

Nara City Information for Residents

September 2019 Issued by Nara City Hall (No. 1186)

(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



NARA Child Center

For the Future of Children

Cases of child abuse have been sharply increasing nationwide as well as in Nara City. Along with this trend the number of people seeking advice and support at the Child Growth Center or the Community Child Rearing Support Centers has been on the rise. In order to provide effective assistance to citizens Nara City will establish the Nara Child Center (tentative name).

The Center Will Be Built Ahead of Other Core Cities

All prefectures and 12 major cities are required to have Child Guidance Centers. However due to the law revision in 2016, the central government has been promoting opening centers in 54 core cities and special wards. Currently Nara City is on its way to set up a center following Yokosuka City, Kanazawa City, and Akashi City. So we will be ahead of other cities in dealing with child abuse.

The Role of the Child Center

The Child Center will open as an approachable comprehensive child-rearing support facility with an open space to play for children and parents, an indoor play room, and rooms for consultation about child growth, as well as the Child Guidance Center. It will be built at the former site of the Prefectural Comprehensive Medical Center in Hiramatsu-Cho.

Cooperation with Nara Prefecture

In January 2015 Nara City and Nara Prefecture signed “the Agreement on Community Planning for Nara City and Nara Prefecture” for the area’s development. In 2017 Nara City opened the preparatory office for setting up the Children’s Guidance Center. Also in 2018 we proposed establishing the Nara Child Center.

Working with People in the Community

We have received a lot of support and requests from community social workers, children’s social workers, children’s organizations, people in the community and others in dealing with sound growth of children in Nara City. Those voices will be useful for the sound growth of our children.

To Be Opened in 2021

Through continuous discussions with Nara Prefecture, we will draw up a basic plan of the facility and implementation process this year. Additionally we will provide training of personnel to operate the new facility, and will organize a framework for it.

Six Functions of Nara Child Center

1. Child Guidance Center & Temporary Care Home

- Providing advice from specialists
- Securing children’s safety
- Facilitating admission to a nursery home & supporting foster homes

2. Center for Comprehensive Support to Children and Families

- Counseling desk nearby
- Paying visits to babies younger than four months to support their healthy growth
- Providing subsidies for delivery expenses and supporting short term child care

3. Kids’ Space

- Preparing an all-weather play space

4. Center for Child Rearing Support in the Community

- Play and exchange place for children up-until approx. 3-years of age and their guardians
- Counseling about child rearing
- Providing information about child rearing



5. Center for Children's Growth

- Counseling about pre-schoolers' growth
- Preparing classes to support growth of pre-kindergarten children and their parents

6. Children & Parents' Square

- Setting up a place for children and parents to enjoy.

About Making Preschool Childcare and Education Free of Charge

Education and care for 3-5 year old children will start being free of charge from October (for 0-2 year old in resident tax-exempt families only). Please apply if necessary. There are explanations of categories for children's facilities as below.

Please submit application forms by Sept. 30 in 2019 or the beginning of the date. You may not apply for previously-paid fees. *If they do not use childcare facilities, they are not eligible for being free of charge.

Categories Are as Follows:

A, B, C, D, E: Guardians are using childcare facilities and all guardians need childcare services, because parents of work, illness, nursing of the aged, school enrolment, etc.

Facilities

A: *Kodomoen* (nursery class), Daycare center

B: *Shisetugatakyufu* kindergarten (*1), *Kodomoen* (education class), Nara City kindergarten

C: National and private kindergarten

D: Project by family support center, Project of childcare for sick children, extra care nursery, *Ninkagai* (unlicensed by local government) nurseries (except run by a company)

E: Nurseries run by a company

F, G: All guardians don't have a reason for needing childcare services.

Facilities

F: *Shisetugatakyufu* kindergarten (*1), *Kodomoen* (education class), Nara City kindergarten

G: National and private kindergarten

No eligible facilities: Project by family support center, Project of childcare for sick children, extra care nursery, *Ninkagai* (unlicensed by local government) nurseries

Category	Application	Contact	Others
A	Unnecessary		Notification of free-of-charge status will be sent. School meals, etc. will not be covered.
B	Necessary	Kindergarten & Nursery Section	A notice will be sent. Up to 11,300 yen will be covered (*3) for childcare.
C	Necessary	Kindergarten & Nursery Section	Monthly fees are up to 25,700 yen (*2), and up to 11,300 yen (*3) will be covered for extra childcare.
D	Necessary	Kindergarten & Nursery Section	Total monthly fees are 37,000 yen (*4). More than one service is available.
E	Confirmation Necessary	Inhouse facility	Please contact each facility.
F	Unnecessary		Notification of free-of charge status will be sent. But school meals, etc. will not be covered.
G	Necessary	Kindergarten or nursery commuted	In case of private kindergarten, monthly fees up to 25,700 yen (*2) will be covered. But school meals, etc. will not be covered. *Application forms were already sent to guardians of kindergartens in Nara Pref. in July.

*1: *Shisetugatakyufu* kindergarten: Childcare fees are decided by city rules. (In Nara City, this is only Nara Ikuei Kindergarten.)

- *2: Those eligible those are from 3 years old for education fees only. The monthly fee is 8,700 yen for national university attached kindergartens, and 400 monthly yen for national special support kindergartens.
 - *3: The upper limit for extra childcare fees will change depending on the number of service days (450 yen x days). The upper limit of monthly fees to the end of March 31 in 2020 will be 16,300 yen for those 3 years old now. In the case that extra care time is less than 8 hours or days of services are less than 200 days, the fee of *Ninkagai* (unlicensed by local government) nurseries, etc. are also eligible.
 - *4: Up to 42,000 yen will be covered monthly for 0-2 year old children of resident tax-exempt families.
- Inquiries: Kindergarten & Nursery Section Tel. 0742-34-5086

Sept. 24 (Tues.) - 30 (Mon.) is Tuberculosis Prevention Week

Tuberculosis is still a major infectious disease in Japan, which passes from one person to another by air infection. Fifty-nine patients were diagnosed in Nara City in 2018. We must learn about and try to protect ourselves from tuberculosis.

We must know the 3 elements for prevention.

1. If you have cold-like symptoms for two weeks, see a doctor.

The 5 major symptoms of tuberculosis are coughing, phlegm, bloody phlegm, fever, and chest pain. Because they are very similar to the symptoms of a cold, it's easy to overlook them. If these symptoms continue for more than 2 weeks, please consult a doctor and have an examination immediately.

The panel display for the tuberculosis prevention week

Day & Time: 1. Sept. 17 (Tues.) – 20 (Fri.) 2. Sept. 24 (Tues.) – 27 (Fri.)

Place: 1. *Hagukumi* Center first floor (*Sanjo honnachi*), 2. City Hall first floor passageway

2. Have a chest X-ray examination once a year.

When tuberculosis bacilli enter the lungs and create foci, shadows can be seen in x-rays. You should have an X-ray examination once a year for early detection. If you are over 65 years old, please make use of the Tuberculosis Examinations for Citizens. If you are not, please have medical checkup at your work place or through *Ningen Dokku* (complete medical checkup).

Tuberculosis Examinations for Citizens

Date & Time: Sept. 21 (Sat.) 9:30 - 10:30

Place: General Medical Examination Center (Kashiwagi-cho)

Contents: Chest X-ray examination

Capacity: 15 people aged 65 years old and over

Application: Call Hoken-Yobo-Ka (Health Protection Section) between Sep. 2 (Mon.) and Sept. 20 (Fri.)

3. Healthy life style

Even if you are infected with tuberculosis, it doesn't always become a disease. Your body's resistance can protect you from this disease. Try to have balanced meals, good sleep, and build up stamina to maintain a healthy life and prevent the spread of tuberculosis.

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

Garbage Collection

Request for When You're Putting Out Garbage

A fire caused by the explosion of an unpunctured spray can happened in a garbage truck on June 26. So, we ask you again to put out your garbage properly, paying attention to its separation and disposal.

Unburnable Garbage: Spray cans for hairdressing mousse, insecticide, etc. (Spray cans for body use aside from mousse) and cassette gas cylinders are regarded as recycling resources.)

Burnable Garbage: Disposable lighters

The items above should be used up and several holes should be punched in spray cans to release gas before throwing away.

September 16 (Holiday) and 23 (Holiday) are regular collection days.

Dates and Areas of Unburnable Garbage Collection in September

Area	Burnable Garbage	Unburnable Garbage
A, F	Monday, Thursday area	11, 25 (Wednesday)
B, E		
C, H	Tuesday, Friday area	4, 18 (Wednesday)
D, G		

Areas A-D are covered by Nara City and areas E-H are covered by City Seibi Kosha & Co., Ltd.

The garbage collection dates are different in some areas, so check the website.

Inquiries: Shushu-Ka (Collection Section) Tel. 0742-71-3012

City Seibi Kosha (Public Corp.) Tel. 0742-33-8782

“Sewer Day” is September 10

Connect to the Public Sewer System

Residents in areas where sewage arrangements are already provided are requested to connect their drainpipes to the public sewer system promptly. Apply directly to a designated dealer who has Nara City’s approval to construct a drainage system including flush toilets.

Classification of the Sewage Arrangement

You are responsible for clogged drainpipes; contact a repairperson yourself. Sewer troubles, however, are treated by Nara City Gesuido (Sewer) Service.

Inquiries: Kigyo-kyoku Gesuido Jigyo-Ka, Kyu-Haisui-Ka (Tel. 0742-34-5200)

Nara City Gesuido (Sewer) Service (Tel. 0742-24-3015)

Tour of Sewer Facilities

Date & Time: September 7 (Sat.), 8 (Sun.) 10:00-16:00

Place: Nara Ken Ryuiki Gesuido (Area Sewer) Center (Yamato-Koriyama City)

Inquiries: above-mentioned Center (Tel. 0743-56-2830)

Traffic Safety Campaign in Autumn

Keep the Roads in Nara Safe and Traffic Accident-Free

“Let’s Improve Traffic Manners in Nara”

Campaign Period: Sept. 21 (Sat.) - Sept. 30 (Mon.)

Priority Activities:

1. Securing safe traffic for children and the elderly, as well as preventing traffic accidents by elderly drivers
2. Preventing traffic accidents while biking or walking at dawn and night
3. Education about correct use of seatbelts, including child seatbelts of every seat.
4. Preventing drinking and driving
5. Preventing traffic accidents caused by two-wheeled motor vehicles and motorized bicycles (Specially in Nara Prefecture)

Sept. Traffic Fatalities30 (Mon.) Is Designated Nation-wide as the Campaign Day for No T

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

Public Meeting for Traffic Safety Campaign in Autumn

Date & Time: Sept. 21 (Sat.) 13:30-15:00

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

Inquires: Kiki-Kanri-Ka (Traffic Policy Section) Tel. 0742-34-4930

**September 9 (Mon.) is First Aid Day
and September 8 (Sun.) to 14 (Sat.) is Emergency Medicine Week.**

Let's Use Ambulances Properly.

There were 20,362 cases of emergency aid in 2018, and the number has been increasing year after year. While some calls for an ambulance are unnecessary calls, some other people are hesitant to call even in cases of heart attack and stroke which should be treated as soon as possible. When you are not sure if you should call an ambulance or not, please call:

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

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

Kodomo Kyukyu Denwa Sodan (Emergency Helpline for Children (under 15):

Tel. # 8000 Tel. 0742-20-8119

Weekdays: 18:00-8:00 (next morning) Saturday: 13:00-8:00 (next morning)

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

23-Valent Pneumococcal Polysaccharide Vaccine (PPSV23) for Adults

Transitional measures for PPSV23 for adults have been prolonged for 5 years, but those who are a suitable age and **have already received PPSV23 are not covered by the subsidies.** When you want to receive this vaccine one more time, you need to pay the whole fee.

Age	Those Eligible (You can be vaccinated even before DOB until March 31, 2020)
65 years old	Those born between April 2, 1954 and April 1,1955
70 years old	Those born between April 2, 1949 and April 1,1950
75 years old	Those born between April 2, 1944 and April 1,1945
80 years old	Those born between April 2, 1939 and April 1,1940
85 years old	Those born between April 2, 1934 and April 1,1935
90 years old	Those born between April 2, 1929 and April 1,1930
95 years old	Those born between April 2, 1924 and April 1,1925
100 years old and over	Those born on or before April 1, 1920

Period for Receiving This Vaccination: Until March 31, 2020

Those Who Are Eligible: Those who are the suitable ages and are registered as a citizen of Nara City on the vaccination day. Those who are in Public Assistance Households etc. are needed to contact with Kenko-Zoshin-Ka before receiving the vaccination.

Fee: Copayment of 3,000 yen

Others: 1. Vaccinations will be given only to those who choose to receive them and take responsibility, as it is classified as a B-category disease.

2. Those who are between 60 and 65 and have disabilities of the heart, kidney or respiratory organs or have extreme limitations in daily life due to HIV must get approval in advance from Kenko-Zoshin-Ka (Health Care Section).

Applications: Make an appointment in advance at a registered clinic in Nara City (see Nara City Website) and receive vaccinations with Health Insurance Cards etc.

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

Cancer Examinations (October)

Application: Please apply to Kenko Zoshin-Ka (Health Care Section) by phone, fax or the city website. For examinations at Tsukigase Administration Center, please apply to the Tsukigase Health Consultation Room.

Period: From Sept. 2 (Mon.) to 20 (Fri.). Internet applications will be accepted until Sept. 10 (Tues.). 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.

*Cancer examinations at Nara City Hall will not be conducted until further notice after November, while the building is being reinforced to be earthquake resistant.

Stomach and Lung Cancer Examinations

Date	Place	Reception Time	Capacity
2 (Wed.)	Seibu Toshokan	9:45-10:45	23
3 (Thurs.)	Naramachi Center	9:15-10:15	27
7 (Mon.)	Hokubu Shuchosho	9:15-10:15	27
8 (Tues.)	Tomigaoka Kominkan	9:30-10:30	26
9 (Wed.)	Nara City Hall (Conference Room No. 3)	9:00-10:00	30
11 (Fri.)	Tomio Kominkan	9:15-10:15	27
15 (Tues.)	Coop Oshikuma	9:15-10:15	27
16 (Wed.)	Hagukumi Center	8:45-9:45	33
18 (Fri.)	Seibu Shogai Sports Center Club House	9:15-10:15	27
23 (Wed.)	Hagukumi Center	8:45-9:45	33
25 (Fri.)	Seibu Toshokan	9:45-10:45	23
29 (Tues.)	Tsukigase Admin. Center	8:30-10:00	30
30 (Wed.)	Tsukigase Admin. Center	8:30-10:00	30
31 (Thurs.)	Hagukumi Center	8:45-9:45	33

Lung Cancer Examination

Date	Place	Reception Time	Capacity
9 (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 old 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 previous 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
Tsukigase Health Consultation Room Tel. 0743-92-0480

Booklets of Pre-Examination Sheets for Vaccinations Were Sent Out in Late August For Those Born in July 2019

Make an appointment at one of the registered clinics for vaccinations listed on the city website. Vaccinations are available when you have the booklet, Mother's and Child's Health Handbook and a health insurance card. Contact Kenko-Zoshin-Ka (Health Promotion Section) if you have moved to Nara City recently and don't have a booklet yet. Before getting vaccinated, fill in the pre-examination sheet with an indelible black pen.

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

Class for Pregnant Women & Dental Checkup

Mother's & Father's Class

Schedule A	Schedule B	Contents (Eligibility)
Oct. 9 (Wed.)	Nov. 13 (Wed.)	Lecture and talk with experienced mothers (Women in their first pregnancy)
Oct. 12 (Sat.)	Nov. 16 (Sat.)	Bathing practice and lecture (Women in their first pregnancy and their husbands)

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

Time: 9:30 – 12:00

Place: Central Health Center (Sanjo-Honmachi)

Capacity: 24 expectant parents for each class

Application: Please contact Boshi-Hoken-Ka (Mother and Child Health Section) by phone by Oct. 2 (Wed.) for schedule A and Nov. 6 (Wed.) for schedule B. Tel. 0742-34-1978

You may also apply through the city website.

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

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

Date & Time: (1) Oct. 24 (Thurs.), (2) Nov. 28 (Thurs.) 9:30 - 11:30

Place: Central Health Center (Sanjo-Honmachi)

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

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

Capacity: 30 women

Application: Please contact Boshi-Hoken-Ka (Mother and Child Health Section) by phone or fax with the class name, date you want to attend, your name, date of birth, phone number, and expected delivery date by Oct. 17 (Thurs.) for schedule (1), or Nov. 21 (Thurs.) for schedule (2).

Tel. 0742-34-1978 Fax 0742-34-5155

Maternal and infant Health Care Consultation

Consultation by Visiting Public Health Nurse

	Date	Place
September	18 (Wed.)	Miato Kominkan
	20 (Fri.)	Heijo-Higashi Kominkan*
	25 (Wed.)	Keisei Kominkan

Time: 9:30 – 11:30 (*13:30 – 15:30)

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

Consultation by Midwives

Date & Time: 10:00 – 14:00 on weekday (acceptable until 13:30)

Place: Seibu-Kaikan Consultation room (2F) (Consultation at the room) (Gakuen-Minami 3-chome)

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

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

Consultation by Visiting Public Health Nurses of Tsuge Health Center

	Date	Place
September	17 (Tues.) 10:30 – 12:00	Dongokaoka Community Ground (former Tahara Nursery School)
	19 (Thurs.) 9:30 – 11:00	Certified Child Center, Yagyū Child Center
October	1 (Tues.) 10:00 – 12:00	Koto Kominkan

*Consultation is available over the phone or at the room of Tsuge Health Center and Tsukigase Health Consultation Center (8:30 – 17:15 on weekdays).

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

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

Don't Forget to Get Vaccination as Students

While in childhood, we often take a look at the *Mother's and Child's Health Handbook*, so we take vaccinations systematically. But we tend to lack self-awareness, and the types of regular vaccinations have changed year by year and the rates and kinds of vaccinations differ between generations. So please check your vaccination record in the *Mother's and Child's Health Handbook*.

Vaccinations taken while in school are additional vaccinations to those vaccinations taken in early childhood, and are very effective in strengthening basic immunity. Be sure to get vaccinations when you're in good physical condition.

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

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

Physical Checkups for Babies and Infants

Things to Bring: The questionnaire and *Mother's and Child's Health Handbook*. The questionnaire will be sent around the middle of September. People who haven't received the questionnaire by the checkup day, because of moving into Nara City after September 1, 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).

Type of Checkup (Eligibility)	Date	Place
Checkup for 4-month-old babies born in June 2019	Within one month after 4-month birthday	Designated Medical Facilities in Nara City
Checkup for 10-month-old babies Born in December 2018	Within one month after 10-month birthday	Designated Medical Facilities in Nara City
Checkup for 19-month-old babies Born in February 2018	October 3, 10, 17, 24 (Thursdays) Reception: 13:15-14:15 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 March 2016	October 1, 8, 15, 29 (Tuesdays) Reception: 13:15-14:15 Waiting number cards will be distributed from 12:45	Chuo Hoken Center (Central Health Center)

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



Classes for Babies

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

Those Eligible : First-born babies born in May in 2019 and their guardians

Date & Time: October 9 (Wed.) and 16 (Wed.), both 10:00-11:30

Contents: Lecture about baby food by a nutritionist and lecture about child-raising by a public health nurse

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

Capacity: 32 babies per day.

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

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

Date & Time: October 8 (Tues.), 10:00-11:00

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

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

Capacity: 30 babies per day



Place: Hagukumi Center (Sanjo-Honmachi)

Application: Contact Boshi-Hoken-Ka (Mother-and-Child Health Section) by phone or fax with the class name, address, baby's name, baby's birth date, guardian's name, phone number and date you hope to come. Tel. 0742-34-1978 Fax. 0742-34-5155

Excessive applications will be accepted for another day.

Japanese Encephalitis Vaccinations for Those Born in September 2016

Let's Receive All Three Times (the first, the second and the booster) of the First Term

Vaccination! Confirm It on the Preliminary Examination Leaflet.

The Period of Vaccination: Between age 3 and one day before the 7 and half year old birthday.

Vaccination Method: Standard two times of initial vaccinations will be taken with an interval of 1 to 4 weeks, and a booster vaccination one year after the second vaccination.

Applications: Make an appointment at any registered clinic on the City website and bring the Preliminary Examination Leaflet (please fill out on the Preliminary Examination Leaflet using an indelible black pen), *Mother's and Child's Health Handbook* and your child's ID document, such as Health Insurance Card, etc. Those who are not registered residents of Nara City on the day of vaccination are not eligible.

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

Fluoride Coating for Tooth Decay Prevention

Those Eligible: Those born in Oct. 2017. (Eligible up until age 2 years and 4 months)

Date & Time: October 18 (Fri.) 9:30-11:30

Place: Central Health Center (Sanjo Honmachi)

Contents: Dental checkup, fluoride application, brushing guidance

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

Application: Call or fax to Boshi-Hoken-Ka (Maternal and Child Health Division) with the title of the program you are applying for, your child's name and the date of birth, and your phone number by Sept. 30 (Mon.). You may also apply through the City website.

Tel.0742-34-1978 Fax. 0742-34-5155

Mottainai Pottery Market

Unused ceramic tableware you have at home can be collected, or can be taken home for free.

Items Which Can't Be Collected:

Items from other cities or used by business. Ashtrays and flower vases, which are not tableware.

Tableware with food, etc. stuck to it. Unglazed dishes and earthen pots. Tableware made of glass, plastic, metal or wood. Tableware with rubber bottoms and handles (unless removed).

*Items will be checked when donated. If they aren't accepted, please take them back home.

Date & Place: 1. September 11 (Wed.) at Co-op Shichijo (Shichijo-Nishimachi)
2. September 18 (Wed.) at Hagukumi Center (Sanjo-Hommachi)
3. September 22 (Sun.) at the parking lot of north side of the City Hall
4. October 2 (Wed.) at Co-op Oshikuma (Oshikuma-cho)

Time: 10:00 – 13:00 Collection will be until 12:30

*Please bring your own bags to bring items home in.

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

Hagukumi Center Nigiwai Ichiba

Date & Time: September 28 (Sat.) 9:30 - 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

Kurokami-yama Nature School

139 Sahodai-Nishimachi 630-8106

1. Playing with Nature Class

Date & Time: September 22 (Sunday) 10:00-15:00

Contents: Nature Game, Making Smoked Cheese, Egg and Sausage

2. Enjoy Potato Digging: A Rich Harvest Class

Date & Time: October 20 (Sunday) 10:00-15:00

Contents: Potato Digging, Cooking (Baked Sweet Potatoes), Bouldering (Wall Climbing), Slacklining (Belt Walking), etc.

Place: Kurokami-yama Camp Site (Narazaka-cho)

Instructors: Leaders of the Boy Scouts, Nara Mahoroba Nature Game Club and others.

Capacity: 60 elementary school students in each class

Fee: 800 yen (for insurance, food costs, and so on)

Application: Send a return postcard with the class name, the month for the class, address, child's name (with furigana), gender, grade, guardian's name and phone number to the Nature School (139 Sahodai Nishi-machi 630-8106) no later than September 12 (Thurs.) for class No. 1 and October 10 (Thurs.) for class No. 2. Excess applications will be decided by lottery. Brothers and sisters are allowed to apply on one postcard. For details, please refer to the Nara City website (written only in Japanese).

Inquiries: Chiiki-Kyoiku-Ka (Local Education Section) Tel. 0742-34-5471



Kurokami-yama Camp Field

Use It for Camping and BBQ for Free

Eligibility: Youths between ages 3 and 25 years old; families and groups around the youths

Period: Saturdays, Sundays and Holidays from April 1 through July 20, September 1 through November 30, all days from July 21 through August 31 every year

Others: Carry in tents and other materials by yourselves. Cook your own meals. For details, please refer to the Nara City website (written only in Japanese).

Inquiries: Kurokami-yama Camp Field Operating Council (139 Sahodai-Nishimachi) Tel. 0742-71-8730
13:00-17:00 in the afternoon on Mon., Tues., Thurs., Fri., and Sat.



Bosai Center

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

Seminars

1. Course for adults (Ordinary lifesaving course I)
2. Course for infants (Ordinary lifesaving course III)

Date & Time: 1. Sept.11 (Wed.), 22 (Sun.), Oct. 9 (Wed.), 27 (Sun.) 13:00 – 16:00
2. Sept. 19 (Thurs.) 9:30 – 12:30

Contents: Cardiopulmonary resuscitation methods, how to use an Automatic External Defibrillator (AED), etc.

Capacity: 20 people each, over junior high school age

Application: Call the Bosai Center by the day before the class.

Experience Classes for Children “Will You Try to Be A Member of Rescue Team?”

Date & Time: Nov. 4 (Mon.) 9:30 - 12:00

Contents: Rescue experience (Moving by hanging on to a rope, getting in an ambulance, etc.)
The schedule might change because of weather conditions or disasters.

Capacity: 60 kindergartners and elementary school students and their guardians

Things to bring: Cotton work gloves, Towels, Water bottle

Application: Please send an e-mail with the child's name (with furigana), age, address, telephone number, and guardian's name to the Center by October 4(Fri.).

Excess applications will be decided by lottery.

e-mail: shouboubousaiaicenter@city.nara.lg.jp

EXPERIENCE FESTA -----

YAMAZATO (Mountain Village) Museums in the Tawara Area

17 private ateliers are registered and open to the public as Tawara Yamazato museums in the Tawara area in eastern Nara City. In this festival visitors can attend joyful events such as Yamato tea picking, sweet potato digging, sweet potato baking, making hand woven Nara- traditional hemp cloth, etc..

(Reservation required)

Date & Time: Sept. 28 (Sat.) and 29 (Sun.) 10:00 – 16:00

Place: Aohani -Kai, Manten Square (3031 Mizuma-cho)

Fee: Free of charge, but some events will charge a fee.

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

Tawara Kominkan Tel. 0742-81-0888

Martial Arts Exercise & Zazen (Zen Meditation) Classes

Naraden Budo-jo

Kendo (Japanese Fencing) (1) Basic Class for Elementary School Students

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

Capacity: 30 elementary school students

Fee: 9,000 yen (need accident insurance fee)

Kendo: (2) Advanced Class for Elementary School Students

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

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

Fee: 10,000 yen (need accident insurance fee)

Kendo (3) Class for Parents and Children

Date & Time: Saturdays on October 5, 12, November 2, 16, December 14, 21, 9:30-10:30,

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

Fee: 2,000 yen (need accident insurance fee)

Kendo (4) Class for Junior High School Students and Over

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

Capacity: 20 experienced junior high school students and over

Fee: 4,000 yen. (need accident insurance fee) 300 yen for tickets for that day

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 October 1 (Tues.) Senior high school students and younger meet only on Thursday and Saturday.

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

Fee: 4,000 yen

Yari (Spear) Class (Hozoin School):

Date & Time: Every Saturday 10:00-12:00, starting on October 5 (Sat.)

Capacity: 10 senior high school students and over.

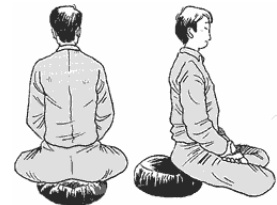
Fee: 6,000 yen

Zazen (Meditation) Class

Date & Time: Every Sunday 7:00-8:30, starting on October 6 (Sun.)

Capacity: 10 high school students and over

Fee: 2,000 yen



Naraden Daini (Annex) Budo-jo

Judo Class (1) for Elementary School Students

Date & Time: Every Tuesday and Thursday 17:00-18:30, every Saturday 13:30-15:00 starting on October 1 (Tues.)

Capacity: 20 elementary school students

Fee: 4,500 yen

Judo Class (2) for Parents and Children

Date & Time: 2nd, 3rd, 4th Thursdays 15:30-16:30, starting on October 10 (Thurs.)

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

Fee: 3,000 yen

Judo Class (3) for Junior School Students and Over

Date & Time: Every Tuesday and Thursday 18:00-19:30, every Saturday 14:30-16:00 starting on October 1 (Tues.)

Capacity: 20 junior high school students and over

Fee: 4,500 yen

Judo Class (4) for Women

Date & Time: Every Tuesday 10:00-11:30 starting on October 1 (Tues.) Twice a month

Capacity: 20 people (18 years old and over)

Fee: 4,000 yen

Naraden Kyudojo

Kyudo (Archery) Class for Junior High School Students and High School Students

Date & Time: Every Saturday 17:00-19:00, starting on October 5 (Sat.)

Capacity: 20 beginners (high school students and over)

Fee: 3,000 yen

Others: Fees are for 3 months. Those who attend 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 September 13 (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



Let's Preserve the Natural Monument "Nara's Deer"

Deer are the herbivore animals that feed on grass, nuts and leaves.

If you feed deer human food or paper, the deer may die of addiction or stomach problems.

A Request to Everyone

* Please don't feed human food to the deer. It causes gastrointestinal injury and dental carries.

* The deer crackers sold in the park include no spices and sugar, so they are safe and approved snacks for deer.

Please don't feed them any other food beside deer crackers. Please also take your garbage home with you.

Deer Accidents Occur Frequently!

Let's be dedicated to driving safely and paying attention to deer, who might jump out into the road. In particular, caution is necessary early in the morning and at night from September to February, when traffic accidents with deer increase.

Inquiries: Nara Deer Preservation Foundation Tel. 0742-22-2388

Education Center Kids Learning Floor

Class Name	Date	Time	Deadline
Planetarium "Nijiro and Constellations from Summer to Autumn" (Sept.) "Nijiro and Autumn Constellations" (Oct.): Capacity: 40 children each time.	Every Saturday, Sunday and Holiday	1. 10:30-10:50 2. 11:40-12:10 3. 13:40-14:10	Reception on the day
Night Planetarium "Nijiro and Constellations from Summer to Autumn" Capacity: 40 children. Adults may participate alone.	September 27 (Fri.)	18:30-19:10	Reception on the day
Science Experiment Class "Let's Make a Hand Mirror: Mysterious Silver Mirror Reactions"	September 28 (Sat.)	10:00-11:30	Sept. 13 (Fri.)
Talking Stories Class "The Golden Goose"	September 28 (Sat.)	11:00 – 11:30	Reception on the day
Movie Screenings 1. "The King with Donkey Ears" 2. "Orpheus' Lyre" Capacity: 200 people each time	September 29 (Sun.)	1. 13:00-13:30 2. 15:00-15:30	Reception on the day
Craft Class "Let's Make Paper with Marble Patterns"	September 29 (Sun.)	1. 10:00-11:30 2. 13:30-15:00	Sept. 13 (Fri.)
Science Experiment Class "Miracle! Science! It's a Small World"	October 5 (Sat.)	1. 11:00 – 11:30 2. 14:20 – 14:50	Reception on the day
Science Experiment Class "Let's Make a Wind-power Generator" Capacity: 15 children. Things to Bring: a 500ml plastic bottle and a bag to take it home	October 6 (Sun.)	1. 9:30-11:00 2. 13:30-15:00	Sept. 20 (Fri.)
Space Class "Let's Float a Maglev Train with Magnetic Power" Target: Elementary school 1 st grader or older	October 13 (Sun.)	9:30-11:30	Sept. 27 (Fri.)
Space Class "Let's Make a Planet Mobile" Target: Elementary school 1 st graders or older	October 13 (Sun.)	13:00-15:00	Sept. 27 (Fri.)
Robot Class "Try! Robot Programing 2: Let's Stand up a Moai Statue with a Crane Robot"	October 13 (Sun.)	1. 10:00-12:00 2. 13:30-15:30	Sept. 27 (Fri.)

Capacity: 20 children for each class (with guardians) unless otherwise-stated in the table.

Application: Send a return postcard with the class name, date, your preferred class time, child's name (with the reading in *Kana*), child's school name and grade, the guardian's or leader's address and name (with the reading in *Kana*), and phone number to the Education Center (9th Floor of Hagukumi Center, 13-1 Sanjo-Hommachi 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 besides these will also be held. Contents and dates above-mentioned might change without notice. For details, please go to the City website.

