

Nara City Information for Residents

August 2019 Issued by Nara City Hall (No. 1185)
(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



A trip, bound for Nara-no-“Haru”

A website is now open to introduce the attractions of the eastern region of Nara,

Twenty-minutes' drive from the center of Nara City,
Into the countryside surrounded by gentle mountains,
Lies the eastern region of Nara City .

It consists of seven regions- Yagyū, Oh-yagyū, Tawara, Higashisato, Sagawa, Tsukigase, Tsuge-
which are historical places where people have lived among a rich natural environment.

Enjoy the feeling of taking a trip in this area while still being in Nara City, experiencing beautiful scenery
unable to be seen elsewhere and having invaluable experiences only possible here,

Website: <https://naranoharu.jp/>

In ancient cosmology, it was said that within each of the cardinal directions there is a season. In the east there
is spring. When you look out on the eastern region of Nara City from Heijo-Kyo, the ancient capital of Nara,
you are looking in the direction of spring – Haru, in Japanese.

Have a memorable trip bound for Nara-no-Haru.

A Treasury for Foodstuffs and Time Warp to Ancient Landscapes

Well-maintained farm fields, people working the land by hand.

There are beautiful farming landscapes which make people feel nostalgic in this eastern area.

Direct sales places dot the area, in order to sell food grown with great care in such a place.

Rich food proves the land to be rich .

Even when eating as usual we can feel a sense of the profound, just thinking that they are made from this
region of Nara City.

Direct Sales Locations:

1. Tawara-Yamazato- Ichiba: 764 Myoga-cho Wed. Sat. Sun. 8:30-16:00 Tel. 090-7553-3251
2. Sakahara-Chokubaijo-Cosmos: 818-1 Sakahara-cho Mon. through Sat. 8:00-14:00 Tel. 0742-93-0174
3. Tsukigase-Onsen-Fureai-Ichiba: 2681 Tsukigase-Oyama Closed First and Third Tuesdays 9:00-17:00
Tel. 0743-92-0801
4. Kohan-no-Sato-Tsukigase: 4267-5 Tsukigase-Momogano Closed Thursdays except Holidays 9:00-17:00
Tel. 0743-92-0066
5. Tsugeno-Hatake-Kogenya: 345 Hari-cho Inside Hari Terrace Closed Year-End and New Year
10:00-17:00 *Sat. Sun. Holidays 9:00-17:00 Tel. 0743-82-5633
6. Oh-no-Bashi-Chokubaijo -Suehiroya: 1676 Ohgi-cho Sat. Sun. Holidays 7:00-17:00 Tel. 0743-84-0915

WHY DON'T YOU WALK QUIET COBBLESTONE PATHS TO THE PAST?

Yagyū-Kaido(Yagyū Path) is a stone pavement path built many years ago which leads through the forest to the
eastern village of Nara City. The din and bustle of the city recedes at every step into the forest. Many stone images
of Buddha stand along the path and watch over travelers gently.

After emerging from the forest you will arrive in Yagyū Village, widely known as the village of master swordsmen.

Hiking and trekking to this eastern area is recommended especially in the cool and beautiful season of autumn.

“A Trail Guidebook for Yagyū-Kaido (Path)” is available for free at Nara City Office, Tobu Shutcho-sho (Eastern
Branch Office) and Visitors' Centers. It is also available on the city website.

We Are Ready to Suggest Your Personal Sightseeing Tour Here!

With the “Sato-yama Minpaku (you can stay at a private house here) Plan” which include various experiences,
restaurants, and farmers' markets nearby. Reservations for experiences only are also available.

Interesting Experiences in This Eastern Area!

Inquiries about experiences: Nara Branch of Okuda Ltd. Address: 359-3, Yagyu-cho
Tel. 050-5438-7276

Villagers who have lived here for a long time will teach you their traditional works such as making pottery, natural plants-dyeing, and making stained glass.

Inquiries: Hisho-Koho-Ka (Secretary Public Relations Division) Tel.0742-34-4710
<https://naranoharu.jp/>

Enjoy Summer in Nara

Nara Toka-e Light Festival August 5 (Mon.) – 14 (Wed.) 19:00-21:45

The event may be cancelled on rainy or windy days. Details are available on the homepage.

Ikkyaku-Itto (One Candle for One Visitor) (Candle Lighting Experience)

Time: 19:00-21:30 (Candle lighting may not be available in some cases due to congestion or bad weather.)

Place: Ukigumo Enchi venue and Nara Kasugano International Forum IRAKA

Fee: 500 yen

To Cafe

Time: 18:00-21:45

Place: Nara Kasugano International Forum IRAKA

Contents: You can enjoy a variety of Japanese foods and sweets.

Inquiries: Nara Toka-e no Kai Secretariat (Weekdays only 10:00-16:00)

Tel. 0742-21-7515, Fax. 0742-21-7520

(Inquiries on the day: NTT Teledome Tel. 0180-997-515)



Tenpyo Tanabata Star Festival (Heijo-kyo Tenpyo-sai Festival in summer)

August 23 (Fri.) – 25 (Sun.) 16:00-21:00 at Suzaku-mon Hiroba Square of Heijo Palace Site

Palace site will be brightly decorated with various lights.

Tenpyo Tanabata Star Parade

Gorgeous light procession on the theme of Tanabata walk through the Heijo Palace Site.

Toka-e Light Festival

Enjoy the fantastic scenery created by candle lights.

Summer Night Market & Tenpyo Kakigori (shaved ice) Festival

You can try Nara dishes and Kakigori (shaved ice), which is good on a hot summer evening.

Many other events will be held on the special stage in front of Kentoshi-sen ship (embassy ship).

Inquiries: Heijo-kyo Tenpyo Festival Executive Committee (Weekdays 10:00-17:00) Tel. 0742-25-0707

Let's Enjoy Summer in Nara

Naramachi Yuho Festival— Performances & Events in Naramachi

Enjoy strolling around Sarusawaiké Pond and the shopping district while being enchanted by the light of the lanterns.

Date & Time: Aug. 17 (Sat.) – 25 (Sun.)

Contents: “Naramachi Rakuza” (Comic Story Show) & “Chochin Etsuke Taiken”(Painting pictures on lanterns)

These events are supported by the shops in the shopping district which participate in this festival. Please look at the website (<http://naramachi-yuho.com/>) in detail.

Inquiries: Executive Committee of Naramachi Yuho Tel. 0742-93-5250 (9:00 -16:00 Weekday)

Nara Daimonji Okuribi (the Great Bonfire Event)

Date: Aug 15 (Thurs.)

Schedule: Memorial Service – 18:50 – 20:00, Ignition – 20:00,
Musical Performance – 20:00 (for about 30 minutes.)

Place: Tobihino Field, Mt. Takamado

The Great Bonfire Event started in 1960 in order to pray for the war dead. Now it is held to pray for world peace and for all of people who died in the world. This year is the 60th memorial service.

The 60th memorial musical performance and parade will be held at JR Nara Station from 15:30.

Inquires: Nara Daimonji Preservation Society within Nara City Tourist association

Tel:0742-30-0230 (from 9:00 to 17:00)

Evacuation Information Will Be Issued by the City Depending on Alert Levels

After the disasters caused by the downpour in Western Japan in July 2018, the Cabinet Office considered strengthening evacuation measures, and has presented “guidelines concerning evacuation orders” for local governments to referred to in making rules about when and how evacuation orders are issued. The new guidelines divide alert information about weather and evacuation into five levels as below. They indicate what we should do at each stage. So please take action accordingly.

- Alert Level 5:** Disasters may have already occurred. Do the best you can to save your life.
- Alert Level 4:** Evacuation for all. (Evacuation call or evacuation instruction <emergency calls>)
- Alert Level 3:** Evacuation advisory for senior citizens
(Prepare for evacuation. Senior citizens and others evacuate.)
- Alert Level 2:** Make sure what to do in case of evacuation.
- Alert Level 1:** Be prepared for evacuation.

- * **Alert Level 4:** In areas where Alert Level 4 (Evacuation call or evacuation instruction <emergency calls>) is issued, evacuate immediately.
- * **Alert Level 3:** In areas where Alert Level 3 (Prepare to evacuate. Senior citizens and others evacuate) is issued, senior citizens and those who need time to evacuate should start taking shelter.
- * **Alert Levels 1 & 2** are issued by the Meteorological Agency.
Alert Levels 3 & 4 are issued by the city.

Do Not Confuse Disaster Information from the Meteorological Agency with Evacuation Orders from the City

The Meteorological Agency will announce flood forecasts about designated rivers, water levels at rivers, heavy rain warnings (heavy rain special warnings), landslide disaster warnings, landslide risk maps, etc. when they are applicable to alert levels. On the other hand, **the city will issue an evacuation order, paying attention to areas where mudslides and floods are anticipated, as well as referring to weather information such as landslides, floods, and others.**

The Meteorological Agency’s information which is equivalent to alert level 3 or 4 **does not always mean an issuance of alert level 3 or 4 by the city. Please do not be confused. An evacuation order will be issued by the city.**

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

Garbage Collection

Please Don't Park near The Garbage Collection Sites.

Sometimes we cannot collect garbage because cars may get splashed with dirty water while loading garbage.

In that case, that collection site users have to dispose of their garbage themselves .

Dispose of Pruned Branches as Bulky Garbage.

Please apply to dispose of pruned braches as bulky garbage or bring- in garbage after cutting branches to less than 5 cm in thickness and less than 30 cm in length.

*Garbage will be collected as usual on Aug. 12 (Holiday).

Unburnable Garbage Collection Dates and Areas in August

Area	Burnable Garbage	Unburnable Garbage
A F	Mon. & Thurs.	14, 28 (Wed.)
B E		
C H	Tues. & Fri.	7, 21 (Wed.)
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 please check the website.

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

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

Food Poisoning Season (August is Food Hygiene Month)

Summer general food inspection will be practiced up to the end of August.

Make Sure to Cook Meat Well-done

Please note the following to prevent food poisoning caused by campylobacter or internal bleeding coli (O157, O111, O26).

- 1) Don't eat raw meat (such as *yukhoe*, *sashimi*) and undercooked meat (such as *tataki*)
- 2) Heat the inside of meat completely when you grill meat or barbecue. (Use different chopsticks for cooking and eating.)
- 3) Heat the inside of meat completely, especially when you eat restructured meat, minced meat, striated meat, meat dipped in sauce, internal organs, etc.
- 4) Wash your hands carefully before cooking and eating.
- 5) Be careful about the order of cooking meat. After cooking, thoroughly clean and disinfect your cooking utensils (knives and cutting board), before using them again.

Three Important Rules for Preventing Food Poisoning

- 1) **Don't get germs.**
Wash your hands often. Wash well cooking utensils such as knives and cooking boards.
- 2) **Don't let germs multiply.**
Cook smoothly and quickly, and don't leave food at room temperature for hours.
(use refrigerator storage)
- 3) **Sterilization.**
Heat the inside of food at 75 degrees Celsius or over for more than one minute.

Inquiries: Seikatsu Eisei-Ka (Life Sanitation Section) Tel. 0742-93-8395

Tuberculosis Examinations for Citizens

For early detection of tuberculosis, you should have a chest X-ray examination at least once a year.

Date & Time: August 17 (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) August 1 (Thurs.) through 16 (Fri.).

Tel. 0742-93-8397

Preventive Methods for Heat Stroke

Indoors: (1) Drink water frequently to stay well hydrated. (2) Check the temperature of your room. (3) Use air conditioners and electric fans in moderation. (4) Keep your room out of direct sunlight using reed screens and curtains. (5) Dress coolly.

Outdoors: (1) Walk on the shady side of streets, use a parasol or wear a hat. (2) Find cool places or facilities. (3) Don't work too hard in the heat. (4) Carry around a bottle of water for adequate hydration.

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

Cancer Examinations (September)

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

Period: From August 1 (Thurs.) to 20 (Tues.). Internet applications will be accepted until August 10 (Sat.).

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
2 (Mon.)	Hokubu Shutchosho	9:15-10:15	27
6 (Fri.)	Tomio Minami Kominkan	9:15-10:15	27
9 (Mon.)	Hagukumi Center	8:45-9:45	33
10 (Tues.)	Nara City Hall (Conference Room No. 3)	9:00-10:00	30
13 (Fri.)	Seibu Toshokan	9:45-10:45	23
17 (Tues.)	Hagukumi Center	8:45-9:45	33
20 (Fri.)	Tomigaoka Kominkan	9:30-10:30	26
24 (Tues.)	Hagukumi Center	8:45-9:45	33
26 (Thurs.)	Co-op Oshikuma	9:15-10:15	27
30 (Mon.)	Hokubu Shutchosho	9:15-10:15	27

Lung Cancer Examination

Date	Place	Reception Time	Capacity
18 (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 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,

Maternal and Infant Health Care Consultation

Consultation by Visiting Public Health Nurse

Date	Place	
August	21 (Wed.)	Heijo-Nishi Kominkan
	27 (Tues.)	Heijo Kominkan

Time: 9:30-11:30

*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 Birthing Assistants or Public Health Nurses

Seibu-Kaikan Consultation room (2F) (Consultation at the room)

Time: 10:00-14:00 on weekdays (acceptable until 13:30)

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

Time: 9:00-15:00 on weekdays

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

Time: Sept. 3 (Tues.) 10:30-12:00

Place: Kouto 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*

Inquiry: Tsuge Health Center Tel. 0743-82-0341

Start of Japanese Encephalitis Vaccinations (For Those Born in August 2017)

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

Please confirm your child's Preliminary Diagnosis List.

Ages for Vaccination: From 3 years old to one day before turning 7 and a half years old.

How to Inoculate: Generally please take term of one to four weeks during the first and second vaccination. The additional vaccination is given one year later from the second one.

Application: Please make an appointment at registered clinics offering vaccinations listed on the Nara City website.

Preliminary diagnosis list (Please fill in the list with an indelible black ink pen), *The Mother's and Child's Health Handbook*, and an ID card such as the Health Insurance Card are needed on the appointment day.

*This vaccination is available only for children who are registered in Nara City.

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

Hello! Visiting Babies

We are visiting all homes to see babies less than 4 months old.

If you have worries about child-rearing or you need consultation on breast feeding, or if your baby's birth weight was 2,500g or under, then please notify us in these cases because special care will be needed, such as in living conditions and prevention of diseases. (Under the Mother and Child Health Act you need to notify us.)

Application: Please phone or send the green "newborn baby postcard attached in the *Mother's and Child's Handbook* to Boshi Hoken Ka (Mother and Child Health Section). Tel. 0742-34-1978
A midwife or health nurse will visit your home.

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

If you don't have any particular worries about baby-rearing:

A city-entrusted counselor will visit your home when your baby is 2 or 3 months old. An appointment will be made before visiting. Under the Child Welfare Act we visit all homes with newborn babies.

Inquiries: Kosodate Sodan Ka (Child Consultation Section) Tel. 0742-34-4804

A visiting call from a visitor may come from a different number from the one above.

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 August. People who moved to Nara City after August 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). Tel. 0742-34-1978

Type of Checkup (Eligibility)	Date	Place
Checkup for 4-month-old babies born in May 2019	Within one month after 4-month birthday	Designated Medical Facilities in Nara City
Checkup for 10-month-old babies Born in November 2018	Within one month after 10-month birthday	Designated Medical Facilities in Nara City
Checkup for 19-month-old babies Born in January 2018	September 5,12,19, October 3 (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 February 2016	September 3,10,17,24 (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

Fluoride Application to Prevent Cavities

Those Eligible: Children born in September 2017 (until age 28 months as of the month of coating)

Date & Time: September 20 (Fri.), 9:30-11:30

Place: Central Health Center (Sanjo-Honmachi)

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

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

Application: Contact Boshi-Hoken-Ka (Mother-and-Child Health Section) by phone, fax, or apply through the City website, with the class name, child's name, the date of birth, and phone number by August 30 (Friday) Tel: 0742-34-1978 Fax: 0742-34-5155

Classes for Babies

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

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

Date & Time: September 4 (Wed.) and 18 (Wed.), both 10:00-11:30

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 September 2018 and their guardians

Date & Time: September 3 (Tues.), 10:00-11:00

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 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, 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

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

Renewals of (1) Child-Care Family Allowance (*Jido-Fuyo-Teate*) and (2) Special Child-Care Allowance (*Tokubetsu-Jido-Fuyo-Teate*)

The city sent each allowance recipient a notice that describes the renewal process on July 31 (Wed.) for (1), and in early August for (2), to see if recipients are still qualified to receive allowances during this fiscal year.

Application Period: Aug. 1 (Thurs.) to 30 (Fri.) for (1), and Aug. 9 (Fri.) to Sept. 11 (Wed.) for (2). Those who are no longer qualified to receive them should also go through the process. Recipients of (2) whose income exceeds the eligibility limits for two consecutive years do not have to go through the process.

Others: Those who have been qualified to receive (1) for five years and want to be exempted from the payment reduction starting from the 6th year should go through the necessary process during August, as notices have been sent. If it is late, the payment might be reduced in half.

Inquiries: Kodomo-Ikusei-Ka (Child Allowance Section), Tel. 0742-34-5042

Hello Work Onsite Counseling Services! Best Support Campaign for Single Parents

During the application periods for (1) and (2), a temporary counseling desk of Hello Work Nara will be open in the city hall.

Date: Aug. 1 (Thurs.) - 6 (Tues.) and Aug. 27 (Tues.)-30 (Fri.) 9:00-16:30

Place: Nara Fukushi-Shuro-Shien Center (Nara Welfare and Employment Support Center) located on the second floor of the Nara city hall

Inquiries: Nara Fukushi-Shuro-Shien Center (Nara Welfare and Employment Support Center)
Tel. 0742-34-4800

Seeking Tenants for Municipal Apartment Houses Available Apartment Houses

General Households:

The No. 2 Municipal Apartment House (Higashi-no-Saka) ... 1 house

The No. 4 Municipal Apartment House (Hannyaji) ... 1 house

The No. 5 Municipal Apartment House (Daianji) ... 1 house

The No. 10 Municipal Apartment House (Furuichi) ... 1 house

The No. 14 Municipal Apartment House (Minami-Kidera) ... 1 house

The No. 20 Municipal Apartment House (Shoyo-dai) ... 1 house

Child-Rearing Households:

The No. 11 Municipal Apartment (Karamomo): 1 house

The No. 1 Community House (in front of JR Nara Station) ... 1 house

Single-Parent Households:

The No. 9 Municipal Apartment (Kidera) ... 1 house

Senior Citizens:

The No. 9 Municipal Apartment (Kidera) ... 1 house

Application: Submit an application form by mail or by hand to the Jutaku-Ka (Housing Supply Section) no later than August 15 (Thurs.). Application forms will be available at the Jutaku-Ka of the City Hall, Shutcho-sho (branch offices), Gyosei Center (administration centers), or Shimin Service Center between Aug. 1 (Thurs.) and Aug. 15 (Thurs.).

Public Lottery: August 22 (Thurs.)

Inquiries: Jutaku-Ka (Housing Supply Section) Tel. 0742-34-5174

Mottainai Pottery Market

Ceramic tableware which is not used at home can be collected or taken for free.

Items that cannot be collected:

Tableware from other cities or which was used for business; ashtrays and flower vases which are not tableware; tableware with food, etc. stuck to it; unglazed pottery and earthen pots; tableware made of glass, plastic, metal or wood; tableware with rubber bottoms and handles (unless removed).

*Tableware brought in will be inspected, and items or packages unable to be collected will be returned.

Period and Place of Collection:

1, August 14 (Wed.) at Co-op Shichijo (Shichijo Nishi-machi)

2, August 21 (Wed.) at Hagukumi Center (Sanjo-Honmachi)

3, September 4 (Wed.) at Co-op Oshikuma (Oshikuma-cho)

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

*Please bring a reusable bag, etc. for bringing items home.

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

Seishonen Yagai Katsudo (Youth Outdoor Activities) Center

25-1 Sakahara-cho 630-1241 Tel./Fax. 0742-93-0029

(1) **Mulle: Class in the Forest** (Observation of ants)

(2) **Straw Valley Class** (Water current walking technique)

Date & Time: August 18 (Sun.) 10:00-15:00

Will be held, rain or shine. Will be cancelled in case of inclement weather.

Capacity: (1) 20 children from zero years old to senior kindergarteners
(2) 30 elementary school children from the first to the sixth grade

Fee: (1) 2,000 yen for one parent -child pair
(2) 3,000 yen per person (including the insurance fee)

Application: Electronic application on the center website by 17:00, August 11 (Sun.)

Bosai Center (Disaster Prevention Center)

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

First-Aid Advance Learning Course

Date & Time: Sept.13 (Fri.) 9:00-17:00

Contents: How to do cardiopulmonary resuscitation, how to use an Automated External Defibrillator (AED), how to treat the sick and the wounded, how to take care of an injury, how to carry patients, etc..

Capacity: 30 people, junior high school students and over, who works or study in Nara City.

Application: Call Kyukyu-ka (Emergency Section) of the Fire Department by Aug. 30 (Fri.).
Tel. 0742-35-1190

Naramachi Nigiwai-no-Ie

5 Nakashin'ya-cho 630 8333 Tel. 0742-20-1917

(1) Traditional Kitchen Stove Experience for Families

Date & Time: August 2 (Fri.), 16 (Fri.), 20 (Tues.), 10:00-13:00

Contents: Cooking rice with the stove and curry (and making shaved ice)

Capacity: 10 people per day

Fee: 700 yen

(2) Summer Project (Shaved Ice and Yo-Yo Fishing)

Date & Time: August 10 (Sat.), 11 (Holiday), 13:30-15:30

Fee: 200 yen for shaved ice, 50 yen for yo-yo fishing

(3) Exhibition in Tatami Room (Faith and Prayer)

Date & Time: August 10 (Sat.)-12 (Holiday)

Contents: Displays of Han-nya-shin-kyo (Sutra) by Master Shimizu Kosho and others; hanging scrolls of Kannon worship; and red seal books during the Obon festival

(4) Naramachi Walk (Interlocking movements) Project

Date & Time: August 17 (Sat.), 18 (Sun.) 18:00

Contents: Reading "The Tale of Sarusawa Pond" aloud, making shaved ice, etc.

Lecturer: Komachi Za and Naramachi-Machiya Theater

Fee: 200 yen for a cup of shaved ice

Application: Contact by phone or e-mail (nigiwainoie@gmail.com) with your preferred class number (1), (2), (3), or (4), address, name with furigana, phone number, and the size of your group, by one week before the date. Excess applications will be decided by lottery.

Sports Class

Naraden Arena (Horen-Sahoyama 4-chome)

Soft Tennis Class

Date & Time: Every Tuesday from September 3, 9:30 – 11:30, 10 times

Capacity: 60 people **Fee:** 4,800 yen

Badminton Class (Daytime)

Date & Time: Every Tuesday from September 3, 13:30 – 15:30, 10 times

Capacity: 60 people **Fee:** 4,000 yen

Badminton Class (Elementary School Students)

Date & Time: Every Tuesday from September 3, 16:30 – 18:00, 10 times

Capacity: 60 people (3rd to 6th graders) **Fee:** 3,900 yen

Badminton (Nighttime)

Date & Time: Every Tuesday from September 3, 18:30 – 20:30, 10 times

Capacity: 25 people **Fee:** 6,500 yen



The Second Naraden Arena

Healthy Physical Exercise Class

Date & Time: Every Tuesday from September 3, 10:00 – 11:30, 10 times

Contents: Rhythmic exercise with music

Capacity: 30 women **Fee:** 3,100 yen

Table Tennis Class

Date & Time: Every Thursday from September 5, 9:30 – 11:30, 10 times

Capacity: 50 people **Fee:** 4,000 yen

Basketball School (School will be held in cooperation with professional basketball team *Bambitious Nara.*)

Date & Time: Every Wednesday until the end of next March (The plan might be changed.)

A. Stepped Class (4th to 6th graders of elementary school students), 17:00-18:30

B. Advanced Class (junior high school students), 18:45-20:45

Capacity: 30 students each **Fee:** A: 5,400 yen per month B: 7,560 yen per month

*Separately, a ball charge and accident insurance fee are necessary.

Application: Send a return postcard (124 yen) with the class name, your name with furigana, address, age (grade, birthday and guardian's name are required for elementary school students), gender and phone number to Naraden Arena (1-3 Horen-Sahoyama 4-chome, 630-8108) no later than August 15 (Thurs.). Excess application will be decided by lottery.

Others: Wear sports shoes in the gymnasium. Bring any sports equipment you have.
Follow your instructors' advice in the gym.

Inquiries: Naraden Arena Tel. 0742-24-1501



Counseling and Lectures for Single Parents

Inquiries: *Kodomo-Ikusei-Ka* (Child Nurturing Section) Tel. 0742-34-5042

(A) Counseling about Child-Rearing Expenses, etc.

Date & Time: Aug. 13 (Tues.), 19 (Mon.), 22 (Thurs.), Sept. 10 (Tues.), 26 (Thurs.)

(1) 13:00 (2) 14:00 (3) 15:00

Contents: Counseling about Child-Rearing Expenses Associated with Divorce or Separation, etc.

(B) Counseling about Legal Matters by a Lawyer

Date & Time: Aug. 17 (Sat.), Sept. 21 (Sat.) (1) 13:30, (2) 14:00, (3) 14:30, (4) 15:00, (5) 15:30, (6) 16:00

Contents: General Issues on Legal Matters

Common Items for the Above (A) and (B)

Place: *Ken* (prefecture) Smile Center (Nishikitsuji-Cho)

*At the Counseling Room of *Kosodate-Sodan-Ka* (Child-Rearing Consultation Section)
on Aug. 19 (Mon.)

Those Eligible: Single-Mother or Single-Father Families, and Widows or Widowers who live in Nara City.

Application: Call *Ken* (prefecture) Smile Center from the 1st of each month (the following weekday if it is a Sunday or holiday) up to the day of counseling. Tel: 0742-24-7624

Others: The Counseling for the same issues is, as a general rule, limited to one time only.

(C) Life Improvement Seminar for Single Parent Families

Date & Time: Aug. 24 (Sat.) 13:30 - 15:30

Place: *Danjo Kyodo Sankaku* (Men and Women Joint Planning) Center "Asunara" (Nishinosaka-Cho)

Lecturer: Ms. Misako Haruta, Real Estate Transaction Agent

Contents: Basic Knowledge of Renting a House

Others: Please bring writing to take notes. A child care service is available.

Application: Single-Mother's Forum Kansai Tel: 06-6147-9771

(D) Career Counseling by an Expert Advisor from *Ken* (prefecture) Smile Center

Date & Time: Aug. 1 (Thurs.), 2 (Fri.), 9 (Fri.), 13 (Tues.), 14 (Wed.), 15 (Thurs.), 16 (Fri.), 23 (Fri.), 27 (Tues.), 30 (Fri.), Sept. 5 (Thurs.), Sept. 24 (Tues.) 10:00 - 15:00 (Approx. one hour per family)

Place: At the Counseling Room of *Kosodate-Sodan-Ka* (Child-Rearing Consultation) Section

Contents: Counseling about job searching or career changes for single parent families, etc.

Education Center Kids Learning Floor

Class Name	Date	Time	Deadline
Craft Class “Let’s make fibers from silkworm cocoons” (Fee: 300 yen, Things to bring: Towels)	August 23 (Fri.)	13:00 – 15:00	August 9 (Fri.)
Craft Class “Let’s learn from the master of bamboo work”	August 24 (Sat.)	10:00 – 12:00	August 9 (Fri.)
Robot Class “Robot Class by High School Students” (Capacity: 10 elementary school children for each class)	August 24 (Sat.)	1. 10:00 – 12:00 2. 13:00 – 15:00	August 9 (Fri.)
Planetarium “Nijiro and Summer Constellations” (Aug.) “Nijiro and Constellations from Summer to Autumn” (Sept.) 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
Planetarium, Summer Projection A Space Trip by the Owl Spacecraft “Ho-Ho” Capacity: 40 children each time	August 14 (Wed.), 21 (Wed.), 23 (Fri.)	1. 10:30 – 11:00 2. 11:40 – 12:10 3. 13:40 – 14:10	Reception on the day
Summer Movie Screenings 1. “QUILL the Life of a Guide Dog”, etc. 2. “OHANA the Umbrella Seller” “Vengeful Ghosts at Sea”, etc. Capacity: 200 children each time	August 15 (Thurs.)	1. 11:00 – 12:00 2. 13:00 – 14:00	Reception on the day
Summer Movie Screenings 1. “The Last Leaf”, etc. 2. “Lightning and the Bad Guy”, “Anchin -Kiyohime”, etc. Capacity: 200 children each time	August 16 (Fri.)	1. 11:00 – 12:00 2. 13:00 – 14:00	Reception on the day
Talking Stories Class “Scary Story”-Part 2 “Tiny Tiny”, etc. Capacity: 40 children each time	August 24 (Sat.)	11:00 – 11:30	Reception on the day
Summer Movie Screenings 1. “Snow White” by Hello Kitty, etc. 2. “A Little Princess” by Hello Kitty, etc. Capacity: 200 children each time	August 25 (Sat.)	1. 11:00 – 12:00 2. 13:00 – 14:00	Reception on the day
Night Planetarium “Nijiro and Summer Constellations” Capacity: 40 children. Adults may participate alone.	August 30 (Fri.)	18:30 – 19:10	Reception on the day
Science Experiment Class “Miracle! Science!! ~Interesting Experiment~”	August 31 (Sat.)	1. 11:00 – 11:30 2. 14:20 – 14:50	Reception on the day
Space Class “Let’s make a Satellite <i>Michibiki</i> ”	September 1 (Sun.)	9:30 – 11:30	August 16 (Fri.)
Space Class “Let’s Fly a Space Shuttle”	September 1 (Sun.)	13:00 – 15:00	August 16 (Fri.)
Science Experiment Class “Miracle! Science!! ~It’s a Small World~”	September 8 (Sun.)	1. 11:00 – 11:30 2. 14:20 – 14:50	Reception on the day
Science Experiment Class “3-D Kaleidoscope” (Fee: 700 yen)	September 16 (Holiday)	10:00 – 11:30	August 30 (Fri.)
Robot Class “Let’s Move a Robot ~ Goal Kicker~” for beginners Capacity: 10 children each time	September 21 (Sat.)	1. 10:00 – 11:30 2. 13:30 – 15:00	September 6 (Fri.)
Space Class “Let’s Fly a Film Case Rocket Epsilon”	September 22 (Sun.)	1. 9:30 – 11:30 2. 13:00 – 15:00	September 6 (Fri.)

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

Application: Send a return postcard with the class name, the date, the number in parentheses, 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 *Kyouiku* (Education) Center, (9th Floor of *Hagukumi* Center, 13-1 Sanjyo-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 will also be held. Contents and dates above might change.