

Nara City Information for Residents

October 2019 Issued by Nara City Hall (No. 1187)
(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 City-wide Emergency Drill Was Held on September 1 for the First Time To Prepare for Severe Natural Disasters Such as Typhoons, Earthquakes, etc. Hitting Nara City,

The City-wide drill for setting up emergency evacuation sites & evacuation practice for residents

In the drill, an earthquake was imagined to hit the City. The sounds of city-wireless information, emergency information emails, and disaster information emails to citizens rang out and urged us to prepare and evacuate. At the same time, at facilities designated as evacuation sites, city office staff and local disaster management entities practiced setting up evacuation sites smoothly and accepting people to the site. 2,300 people joined the drill.

The exercise of quickly setting up a “City Emergency Disaster Management Headquarters” and a press interview to convey the mayor’s messages to people through the media

Mayor Nakagawa was the chief of the Headquarters. It consisted of city office workers and staff from prefectural police and the JGSDF Officer Candidate School. This time, the drill was done under the assumption that a “Nara Basin Touden (Eastern edge) Fault Earthquake of seismic intensity 7” hit the city. Damage caused by it was estimated to be heavier than in the case the Nankai Trough Earthquake hit here. The mayor and staff members practiced how to collect information on the disaster situation, consult, and issue countermeasures smoothly, along with holding a press interview.

Nara City struggle against natural disasters.

Every autumn Nara City has implemented disaster response drills and exercises. Last year, setting up the emergency evacuation site and guiding residents to the site at Tomigaoka Junior High School was exercised with local entities working together. Further, in 2014 an exercise to check and confirm the emergency measures for people with hard-to-reach home people was held, and in 2015 an exercise for setting up emergency evacuation sites was implemented.

Nara City Art Project: Kotohogu Nara 2019-2020

“Kotohogu Nara” is an art project using modern expressions of art, theater, etc. held in Nara City, which has history and culture from 1300 years ago. The project was started in 2017, and this year will be the third time.



What’s Kotohogu Nara?

In 2016, Nara City held several cultural events under the theme of “From the Ancient Capital Nara to Diverse Asia” as the Cultural City of East Asia. The Cultural City of East Asia refers to a city selected for its aim to develop culture and art and that expand cultural programs for the purpose of enhancing mutual understanding and solidarity and strengthening the international transmitting power of various cultures.

Art project “Kotohogu Nara”, held by Nara City, presented to a national and international audience the world cultural heritage properties of which it is proud on stage.

In 2017, the project continued as a successor business. Kotohogu Nara continues to present deeply considered local social issues, aimed to associate diversity of culture with imagination. World-renowned artists are invited and hold art projects in Nara City every year.

Main Programs: “You Are Me” by Jun Kitazawa

Our hometown Nara is shown as a foreign country, viewed through the dual lenses of a tourist spot and as a place we lead our daily lives. We plan to hold the project from January 10 (Fri.) to February 1 (Sat.) 2020, produced by the artist Jun Kitazawa.

Theater Workshop by Oriza Hirata

Date & Time: November 17 (Sun.) 1. 10:00-13:00 2. 14:00-17:00

Place: Naramachi Center Multipurpose Hall (Higashi-Terabayashi-cho)

Those eligible: 1. Junior or high school students 2. Over 18 years old

Applications: Send a postcard, fax or e-mail with the phrase “Hope to participate in the Theater Workshop” in Japanese, session 1 or 2, your postal code and address, your name, age, and phone number; to the Executive Committee of Kotohogu Nara no later than November 11 (Mon.).

Application on the official website will be accepted. Free of charge.

* After the workshop is closed, “Green Mountain College” will be held at Naramachi Center Square. 18:00-20:00. Let’s talk about emigration with Oriza Hirata and the head teacher Toru Oyamada (professor of Kyoto Municipal University of Arts). Free of charge, application is unnecessary, entrance is free.

Youth Theater “Night’s Dream in Nara”

Date & Time: December 21 (Sat.) 14:00 open

Place: Naramachi Center Citizen Hall (Higashi-Terabayashi-cho)

Contents: A stage performance produced by junior high/high school students under director Yutaka Tanoue. Based on William Shakespeare’s “A Midsummer Night’s Dream”.

Applications: Scheduled to start in November. Details will be in the November issue.

*Details about all programs this fiscal year will be published in late October.

Official website: <https://kotohogunara.jp/>

NARA CRAFT FESTIVAL 2019

Theme: Gateway to Succession from Heisei to Reiwa

Date & Time: Oct. 26 (Sat.)-Nov. 4 (Holiday) 10:00-18:00

* Closed at 17:00 on the last day. Temporarily open on Oct. 28 (Mon.).

Temporarily closed on Oct. 25 (Fri.) and Nov. 6 (Wed.)

Place: Nara Craft Museum (Azemame-cho)

The 7th Nara Traditional Crafts Exhibition

By popularity poll. (People who voted for the top winning works will be chosen by lottery to receive the top winners’ crafts.)

Sales of Nara Crafts

Itto-bori, Akahada-yaki, a limited number of lucky bags

Fun Lottery Where You May Get Nara Crafts

One drawing per purchase over 2,000 yen

It will finish when premiums run out.

Sampling Sale of the Local Brew, by Tasted in Sake Vessels made by Craft Artists

Date & Time: Nov. 2 (Sat.), 3 (Holiday) 11:00 -17:00

Tea Ceremony

Date & Time: Nov. 4 (Holiday) 10:30 -16:00 **Fee:** 500 yen

Gallery for Children “Let’s Enjoy the Craft Arts of Nara”

Applicant: Elementary school students over 4th grade to junior high school 3rd graders

Contents: A project by freshmen majoring in Social Studies at Nara University of Education

Consultation with Professionals about Crafts

Demonstrations of Works

Contents	Dates & Times
<i>Itto-bori</i> (one-knife carving)	Oct. 30 (Wed), 31 (Thurs.) 12:30 -16:30
<i>Nara fude</i> (writing brushes)	Nov. 1 (Fri.), 2 (Sat.) 12:30 -16:30
Ceramic arts	Oct. 26 (Sat.), 28 (Mon.), 29 (Tues.) 12:30 -16:30
<i>Nara shikki</i> (lacquer works)	Oct. 26 (Sat.), 28 (Mon.), 29 (Tues.), 31(Thurs.) Nov. 3 (Holiday) 12:30 -16:30
<i>Nara uchiwa</i> (fans)	Nov. 3 (Holiday) 12:30 -16:30



Craft-Making Workshops (dates & times may change)

Contents (Duration)	Dates & Times	Fee, Capacity
<i>Nara fude</i> (writing brush): Forming the tip of a writing brush with glue (Application unnecessary)	Nov. 1 (Fri.) , 2 (Sat.), 12:30 -16:30	1,000 yen
<i>Itto-bori</i> (one-knife carving): Netsuke, painting on a brooch (Application unnecessary)	Oct.31(Thurs.) 12:30-16:30	1,500 yen

Craft-Making Workshops (Application necessary)

<i>Itto-bori</i> (one-knife carving): Making the zodiac animal for 2020, a rat	Oct. 27 (Sun.), 30 (Wed.), Nov. 3 (Holiday) 4(Holiday) 10:00 -16:00	2,500 yen 25 people per class
<i>Akishino Teori</i> (textiles): Making a cotton table center	Oct. 28 (Mon) - 30 (Wed.) Nov. 1 (Fri.) – 3 (Holiday) 1) 10:00 -11:00, 2)11:00 -12:00, 3) 13:30 -14:30, 4)14:30-15:30	1,000 yen 5 people per class
<i>Nara Sarashi</i> (hemp cloth): Making a hemp table center	Nov. 3 (Holiday) 1) 10:00 -11:00, 2) 11:00 -12:00 3) 13:30 -14:30, 4) 14:30 -15:30	1,000 yen 5 people per class
<i>Tombo-dama</i> (dragonfly marble): Making glass art <i>Shosoin-dama</i>	Oct. 31 (Thurs.) 1) 10:15 -11:15, 2) 11:45 -12:45, 3) 13:30 -14:30, 4) 15:15 -16:15	3,500 yen 6 people per class*(1)
Kogaku-men (old mask): Painting Todaiji Temple's Amitabha statue	Nov. 3 (Holiday) 1) 10:00 -12:30, 2) 13:30 -16:00	2,750 yen 15 people per class
Wood craft: Making a mural decoration with kumiko (wooden parts)	Oct. 26 (Sat.) 10:00 -15:00	3,000 yen 10 people per class
Ceramic art: Making cups and bowls, etc. with 1 kg of clay	Oct. 28 (Mon.) 1) 10:00 -12:00, 2) 13:30 -15:30	2,500 yen 10 people per class*(2)
<i>Nara uchiwa</i> (fan) : openwork and formation	Nov. 1 (Fri.) 1) 10:00 -12:00, 2) 13:30 -15:30	1,650 yen 20 people per class

*(1) elementary school students 3rd grade and over

*(2) 2,000 yen for elementary school students

Application: Send a return postcard with your address, name, age, phone number, name of item, and desired date and time (first to third priorities) to the Nara Craft Museum no later than Oct. 13 (Thurs.).

One class per postcard. Lottery in case of excess applications.

Inquiries: Nara Craft Museum Tel. 0742-27-0033 (1-1 Azemame-cho 630-8346)

38th Nara City Cultural Festival FESTIVAL for NARA CITIZENS 2019

Entrance is free of Charge.

The citizens in Nara show their results from everyday exercise of music and dancing on stage. The participants of the final contest are chosen from the people who got the section award in every section on November 3 (Holiday).

Music Section

Date & Time: November 27 (Sun.) 13:30

Place: Akishino Ongaku-Do ((Nara Family 6 F)

Dance & Free Section

Date & Time: November 2 (Sat.) 14:30

Place: Nara Hyakunen-Kaikan (Centennial Hall) middle hall (Sanjo Miyamae-cho)

Contents: The presentation of live music in a variety genre and quality dancing.

Dance Section & Final Contest

Date & Time: November 3 (Holiday) 10:00

Place: Nara Hyakunen- Kaikan (Centennial Hall) middle hall (Sanjo Miyamae-cho)

Contents: Anyone from children to adults can give a dance performance. Those selected in the final contest are eligible for the Mayor's Prize, Steering Committee Chairman's Prize, etc.

Inquiries: The Steering Committee of Nara Citizens Festival (c/o Nara Kotsu Management Strategy Division) Tel. 0742-20-3043

Kodomo Nara City **Last Year's Successful Event Returns!**

"Kodomo Nara City" is a small town for kids created by those of elementary school age to college age. Kids are the residents of the town where they work and enjoy themselves or eat spending play money they earn.

Date & Time: Nov. 16 (Sat.) 10:30-16:00 and Nov. 17 (Sun.) 9:30-15:00

Registration time will be designated between 9:30 and 11:30

Place: Seibu-Kominkan (Gakuen-Minami 3-chome)

Capacity: 300 per day (elementary school students and junior high school students only)

Fee: 500 yen

Application: Send a return postcard with name (with furigana), age, grade, phone number and the desired date if you have one, to "The Office of Kodomo-no-Sankaku-Network-Nara" (c/o Narashi-Shogai-Gakushu-Zaidan, 23 Suruga-Machi 630-8357) no later than Oct. 31 (Thurs.). Application from website "Kodomo-no-Manabi & Taiken-Navi (Navigation of Learning and Experiences for Kids)" is also available. Excess applications will be decided by lottery.

Inquiries: Narashi-Shogai-Gakushu-Zaidan (Foundation for Lifelong Learning) Tel. 0742-26-5600

Mitsuki-Umashi Festival **"Heijo-kyo Tempyo Sai" Festival in Autumn**

Date & Time: Oct. 19 (Sat.) - 20 (Sun.) 10:00-16:00

Place: Suzaku-mon Hiroba Square in Heijo Palace

Attractions: Exhibition of flower art (*Tempyo-Hana-Emaki*: Flowery

images of ancient times) Re-enactment of ancient events (guard troops)

Food stalls and market (On-Site Gyoza EXPO, Tempyo Marche, local sake, etc.)

Performances on stage

Other: No parking lot will be available for visitors

Inquiries: The Office of Heijo-kyo *Tempyo-Sai Jikko-iin-kai* Tel. 0742-25-0707



Information about Flu Vaccinations for the Elderly **Aimed at the Elderly, Flu Vaccinations Will Be Given Individually.**

Those Eligible: Those who are registered as residents in Nara City

1. 65 years old and over on the day of vaccination and want to get the vaccination and
2. Between 60 and 64 years old on the day of vaccination who have heart, kidney or respiratory function impairments which limit their daily lives extremely, or who have severe immune system suppression due to HIV, making their daily lives almost impossible, who want to get the vaccination.

* Those who are in the second category but who are in hospital or in prison and must get the vaccination outside Nara City (but within Nara Prefecture), should make the necessary arrangements after Oct. 15 (Tues.) at Kenko-Zoshi-Ka (Health Care Section) of Hagukumi

Center (Sanjo-Honmachi) 3F. They are also required to contact Kenko-Zoshin-Ka beforehand.

* The same arrangement is also available at the reception desk of Tsuge Health Center.

Fee: 1,700 yen

* The fee will not be charged to those who show their certification of welfare assistance or of economic assistance for Japanese left in China granted by 1st or 2nd Hogo-ka (Protection Section) to the clinic at the time of vaccination.

* Fees will be charged if the vaccination is taken outside Nara Prefecture.

Times: once

How to Get the Flu Vaccination: Make an appointment at a designated clinic in the city (found in the list on the Nara City website).

* Those who are in hospital or in prison and want to get the vaccination outside Nara City (but within Nara Prefecture) should make the necessary arrangements with Kenko-Zoshin-Ka (Health Care Section) in advance.

Things to Bring: Identification document (Health Insurance Card, etc.)

Vaccination Period: October 15 (Tues.) – December 28 (Sat.) (excluding days clinic is closed)

Others: Please read carefully the explanatory notes for the preliminary questionnaire (the 1st page is titled “Before getting the flu vaccination for the elderly”) given by the clinic.

* The form must be filled in with an indelible black ball-point pen

Those Who Cannot Get Flu Vaccinations:

1. Have a fever of 37.5°C or higher at the time of vaccination.
2. Have clear evidence of a severe acute disease.
3. Ever had an anaphylactic reaction (severe allergic reaction within 30 minutes after vaccination) with substance(s) in the flu vaccine.
4. Ever had an allergy-like reaction of fever or generalized rash within 2 days after a flu vaccination.
5. Have been informed by their doctor that the vaccination is inappropriate.

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

Garbage Collection

When to Put Garbage Out

Please take garbage out to the collection site before 7:30 am on the day, not on arrival of the garbage collection truck as its arrival time may fluctuate.

Dispose of Pruned Branches as Bulky Garbage

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

*Garbage will be collected as usual on October 14 (Holiday) and 22 (Holiday).

Unburnable Garbage Collection Dates and Areas in October

Area	Burnable Garbage	Unburnable Garbage
A F	Mon. & Thurs.	9, 23 (Wed.)
B E		
C H	Tues. & Fri.	2, 16, and 30 (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

Fee to Bring Garbage to *Kankyo-Seibi-Kojo* will Go Up on Oct. 1.

Current Fee		Fee After Oct. 1
General Household Garbage (Bring-in Garbage)	Free up to 100 kg	Free
	60 yen per kg over 100 kg	100 yen
General Office Garbage	100 yen per 10 kg	160 yen
Industrial Garbage (*)	200 yen per 10 kg	260 yen
(*) Limited to garbage specified by the City which can be processed with non-industrial garbage.		

1. The regular collection by the city will remain free of charge.
2. If an enterprise hires a registered garbage collection and transportation vender and the vender collects a "Collection and Transportation Fee" and "Garbage Disposal Fee", then the vender pays the "Garbage Disposal Fee" to the City.

Inquires: Haikibutsu-Taisaku-Ka (Waste Management Section) Tel: 0742-71-3001

Kankyo-Seisaku-Ka (Environmental Policy Section) Tel: 0742-34-4591

Cancer Examinations (November)

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

Period: From Oct. 1 (Tues.) to 18 (Fri.). Internet applications will be accepted until Oct. 10 (Thurs.). 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
1 (Fri.)	Tomio Minami Kominkan	9:15-10:15	27
5 (Tues.)	Tsuge Hoken Center	8:30-10:00	30
6 (Wed.)	Tsuge Hoken Center	8:30-10:00	30
11 (Mon.)	Hokubu Shutchosho	9:15-10:15	27
12 (Tues.)	Hagukumi Center	8:45-9:45	33
13 (Wed.)	Bosai Center	9:15-10:15	27
20 (Wed.)	Hagukumi Center	8:45-9:45	33
22 (Fri.)	Tomio Kominkan	9:15-10:15	27
25 (Mon.)	Hagukumi Center	8:45-9:45	33
26 (Tues.)	Seibu Toshokan	9:45-10:45	23
27 (Wed.)	Coop Oshikuma	9:15-10:15	27
28 (Thurs.)	Seibu Shogai Sports Center Club House	9:15-10:15	27
29 (Fri.)	Miat Kominkan	9:15-10:15	27

Lung Cancer Examination

Date	Place	Reception Time	Capacity
11 (Mon.)	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
Tsuge Hoken Center Tel. 0743-82-0341

Tuberculosis Examinations for Citizens

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

Date & Time: October 19 (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) Oct. 1 (Tues.) through 18 (Fri.).

Tel. 0742-93-8397

Classes for Babies and Infants

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

Those Eligible: First-born children in June 2019 and their guardians

Date & Time: November 13 (Wed.) and 20 (Wed.), both 10:00-11:30



Contents: Lecture about baby food by a dietitian and lecture about child-raising by a public health nurse
Things to Bring: *Mother 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 One-year-old Babies (Tooth Decay Prevention Class)

Those Eligible: First born children born in November 2018 and their guardians

Date & Time: November 12 (Tues.) 10:00-11:00

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

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

Capacity: 30 babies

Place: Hagukumi Center (Sanjo Honmachi)

Application: Please contact Boshi-Hoken-Ka (Mother and Child Health Section) by phone or fax with the class name, your address, baby's name, baby's birth date, Guardian's name, phone number, and the date you hope to come.

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

Excess applications will be accepted for another day

Medical Checkups for Babies and Children

Name	Date	Place
Checkup for 4-month-old babies (Born in July 2019)	Within one month after 4-month birthday	Designated medical facilities
Checkup for 10-month-old babies (Born in January 2019)	Within one month after 10-month birthday	Designated medical facilities
Checkup for 19-month-old children (Born in March 2018)	November 7, 14, 21, 28 (Thu.) Reception: 13:15-14:15 Waiting numbers will be distributed at 12:45	Central Health Center
Checkup for 3 & 1/2-year-old children (Born in April 2016)	November 5, 12, 19, 26 (Tue.) Reception: 13:15-14:15 Waiting numbers will be distributed at 12:45	Central Health Center

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

The questionnaire will be sent to you by the middle of October. People who moved to Nara City after October 1 and have not received the questionnaire by the checkup day should come to the place directly on the day. (For 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

Maternal and Infant Healthcare Consultation

Consultation by Visiting Health Nurses

Month	Date	Place
October	16 (Wed.)	Heijo nishi Kominkan
	29 (Tues.)	Heijo Kominkan

Time: 9:30 - 11:30

*Consultation over the phone or at the office is held 9:00 -15:00 on weekdays in Boshi Kenko-Ka (Mather and Child Health Section).

Consultation by Midwives

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

Place: Seibu Kaikan Second-floor Consultation Room (Gakuen-minami-3 chome)

*May also be conducted by public health nurses.

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

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

Hello, Visiting Babies

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

1. Those who have worries about breast feeding or baby rearing

2. Those who have babies of birth weight 2,500g or under (In order to care for them sufficiently, such as in living conditions or prevention of diseases, you need to notify us of such under the Mother and Child Health Law.)

Application: Please phone or fill in the green postcard attached in the *Mother's and Child's Handbook* then send it to Boshi Hoken Ka (Mother and Child Health Section).

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 after calling when your baby is 2 or 3 months old.

Under the Child Welfare Law we visit all homes with newborn babies.

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

The call prior to visiting may come from a different number from the one above.

Fluoride Coating for Tooth Decay Prevention

Those Eligible: Those born in Nov. 2017 (Until age 2 1/3 years old as of the month of coating).

Date & Time: Nov. 15 (Fri.) 9:30 – 11:30

Place: Central Health Center

Contents: Dental checkup, fluoride coating, brushing guidance

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

Application: Phone, fax or apply through the homepage with the class name, child's name, the date of birth and phone number to Boshi Hoken Ka (Mother-and-Child Health Section)
Tel. 0742-34-1978 Fax. 0742-34-5155 by Oct. 31 (Thurs.).

Pre-examination Sheets Were Sent Out in Late September For Those Born in August 2019

Vaccinations are available when you have the Vaccine Screening Questionnaires (VSQ), *Mother's and Child's Health Handbook*, and the health insurance card. Contact Kenko-Zoshin-Ka (Health Promotion Section) if you have moved to Nara City recently and don't have VSG yet. Fill in the sheets with an indelible black pen.

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

Japanese Encephalitis Vaccinations for Those Born in October 2016

**Let's Receive All Three Shots (the first, the second, and the booster) of the First Term Vaccination!
Confirm with the Pre-examination Sheets.**

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

Vaccination Method: The first and the second shots should be taken with an interval of 1 to 4 weeks, and the booster vaccination should be given one year after the second shot.

Applications: Make an appointment at any registered clinic on the City website and visit with the Pre-examination Sheets (please fill in with an indelible black pen), *Mother's and Child's Health Handbook*, and your child's ID document, such as a health insurance card, etc. Those who are not registered as residents of Nara City on the day of vaccination are not eligible.

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

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. October 9 (Wed.) at Co-op Shichijo (Shichijo-Nishimachi)
2. October 16 (Wed.) at Hagukumi Center (Sanjo-Honmachi)
3. November 6 (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

Reducing & Recycling Campaign Nara Clean Fiesta 2018

Date & Time: Oct. 6 (Sun.), 10:00-13:00 (Will be cancelled in case of rain)

Inquiries on the Day: NTT Teledome Tel. 0180-991-977 (Available from 8:00)

Place: Nara City Hall; at the fountain square in front of the main entrance

Contents: Award ceremony for Zero Garbage Campaign works

Recycling flea market

Presentations on activities relating to the 3Rs, etc.

Other Events Held on the Day

Food Drive: Bring foods that are unopened, with one month or more until the expiration date, which can be stored at room temperature. We will offer them to registered groups and facilities through Food Bank Nara.

Collection and Exchange: Pairs of shoes, bags, stuffed toys and stationery

It's fine to only bring items, or only take them home.

Inquiries:

Event on the whole: Haikibutsu-Taisaku-Ka (Waste & Recycling Section) Tel. 0742-71-3001

Fax. 0742-71-1621 E-mail: haikibutsutaisaku@city.nara.lg.jp

Exchange Events: Kuramoto-san of Nara Eco-Life Laboratory Tel. 090-7097-6604

Shika-no-Tsunokiri (Deer Antler-Cutting Ceremony)

Date & Time: October 12 (Sat.), 13 (Sun.), and 14 (Holiday) 11:45-15:00

Place: *Rokuen Tsuno-kiri* Stadium in the precinct of Kasuga Taisha Shrine (Kasugano-cho)

Admission Fee: Necessary

Inquires: Nara-no-Shika Aigo-kai (The Nara Deer Preservation Foundation) Tel. 0742-22-2388

The International Fair in Daian-ji Temple – An International Cultural Exchange Event

Date & Time: November 3 (Holiday) 10:00-16:00

Place: In the precinct of Daian-ji Temple

Inquiries: The Secretariat of the International Fair in Daian-ji Temple Tel. 090-4293-2309

The 13th Sports Experience Festival October 13 (Sun.) 10:00-15:45 at Naradenryoku Konoike Park (Horen Sahoyama 4-chome)

Enjoy this sports event for everyone from little children through senior citizens

Application Unnecessary! Join In at Any Time! Participation Is Free!

Sports Experience Corner & Stamp Rally: 10:00-15:45

* Get a stamp card first from the reception desk and start a stamp rally

* Try various sports at the corners and collect stamps

* Participate in the lottery collecting stamps

* **A participation prize will be given** on a first come basis at the reception: Ends when prizes run out

Lottery: 15:15-15:45

* Those eligible to attend: Only people who have collected more than 6 stamps

* Look forward to the awards given by a lottery until then. Join in !

City Points: Those living, working and schooling in Nara City will be given 50 points.

* Make sure to bring an 'IC card for public transportation' or the 'Nanamaru card'

Experience Various Sports Events: In case of rain, some will be cancelled.

Sports test/ Hockey/ Soccer/ Rugby football/ Truck & Field/ Sports medicine/ Orienteering/ Sumo wrestling/ Recreation/ Ground golf/ Gate-ball/ Kyudo (Japanese archery)/ Softball/ Baseball/ Tennis/ Kendo/ Naginata/ Shorinji Kempo (Modern Japanese martial art)/ Wheelchair basketball/ Judo/ Boccia/ Badminton/ Soft volleyball/ Gymnastics/ Rhythmic sportive gymnastics/ Table tennis/ Rifle shooting/ Karate

Events on the Stage: 12:30-13:30

* Performer: a comedy duo JITTE RINJIN

* Talk Show / Games VS JITTE RINJIN: Everybody can participate in them.

Experience Paralympic Sports: Try various Paralympic sports

* Wheelchair Basketball/ Boccia

Access: 15 minutes' walk from Kintetsu or JR Nara Station

Taking the Nara Kotsu Bus: Take a bus bound for Kamo Station, Takanohara Station or Minami-Kamodai 5-chome and get off at the Shiei-kyujo bus stop.

* Parking is limited, so please share a car or use the public transportation system.

Inquiries: Sports Shinko-Ka (Sports Promotion Section) Tel. 0742-34-5376

* The special information number on October 13 (Sun.) Tel. 070-1350-8992



Education Center Kids Learning Floor

Class Name	Date	Time	Deadline
Planetarium "Nijiro and Autumn Constellations" (Oct. & Nov.) 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
Talking Stories Class "Kani-Kani Koso-Koso"-	October 12 (Sat.)	11:00-11:30	Reception on the day
Night Planetarium "Let's Stroll in a Starry Sky in Autumn" Capacity: 40 children. Adults may participate alone.	October 25 (Fri.)	18:30-19:10	Reception on the day
Movie Screenings 1. "Dracula" 2. "The Father Did Change the Jobs" Capacity: 200 people each time	October 27 (Sun.)	1. 13:00-13:30 2. 15:00-15:30	Reception on the day
Robot Class "Let's Move a Robot ~ Goal Kicker~" for beginners Capacity: 10 children each time	October 27 (Sun.)	1. 10:00-11:30 2. 13:30-15:00	Oct. 11 (Fri.)
Science Experiment Class "Let's Make a Hand- powered Generator" Capacity: 4th grade students and older	November 2 (Sat.)	1. 13:00-14:30 2. 15:00-16:30	Oct. 18 (Fri.)
Craft Class "Let's Make a Styrene Print" Fees: 300 yen	November 3 (Holiday)	1. 10:00-11:30 2. 13:30-15:00	Oct. 18 (Fri.)
Talking Stories Class "Ana-no-Hanasi"	November 9 (Sat.)	11:00-11:30	Reception on the day
Craft Class "Let's Play with Professor Donguri" (Deer in Nara) Fees: 300 yen	November 9 (Sat.)	10:00-12:00	Oct. 25 (Fri.)
Science Experiment Class "Miracle! Science!! ~It's a Small World~"	November 10 (Sun.)	1. 11:00-11:30 2. 14:20-14:50	Reception on the day

Movie Screenings 1. "Seton's Wild Animals" Capacity: 200 people each time	November 10 (Sun.)	1. 13:00-13:30 2. 15:00-15:30	Reception on the day
Space Class "Let's Make a Plastic Bottle Rocket" Target: Elementary school 1 st grader or older Things to Bring: Three empty cylindrical 500ml plastic bottles for carbonated drinks	November 17 (Sun.)	1. 9:30-11:30 2. 13:00-15:00	Nov. 1 (Fri.)
Robot Class (Intermediate) "Let's make a course and navigate it with a robot!" Capacity: 10 children each time	November 17 (Sun.)	1. 10:00-1:30 2. 13:30-15:00	Nov. 1 (Fri.)
Craft Class "Let's Make Ornaments for Christmas" Fees: 300 yen Capacity: 10 children each time	November 23 (Holiday)	1. 9:30-10:30 2. 11:00-12:00 3. 13:30-14:30	Nov. 8 (Fri.)
Robot Class "Let's Move a Robot for Exploration" for beginners Capacity: 10 children each time	November 23 (Holiday)	1. 10:00-11:30 2. 13:30-15:00	Nov. 8 (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.

