

# Nara City Information for Residents

Jun 2019 Issued by Nara City Hall (No.1183)

(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](mailto:nsgghyk@gmail.com)



## Making Room to Connect with Communities Activities by Social Welfare Councils in Communities

These days due to an increasing aging population paired with the falling birth rate and growing numbers of nuclear families, it is said that people who live in communities have fewer chances to connect with each other. This month, we introduce some Social Welfare Councils in communities which work on volunteer activities to keep eyes on or make a place for people who struggle with some problems.

### Unique Activities Held by Some Social Welfare Councils in communities

#### **Torimi Area : “Mori-Mori Kitchen”**

A comfortable kitchen where young people who are apt to shut themselves in their rooms cook together. It is open from 11:30 to 13:00 on the fourth Saturday. Its noted menu is a chicken curry with rice. (300 yen)

#### **Suzaku Area : Music, Training for the Brain, Training for a Healthy Body – To Enjoy and support Each Other**

Eight kinds of activities are held as many as 16 times a month in the community.

#### **Fushimi-Minami Area: A Health Care Room Called “Hanamizuki” is Available**

Many kinds of activities are held in the community, and this one is available from 13:00 on the fourth Saturday

#### **Omiya Area : Welcome home, Study Classroom**

School children can visit this room, eat snacks together, and do their homework.

About 30 school children use this classroom from 16:00 to 17:00 every Thursday.

Many other kinds of activities are held in each area. Please take part in the activities held by Social Welfare Councils in the communities if you are interested.

#### **Inquiries about these articles or Social Welfare Councils in the communities:**

*Fukushi-Seisaku-Ka* (WelfarePolicy Section) Tel. 0742-34-5196

Nara City Social Welfare Council Tel.0742-93-3741

### Education Center Floor Kids Learning

| Class name                                                                                                                                                                                                     | Date                                     | Time                                                  | Deadline                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|-------------------------------------------------------|-------------------------|
| Planetarium Class<br>“Nijiuro and spring to summer constellations”<br>Capacity: 40 children                                                                                                                    | Every<br>Saturday &<br>Sunday in<br>June | (1) 10:30-10:50<br>(2) 11:40-12:10<br>(3) 13:40-14:10 | Reception<br>on the day |
| Space Class “Let’s concentrate solar rays by<br>brushing the bottom of an empty can.”                                                                                                                          | July 14<br>(Sun.)                        | (1) 9:30-11:30<br>(2) 13:00-15:00                     | June 28                 |
| Programming Classes (beginner)<br>“First steps programming” Capacity: 10<br>children                                                                                                                           | July 14<br>(Sun.)                        | (1) 10:00-11:30<br>(2) 13:30-15:00                    | June 28                 |
| Science Experiment Class “Let’s make a<br>manual generator.”                                                                                                                                                   | July 15<br>(Holiday)                     | (1) 13:00-14:30<br>(2) 15:00-16:30                    | June 28                 |
| Craft Class “Let’s make a book, unique in all<br>the world.” Fee: 300 yen Capacity: 15<br>children                                                                                                             | July 21<br>(Sun.)                        | (1) 10:00-11:30<br>(2) 13:30-15:00                    | July 5                  |
| Robot Class (two consecutive intermediate<br>classes)<br>“Let’s try to make a program for a robot”<br>Capacity: 10 children<br>Eligibility: those who can come to the classes<br>at the same time on both days | July 23<br>(Tues.)<br>July 30<br>(Tues.) | (1) 10:00-12:00<br>(2) 13:30-15:30                    | July 5                  |
| Craft Class “Let’s make a perpetual calendar.”                                                                                                                                                                 | July 24<br>(Wed.)                        | (1) 13:00-14:30<br>(2) 15:00-16:30                    | July 5                  |

**Capacity:** 20 children for each class (with guardians)

**Application:** Send a return postcard with the class name, the date, (1)-(3), child's school name and grade, child's name (with the reading in Kana), the guardian's address and name (with the reading in Kana), and phone number to Hagukumi Center 9<sup>th</sup> floor (13-1 Sanjo-Honmachi 630-8122 Tel. 0742-36-0401) no later than each deadline. One class per postcard. Lottery in case of excess applications. \* You cannot take the robots home. Other programs will also be held. Contents and dates above might change.

## Garbage Collection

**Please Put Garbage Out by 7:30 in The Morning on The Collection Day**

**Please Don't Park near Garbage Collection Sites**

**Unburnable Garbage Collection Dates and Areas in June**

| Area | Burnable Garbage | Unburnable Garbage     |
|------|------------------|------------------------|
| A F  | Mon. & Thurs.    | 5, 9 both Wednesdays   |
| B E  |                  |                        |
| C H  | Tues. & Fri.     | 12, 26 both 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 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

## Tuberculosis Examinations for Citizens

**Date & Time:** June 15 (Sat.) 9:30-10:30

**Place:** City General Examination Center (Kashiwagi-cho)

**Contents:** Chest X-ray examination

**Capacity:** 15 people who are 65 years old and over

**Application:** Call Hoken-Yobo-Ka (Health Protection Section) June 3 (Mon.) through 14 (Fri.)  
Tel. 0742-93-8397

## Rubella Antibody Test and Rubella Fifth Term Vaccination

You can receive rubella antibody tests and vaccinations basically free of charge for three years from March 31, 2022. \* Those who had been judged to have an adequate amount of antibodies according to an antibody test need not be vaccinated.

**Those eligible:** Men born from April 2, 1962 to April 1, 1979 \*Coupon tickets (consultation tickets) will be sent to those born from April 2, 1972 to April 1, 1979. Please bring it to the medical institutions or health checkup institutions and see a doctor. Coupon tickets will be issued at Kenko Zoshin Ka (Health Promotion Section) to those born from April 2, 1962 to April 1, 1972 and want to see a doctor.

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

## Be careful of Heat Stroke

Heat stroke can be prevented if people have the correct knowledge

### 5 Prevention Measures for Heat Stroke

Let's carry drinks.

Let's take a rest.

Let's talk to each other.

Let's eat nutritionally.

Let's pay attention to the temperature.

**Inquiries:** Iryo Seisaku Ka (Medical Policy Section) Tel. 0742-93-8392

## Be Careful of Photochemical Smog

It is often observed in this season.

“Photochemical smog” occurs when there’s a high concentration of “photochemical oxidants” produced by the reaction between chemical products and sunlight. Chemical products are emitted by industry or cars. Warning will be issued according to the concentration forecasts. If issued, you should avoid playing sports outside. If you have symptoms such as eye irritation or a sore throat, bathe your eyes and gargle.

To prevent health damage, an emergency communication system will be implemented until the end of September. It’s discussed on Nara City website. You can check the photochemical oxidants concentration of Nara City on the page “Nara Prefecture Air Environmental Continuous Monitoring System” on the Nara Prefecture website. Also, you can get the information about warnings etc. by e-mail magazine registration. The correspondence is only in Japanese.

**Inquiries:** Hoken-Kankyo-Kensa-ka (Health and Environment Inspection Section) Tel. 0742-93-8477

## Cancer Examinations (July)

**Application:** Please apply by phone, fax or internet through the city website to Kenko Zoshin-Ka (Health Care Section)

**Period:** From June 3 (Mon.) to 20 (Wed.). Internet applications will be accepted until June 10 (Mon.).

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.

### Stomach and Lung Cancer Examinations

| Date       | Place                                  | Reception Time | Capacity |
|------------|----------------------------------------|----------------|----------|
| 5(Fri.)    | Tomio Minami Kominkan                  | 9:15-10:15     | 27       |
| 8(Mon.)    | Hagukumi Center                        | 8:45 - 9:45    | 33       |
| 9(Tues.)   | Tomio Kominkan                         | 9:15-10:15     | 27       |
| 11(Thurs.) | Tsuge Center                           | 9:00-10:00     | 30       |
| 17(Wed.)   | Nara City Hall (Conference Room No. 3) | 9:00-10:00     | 30       |
| 18(Thurs.) | Seibu Shogai Sport Center (Club House) | 9:15-10:15     | 27       |
| 24(Wed.)   | Heijo Kominkan                         | 9:15-10:15     | 27       |
| 25(Thurs.) | Co-op Oshikuma                         | 9:15-10:15     | 27       |
| 26(Fri.)   | Hagukumi Center                        | 8:45 - 9:45    | 33       |
| 29(Mon.)   | Hokubu Shutchosyo                      | 9:15-10:15     | 27       |
| 30(Tues.)  | Seibu Toshokan                         | 9:45-10:45     | 23       |
| 31(Wed.)   | Hagukumi Center                        | 8:45 - 9:45    | 33       |

### Lung Cancer Examination

| Date     | Place           | Reception Time | Capacity |
|----------|-----------------|----------------|----------|
| 19(Wed.) | Hagukumi Center | 14:00-15:00    | 60       |

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

**Lung Cancer Examination:** Chest X-Ray

**Fee:** 1,500 yen (1,000 yen for stomach Cancer examination only and 500 yen for lung cancer examination only). 600 yen as an additional fee for sputum test based on a general check-up for lung cancer (Postage might need to be paid)

**Those Eligible:** 40 years and over. Pregnant women; those who had stomach, lung or intestine surgery or are in treatment; those who have barium sensitivity or had aspiration (lung cancer examination is possible); and those who had an endoscope stomach cancer check by Nara City in the last fiscal year (lung cancer examination is possible) are excluded.

**Others:** For those who are breast feeding, please notify us of such when you apply. The examination interval is once a year. There might be cases where 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 Fax. 0742-34-3145,  
Tsuge Hoken Center Tel. 0743-82-0341

## **Be Careful about Infectious Diseases Spread by Mosquitoes**

These include dengue fever, zika virus, etc. Refer to the City website concerning prevalent areas, prevention, and so on.

### **Prevention Points:**

- 1) To Prevent Breeding of Mosquitoes:** Frequent cleaning and getting rid of standing water in order to prevent mosquito larva from growing.
- 2) Don't Get Bitten by Mosquitoes:** Wear long sleeved shirts and full-length pants for outside activities. Use mosquito repellent.

**If you go abroad, collect infection information on the area you will travel to.**

If you have a fever, headache, joint pain, a rash, etc., within a few days after returning home from the areas where dengue fever, zika virus or other infectious diseases are prevalent, please consult a doctor.

**Inquiries:** Hoken-Yobo-Ka (Health Care Section), Tel. 0742-93-8397  
Hoken-Eisei-Ka (Health & Hygiene Section), Tel. 0742-93-8395

## **Japanese Encephalitis Vaccinations will start (For Those Born in June 6, 2016) Please receive the first term (the first, the second and the additional vaccination)!**

**Please confirm your child's Preliminary Examination Leaflet.)**

**Period:** From 3 years old to one day before turning seven and a half years old.

**How to Receive:** 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.

**Things to Bring:** Preliminary Examination Leaflet, *the Mother's and Child's Health Handbook*, and an ID card such as the Health Insurance Card.

\*Please fill in the Preliminary Examination Leaflet with an indelible black ink pen.  
This vaccination is available only for children who are registered in Nara City.

**Application:** Please make an appointment with a registered clinic listed on the Nara City website.

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

## **Submit Your Status Report for Special Child-Care Allowances within June**

Those who receive Special Child-Care Allowances are requested to fill out the Status Report and send them back to Kodomo-Ikusei-Ka (Child Rearing Section) by June 28 (Fri.) as they will be sent from the City to those who receive the allowance as of May 31 this year. If you do not submit it by the due date, you may not be able to receive the allowances after June even if you are still qualified.

(It might be necessary to submit a copy of your health insurance card, and so on.)

If you do not receive the reports by mid-June, please contact the Kodomo-Ikusei-Ka (Child Rearing Section), Branch Office. Tel. 0742-34-5160

You can send in the Status Report or apply on the website.

## **Physical Checkups for Babies and Infants**

**Things to Bring:** The questionnaire and Mother's and Child's Health Handbook. The questionnaire will be sent by the middle of June. People who moved to Nara City after June 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 Boshi-Hoken-Ka (Mother and Child Health Section).

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

| Type of Checkup (Eligibility)                             | Date                                                                                                            | Place                                      |
|-----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------|
| Checkup for 4-month-old babies born in March 2019         | Within one month after 4-month birthday                                                                         | Designated Medical Facilities in Nara City |
| Checkup for 10-month-old babies born in September 2018    | Within one month after 10-month birthday                                                                        | Designated Medical Facilities in Nara City |
| Checkup for 19-month-old children born in November 2017   | July 4, 11, 18, 25 (Thursdays)<br>Reception: 13:15-14:15<br>Waiting number cards will be distributed from 12:45 | Chuo Hoken Center (Central Health Center)  |
| Checkup for 3 1/2-year-old children born in December 2015 | July 2, 9, 16, 23 (Tuesdays)<br>Reception: 13:15-14:15<br>Waiting number cards will be distributed from 12:45   | Chuo Hoken Center (Central Health Center)  |

## Maternal and Infant Health Care Consultation

### Consultation by Visiting Public Health Nurses

| Date           | Place                |
|----------------|----------------------|
| June 19 (Wed.) | Heijo-nishi Kominkan |
| 25 (Tues.)     | Heijo Kominkan       |

**Time:** 9:30-11:30

Consultations over the phone or at the Boshi-Hoken-Ka (Mother and Child Health Section) office are available on weekdays. 8:30-17:15

### Consultation by Midwives or Public Health Nurses

Seibu Kaikan Consultation Room (2F) (Consultation at the office)

**Date & Time:** Weekdays 10:00-14:00 (Reception time: until 13:30)

Boshi-Hoken-Ka (Mother and Child Health Section) (Consultation over the phone or at the office)

**Date and Time:** Weekdays 9:00-15:00

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

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

## Fluoride Application to Prevent Cavities

**Those Eligible :** children born in July 2018 (until age 26 months as of the month of coating)

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

**Place:** Central Health Center

**Contents:** tooth check, application of fluoride, tooth brushing instruction

**Things to Bring:** *Mother's and Child's Health Handbook*, tooth brush, towel

**Application:** Inform Boshi-Hoken-Ka of the class name, child's name, the birth date and telephone number by phone or fax by June 28. Applicable through the City website  
Tel. 0742-34-1978 Fax. 0742-34-5155

### Those Who Will Receive Individual Notifications in June

(Notifications were sent in late May)

**Booklets of Pre-examination sheets: Those who was born in April 2019**

Vaccinations are available when you bring your child's pre-examination booklet *Mother's and Child's Health Handbook* and health insurance card. Refer to Kenko-Zoshin-Ka if you have no pre-examination booklets because of recently moving in Nara.

\*Fill in the pre-examination sheets with an indelible black pen

**Inquiries:** Kenko-Zoshin-Ka (Health Promotion Section) Tel. 0744-34-5129



## Classes for Babies and Infants

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

**Those Eligible:** First-born babies born in Feb. 2019 and their guardians

**Date & Time:** July 10 (Wed.) and 17 (Wed.) 10:00-11:30

**Place:** Hagukumi Center (Sanjo-Honmachi)

**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:** 32 babies per day

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

**Those Eligible:** First born babies born in July 2018 and their guardians

**Date & Time:** July 9 (Tues.) 10:00-11:00

**Place:** Hagukumi Center (Sanjo-Honmachi)

**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

**Application:** Contact Boshi-Hoken-Ka (Mother-and-child Health Section) by phone or fax with the class name, address, baby's name, the date of baby's birth, guardian's name, phone number, and date you prefer to come. Excess applications will be accepted for another day.  
Tel. 0742-34-1978 Fax. 0742-34-5155

## Applications for School Expenses Assistance for School Supplies

**Those Eligible:** Households in Nara City whose total income-based levy of Nara municipal tax for fiscal 2019 equals the amount mentioned in the table or less. Please inquire in cases where your family budget has become worse suddenly.

**Application:** Get an application sheet at Kyoiku-Somu-Ka (General Affairs Section of the Board of Education), Shutcho-sho / Gyousei Center, or a municipal school. After filling in the required contents, submit the application to the counter where you got it between June 3 (Mon.) and June 28 (Fri.). Please bring your seal and bankbook when submitting. An application form can also be downloaded from the Nara City website. Re-application is required for those who wish to keep getting assistance from the previous year.

|                                               |           | Numbers of dependents between ages 16 and 18 years old (*1) |            |            |             |
|-----------------------------------------------|-----------|-------------------------------------------------------------|------------|------------|-------------|
|                                               |           | none                                                        | 1 person   | 2 persons  | 3 persons   |
| Numbers of dependents under 16 years old (*2) | none      | 0 yen                                                       | 11,100 yen | 22,200 yen | 33,300 yen  |
|                                               | 1 person  | 31,300 yen                                                  | 42,400 yen | 53,500 yen | 64,600 yen  |
|                                               | 2 persons | 52,600 yen                                                  | 63,700 yen | 74,800 yen | 85,900 yen  |
|                                               | 3 persons | 73,900 yen                                                  | 85,000 yen | 96,100 yen | 107,200 yen |

(\*1) Children born between Jan. 2, 2000 and Jan. 1, 2003.

Add 11,100 yen for each dependent if 4 persons or more.

(\*2) Children born between Jan. 2, 2003 and Jan. 1, 2019.

Add 21,300 yen for each dependent if 4 persons or more.

**Inquiries:** Kyoiku-Somu-Ka (General Affairs Section of the Board of Education)

Tel. 0742-34-5337

## *Mottainai Pottery Market*

**Unacceptable items:** Items from other cities or used for business. Ceramics not for meals such as ashtrays or vases. Tableware with food on it. Unglazed pottery, earthen pots, and items made of glass, plastic, metal or wood. Items with rubber bottoms or handles (acceptable if removed). All the items will be checked at the site. Wrapped or unsuitable items will be returned to you. Please come with your own bag.

**June Schedule:** both from 10:00 till 13:00. Items accepted until 12:30

(1) June 12 (Wed.) at Coop Shichijo (Shichijo-Nishimachi)

(2) June 19 (Wed.) at Hagukumi Center (Sanjo-Honmachi)

**Inquiries:** Kankyo-Seisaku-Ka (Environmental Management Division) Tel. 0742-34-4591

### **Hagukumi Center Nigiwai Ichiba**

**Date & Time:** June 8 (Sat.) 09:30 - 12:00

**Place:** Hagukumi Center (Sanjo-Honmachi)

**Contents:** Sales of vegetables/sweets, games for kids, etc.

**Inquiries:** Hagukumi Center Kanri-shitsu (Management Office) Tel: 0742-34-2303

### **Bosai Center (Disaster Prevention Center)**

404-1 Hachijo 5-chome 630-8145 Tel. /Fax. 0742-35-1106

**Special Program for Summer Vacation “Basic Lifesaving Class for Kids & Rain Storm Experience”:**

**Date & Time:** July 21 (Sun.) 10:30-12:00

**Capacity:** 30 5<sup>th</sup> and 6<sup>th</sup> elementary school graders

**Others:** Application is unnecessary for those who want to experience a rain storm only. Bring your rain gear and towels.

**Application:** send e-mails with children’s names (with furigana), school grades, addresses, phone numbers and names of guardians to shoubou-bousaicenter@city.nara.lg.jp by July 2. Excess applications will be decided by lottery.

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

**Naraden Budo-jo (Horen-Sahoyama 4-chome)**

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

**Date & Time:** Every Monday, Tuesday and Friday 17:30-18:30, starting on July 1 (Mon.)

**Capacity:** 30 elementary school students

**Fee:** 9,000 yen

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

**Date & Time:** Every Monday, Tuesday, Thursday and Friday 17:30-19:00, starting on July 1 (Mon.)

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

**Fee:** 10,000 yen

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

**Date & Time:** Saturdays on July 6, 20, August 10, 31, September 7, 21, 9:30-10:30

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

**Fee:** 2,000 yen

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

**Date & Time:** Every Monday, Tuesday, Thursday and Friday 19:00-20:00, starting on July 1 (Mon.)

**Capacity:** 20 experienced junior high school students and over

**Fee:** 4,000 yen, 300 yen for tickets for the day \*injury insurance fees should be paid.

**Naginata (Long Handled Sword) Class**

**Date & Time:** Every Tuesday 10:00-12:00, every Thursday 16:30-18:30, every Saturday 13:00-15:00 starting on July 2 (Tues.) Senior high school students and younger meet only on Thursday and Saturday.

**Capacity:** 20 elementary school students and over

**Fee:** 5,000 yen



### **Yari (Spear) Class (Hozoin School)**

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

**Capacity:**10 senior high school students and over

**Fee:**6,000 yen

### **Zazen (Meditation) Class**

**Date & Time:** Every Sunday 7:00-8:30, starting on July 14 (Sun.)

**Capacity:**10 high school students and over

**Fee:**2,000 yen

### **Naraden Daini (Annex)Budo-jo (Horen-Sahoyama 4-chome)**

#### **Judo Class (for Elementary School Students)**

**Date & Time:** Every Tuesday and Thursday 17:00-18:30, every Saturday 13:30-15:00 starting on July 2 (Tue.)

**Capacity:** 20 elementary school students

**Fee:**4,500 yen

#### **Judo Class (for Parents and Children)**

**Date & Time:** 1<sup>st</sup>, 2<sup>nd</sup> , 3<sup>rd</sup> Thursdays15:30-16:30, starting on July 4 (Thurs.)

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

**Fee:**3,000 yen

#### **Judo Class (for Junior School Students and Over)**

**Date & Time:** Every Tuesday and Thursday 18:00-19:30, every Saturday 14:30-16:00 starting on July 2 (Tue.)

**Capacity:** 20 junior high school students and over

**Fee:**4,500 yen

#### **Judo Class (for Women)**

**Date & Time:** Every Tuesday 10:00-11:30 starting on July 2 (Tues.) twice a month

**Capacity:** 20 people (18 years old and over)

**Fee:**4,000 yen

### **Naraden Kyudojo (Horen-Sahoyama 4-chome)**

#### **Kyudo Class (for High School Students and Over)**

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

**Capacity:** 20 beginners (high school students and over)

**Fee:**3,000 yen

**Others:** Fees are for 3 months. Those who take Kendo classes need a separate accident insurance fee.

**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 June 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

## **Child-Raising Spots (No Entrance Fees)**

**These will be open every month until next March.**

**Please ask each Kominkan for details**

**Keisei Kominkan** (3-43-2 Rokujo-Nishi 1-chome 630-8044) Tel. /Fax. 0742-44-2669

| Name                   | Date & Time (in general)                                     | Those Eligible                                         |
|------------------------|--------------------------------------------------------------|--------------------------------------------------------|
| <i>Puyopuyo-no-Kai</i> | Every 2 <sup>nd</sup> and 4 <sup>th</sup> Wed.<br>9:00-12:00 | Children between 0 and 3 years old and their guardians |

**Koto Kominkan** (3633 Oyagyū-cho 630-1242) Tel. /Fax. 0742-93-0400

| Name                  | Date & Time (in general)                                      | Those Eligible                                                 |
|-----------------------|---------------------------------------------------------------|----------------------------------------------------------------|
| <i>Nakayoshi Club</i> | Every 1 <sup>st</sup> and 3 <sup>rd</sup> Tues.<br>9:00-12:00 | Children prekindergarten age and younger, and their guardians. |

**Nimyo Kominkan** (3684 Gakuen-Akamatsu-cho 631-0027) Tel. /Fax. 0742-46-9113

| Name                         | Date & Time (in general)                                       | Those Eligible                                                |
|------------------------------|----------------------------------------------------------------|---------------------------------------------------------------|
| <i>Nimyo Nikoniko Hiroba</i> | Every 2 <sup>nd</sup> and 4 <sup>th</sup> Thurs.<br>9:30-12:30 | Children prekindergarten age and younger, and their guardians |

**Chubu Kominkan** (23-4 Kami-Sanjo-cho 630-8228) Tel. 0742-26-6506 Fax. 0742-26-3263

| Name                | Date & Time (in general)                                       | Those Eligible                                                |
|---------------------|----------------------------------------------------------------|---------------------------------------------------------------|
| <i>Oyako Hiroba</i> | Every 2 <sup>nd</sup> and 4 <sup>th</sup> Tues.<br>10:30-14:30 | Children prekindergarten age and younger, and their guardians |

**Mikasa Kominkan** (313-3 Omiya-cho 4-chome 630-8115) Tel. /Fax. 0742-33-0515

| Name                             | Date & Time (in general)                                          | Those Eligible                                                |
|----------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------|
| <i>Kosodate Mama no Hitotoki</i> | Every 1 <sup>st</sup> Sat. and 3 <sup>rd</sup> Fri.<br>9:30-12:30 | Children prekindergarten age and younger, and their guardians |

**Kasuga Kominkan** (86-1 Minami-Kyobate-cho 1-chome 630-8141) Tel. /Fax. 0742-62-2253

| Name                          | Date & Time (in general)                                      | Those Eligible                                         |
|-------------------------------|---------------------------------------------------------------|--------------------------------------------------------|
| <i>Kosodate Nonbiri Kukan</i> | Every 1 <sup>st</sup> and 3 <sup>rd</sup> Tues.<br>9:30-12:30 | Children between 0 and 3 years old and their guardians |

**Nanbu Kominkan** (27-1 Yama-machi 630-8434) Tel. /Fax. 0742-62-5931

| Name                                    | Date & Time (in general)                                                                                                                          | Those eligible                                                                                                                                                 |
|-----------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Sanchoku Tomato Cooking in Nanbu</i> | <u>25 June (Tues.)</u> : Cultivation method and tasting of the tomato<br>10:00-11:30<br><u>July 2 (Tues.)</u> : Cooking practice<br>10:00 – 12:30 | 16 adult women (workers or students within city limits may also apply)<br><b>Fee:</b> 1,200 yen<br><b>Deadline:</b> 15 June (Sat.).<br>Childcare is available. |

**Tomigaoka-Minami Kominkan** (921-1 Nakayamacho Nishi 2-chome 631-0013) Tel. /Fax. 0742-47-6375

| Name                                           | Date & Time (in general)                                                                                                                                         | Those Eligible                                                                                                                           |
|------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Oyagaku (Parent Education) Seminar</i>      | <u>29 June (Sat.)</u> : Present situation of truancy<br><u>July (Sat.)</u> : Improvement of parent-child relationships and recovery of children<br>10:30 – 12:00 | Guardians of elementary and junior high school students and their 15 supporters<br><b>Deadline:</b> 19 June (Wed.)                       |
| <i>Kodomo Asobi Hiroba</i>                     | <u>29 June (Sat.)</u> and <u>6 July (Sat.)</u><br>10:30 – 12:00                                                                                                  | 15 elementary students<br><b>Deadline:</b> 19 June (Wed.)                                                                                |
| <i>Tobidase Ehon no Pan Class (Summertime)</i> | <u>7 July (Sun.)</u><br>9:30 – 13:00                                                                                                                             | 12 elementary students and their guardians. Those who study in Nara can apply.<br><b>Fee:</b> 400 yen<br><b>Deadline:</b> 22 June (Sat.) |

| Name                                                | Date & Time (in general)                | Those eligible                                                                                                                                                  |
|-----------------------------------------------------|-----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Challenging</i><br>“Ayu-tsukami” (catching fish) | <u>20 July (Sat.):</u><br>13:00 – 15:00 | 10 pairs of elementary students with their guardians<br><b>Fee:</b> 500 yen for a student (Guardians can only be observers.)<br><b>Deadline:</b> 9 July (Tues.) |

**Application:** Send a return postage-paid postcard with the desired class name, applicant’s name (with furigana), address, age (grade for students) and phone number to each Kominkan not later than the deadline. One post card for application must be for one class only. Excess applications will be subject to lottery. Application may also be made through the “Shogai Gakushu Zaidan” website. If childcare is provided and you wish your child to attend, please notify organizers in advance. Childcare is available only for the Sanchoku Tomato Cooking class in Nanbu.

### Be Careful of Flood-related Disasters

Please be careful during the rainy season.

Last year, unexpected localized torrential rains such as the West Japan Torrential Rain and many typhoons, have caused damage throughout Japan. Everyone has to be cautious about rain damage and landslides as well. In order to keep the damage to a minimum, each person must always be cautious and prepared at home and in the community.

#### Always:

- Pay special attention to Disaster Prevention Information published by the local meteorological office and use it to avoid damage.
- Prepare an emergency food supply and kits in advance in case of electric power outages, water supply stoppages, and evacuation.
- Check around your house. If you find anything abnormal about the roof, rain gutters, shutters, windows, exterior walls, etc., make sure to repair and reinforce that area.

#### When Sudden Torrential Rain Starts:

- Be aware of landslide warning signs of such as cracks and distortion on the slope; stoppage of underground or spring water flow; unusual sounds and smells; and overflow of turbid water.
- On evacuation, wear comfortable clothes and try to act in a group with at least two people. (If it is dark outside and flooding has already started, do not risk going outside, but remain in places such as rooms on the 2nd floor or elevated areas which can be secured safely.)
- During evacuation, avoid river banks, cliffside roads, and underground paths.
- Be very careful because side ditch covers and manhole covers may be out of place.

#### Please Contact the Following Sections, If You Find Damage or Need a Consultation; (Tell your name, address and phone number first)

- **Kiki-Kanri-Ka** (Crisis Management Dept.) Weekdays 8:30 - 17:15  
Tel: 0742-34-4930
- **Somu-Ka Chosha-Kanri-Gakari** (City Hall Administration Section)  
Sat., Sun., Holidays, and outside working hours on weekdays  
Tel: 0742-34-1111
- **Fire Department:** 24 hours Tel: 119 or 0742-35-1191

### **A Disaster Warning Mail:**

This mail will be delivered to those who registered to receive emergency information beforehand. You can get various disaster warnings, advisories, evacuation notices, etc., if you do so.

### **Administrative Wireless Notification In case a Disaster Actually Occurs:**

If a disaster actually occurs, the City will deliver the disaster and evacuation information immediately via outdoor loudspeakers set up at the 47 temporary evacuation sites in the City. Citizens also can confirm this information through the toll-free telephone service, 0120-090-163.

## **Reconsidering Evacuation Sites**

Recently, many natural disasters such as typhoons or heavy rains have caused a lot of damage. Nara City reviewed temporary evacuation sites so that they can be opened smoothly when a typhoon nears the city. (That is, in case of a small disaster, not a big earthquake.) In areas based on an elementary school district, the city will install one temporary evacuation site.

### **Cautions When Evacuating**

Confirm which evacuation site is the nearest to your house, and the evacuation route.  
Prepare an emergency bag. Which disaster stockpiles are provided for disaster victims, you need to prepare the things which are necessary personally and bring them.  
Help elderly people in the community and those people who require assistance.  
Obey the rules and assist each other, and in case of setting up a management committee at the evacuation site, please follow their instructions.

Inquiries: Kikikanri-Ka Tel. 34-4930 E-mail: [kikikanri@city.nara.lg.jp](mailto:kikikanri@city.nara.lg.jp)

Please refer to the Japanese Version of the Nara City Information for Residents for the list of the evacuation sites.

