examinations and checkups to review your lifestyle habits and ensure early detection of any health issues.

* Please refrain from attending examinations and checkups when you are feeling unwell.

List of Examinations

Item	Those Eligible (*1)
1 Stomach Cancer Exam	Those 40 years old and over
2 Lung Cancer Exam (*2)	Those 40 years old and over
3 Stomach Cancer Endoscopic Exam	Those aged between 50 and 70 years old with even-numbered ages
4 Bowel Cancer Exam	Those 40 years old and over
5 Cervical Cancer Exam (*3)	Women 20 years old and over who are even-numbered ages
6 Breast Cancer Exam (*3)	Women 40 years old and over who are even-numbered ages
7 Osteoporosis Exam	Women aged 40, 45, 50, 55, 60, 65 and 70
8 Periodontal Diseases Exam	Those aged 20, 30, 40, 50, 60, and 70
9 Stomach Cancer Risk Exam	Those aged between 40 and 70 who never have had this exam
10 Lung Cancer Low Dose CT Exam	Those aged 50, 55, 60, 65, and 70
11 Hepatitis Virus Exam (*4)	Those 40 years old, or those who have never had this exam

*1 Ages as of March 31, 2027

*2 Exam for TB included

*3 Those with odd-numbered ages who did not have the exam last year need to notify us of such

*4 Those not eligible but who are afraid they are infected, please contact Kenko-Zoshin-Ka for consultation

Examination Period: May 1, 2026 - Late March 2027 for Items 1 and 2

July 1, 2026-February 28, 2027 for Items 3, 4, 5, 6, 7, 8, 9, 10 and 11

Exemption from Fees for Cancer Examinations, etc.:

Items 1 through 8 are free of charge for members of households exempt from municipal resident tax, households receiving public assistance, and households receiving support benefits for Japanese nationals remaining in China. Please submit the “Application for Exemption from Cancer Examination Fees” form at least 10 days prior to your scheduled examination. Online applications are also available from Nara City’s website. Those approved for exemption will receive a *Kenshin* Passport, which entitles them to free examinations (excluding certain types). If you apply for exemption after taking the examinations, you will not be eligible for a refund of the examination fee.

Inquiries: Kenko-Zoshin-Ka (Health Care Section)

Tel. 0742-34-5129



Education Center KIDS LEARNING FLOOR

Class Name	Date & Time	Deadline
Kids Planetarium: "Nijiro and Seasonal Constellations" -Story of <i>Tanabata</i> (star festival) on July 4 and 5 -Story of the <i>Scorpio</i> on July 18 and after Capacity: 40 seats each time	Every Saturday, Sunday and Holiday in July (except for 11th and 12th) 1) 10:30-10:50 2) 13:30-14:00	Reception on the day
Petit-Petit Craft "Let's Make a Fish Toy" Capacity: 12people each time	July 19 (Sun.) 1) 10:00-10:20 2) 11:00-11:20 3) 14:10-14:30	
Summer Vacation Movie Screening "We are 8 Planet Brothers" (video only) Capacity: 40 seats each time	July 22 (Wed.), 29 (Wed.) and Aug. 5 (Wed.) 1) 10:30-10:55 2) 13:30-13:55	
Summer Vacation Movie Screening "Nintama Rantarō the Movie: The Ninjutsu Academy Goes Into Action!" Capacity: 190 seats each time	July 23 (Thurs.), 24 (Fri.) 1) 10:00-11:30 2) 13:30-15:00	Not necessary
Night Planetarium "Whimsical Planetarium: We will deliver the seasonal starry sky" Capacity: 40 seats. Content is for upper graders in elementary school and over. *Adults can participate without children	July 31 (Fri.) 18:30-19:10	Reception on the day
Story Telling "The Girl Who Loved Riddles, etc."	Aug. 1 (Sat.) 11:00-11:30	Not necessary
Movie Screening "Once Upon a Time in Japan" -Muridō / Kozogama-	Aug. 2 (Sun.) 13:00-13:30	
Two-Day "Wakuwaku Robot Class" Capacity: 10 elementary school students in the 3 rd grade or above who can attend on both days	Aug. 6 (Thurs.), 19 (Wed.) 9:30-12:00	July 13
Craft Experience Class "Let's Make Floss Silk from Silkworm Cocoons" Capacity: 15 children 5 years old and over Fee: 300 yen Things to bring: Towels	Aug. 7 (Fri.) 13:00-15:00	July 20
Space Class "Let's Launch a Space Shuttle" Capacity: 18 children in the 1 st grade of elementary school and over Things to bring: 2 1-liter milk cartons	Aug. 8 (Sat.) 10:00-11:30	
Science Experience Class "Become an Insect Scholar" Capacity: 20 children in the 1 st grade of elementary school and over Fee: 500 yen Things to bring: An insect to be made into a specimen (1-5 cm) *Beetles and grasshoppers, etc.	Aug. 9 (Sun.) 10:00-11:30	
Craft Experience Class "Enjoy with all your senses! Botanical Kaleidoscope" Capacity: 15 children 5 years old and over each time Fee: 300 yen	Aug.11 (Holiday) 1) 9:40-10:40 2) 11:10-12:10	
Craft Experience Class "Let's make a perpetual calendar" Capacity: 18 children 5 years old and over each time	Aug.20 (Thurs.) 1) 13:00-14:30 2) 15:00-16:30	July 27
Science Experience Class "Tiny creatures in the ocean (Chirimen Monsters)" Capacity: 18 children in the 1 st grade of elementary school and over Fee: 300 yen	Aug. 21 (Fri.) 1) 10:00-11:30 2) 13:30-15:00	August 3

Programming Class “Programming Class by Senior High School Students” -Let’s Play with light and sound!- Capacity: 9 children in the 3 rd to 6 th grades of elementary school each time	Aug. 22(Sat.) 1) 10:30-12:00 2) 13:30-15:00	August 3
Science Experience Class “The Magic of Fireworks” Capacity: 15 children 5 years old and over each time	Aug. 23 (Sun.) 1) 10:00-11:30 2) 13:30-15:00	
Robot Class “Robot Class by Senior High School Students” Capacity: 10 children in the 1 st to 6 th grades of elementary school each time	Aug. 23 (Sun.) 1) 10:30-12:00 2) 13:30-15:00	

Place: Hagukumi Center 9F

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

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. The planetarium has priority for children. 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

Toward An Evolving Park! Kids’ Park Opens In Naka-Tomigaoka

Nara City has completely renovated a park and its surrounding area in Naka-Tomigaoka. The newly upgraded Kids’ Park opened on June 10 as the second phase of the redevelopment project.

Nara City has installed inclusive playground equipment that can be enjoyed by people of all abilities, allowing children to play safely and freely. The park also features a long hillside slide that makes use of the natural terrain, and hammocks where visitors can relax or read a book. The renovated park has become a place where people of all ages can have fun and enjoy spending time together.

Note: There is no parking available at the park. Please use public transportation.

URL: <https://www.city.nara.lg.jp/site/press-release/267504.html> (All articles are written in Japanese.)

