

Nara City Information for Residents

June 2025 Issued by Nara City Hall (No. 1255)

(All events, classes and lectures are conducted in Japanese.)

Translation by Nara SGG Club (Systematized Goodwill Guide Club)

For some local government section names, the Nara SGG Club uses those decided upon by our translation team. As the city's English website uses machine translation, some names and terms may differ between our translation and the website. We ask for your understanding.

Copies available on request at:

Nara City Hall Information Counter, Nara City Hall Shimin-Ka Counter,
Nara-shi Shimin Service Center (Nara Family 5F), Nara City Tourist Center,
Public Health Center (4F, Hagukumi Center), Chubu Kominkan, Seibu Kominkan,
Hokubu Kaikan, Chuo Library, Seibu Library, Kintetsu Nara Station,
Nara City Tourist Information Center (by JR Nara Station), Nara Chuo Post Office
and Nara-Nishi Post Office.

[Inquiries in English] Phone: 0742-22-5595 (9:00-17:00) E-mail: nsgghyk@gmail.com



Photo: Ohbuchi-ike Park

Why don't you cool off at “Cool Oasis” on a hot day?

As part of measures against heat stroke, Nara City has opened up facilities where you can protect yourself from the intense heat when you go out. Please feel free to use them.

Target Facilities:

City-owned facilities (24 locations in total): City Hall, Public Health Center,
Education Center (Hagukumi Center), etc.

City post offices (49 in total): Nara Central Post Office, Nara West Post Office, etc.

Pharmacies in the city (49 locations in total): Welcia Pharmacies, etc.

Nara Co-op (5 locations in total), Toyota United Nara (7 locations in total)

Opening period and time: June 2 (Mon.) - September 30 (Tues.)
during the business hours of each facility

* Food and drinks are not provided. Kindly refrain from staying too long during busy times.

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



June 5 is Environment Day.

Nara City formulated the “Nara City Zero Carbon Strategic Action Plan” in March.
Please review your daily life and start with what you can do around you.

Zero Carbon Strategic Action Plan

Cost-free actions that are easy to start with

*Saving electricity in daily life * Practicing eco-driving * Reducing waste by garbage separation and promoting the 3Rs

Inquiries: Kankyo Seisaku-ka (Environmental Policy Section) Tel. 0742-34-4591

Garbage Collection

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

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

Collection Dates & Areas in June

Area	Burnable	Unburnable
A, F	Every Mon. & Thurs.	June 11 (Wed.) & 25 (Wed.)
B, E		
C, H	Every Tues. & Fri.	June 4 (Wed.) & 18 (Wed.)
D, G		

* Areas A, B, C, D are covered by Nara City, and Areas E, F, G, H are covered by City Seibi-Kosha & Co. Ltd. or Takeda-Kankyo & Yamato-Seiso J.V.

The collection days will differ from the above schedule in some areas, so please check the Nara City website.

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

City Seibi-Kosha & Co. Ltd. Tel. 0742-33-8782

Takeda-Kankyo & Yamato-Seiso J.V. Tel. 0742-63-2552

Nara Prefecture Simultaneous Earthquake Behavior Drill NARA SHAKEOUT

Conduct a 1-minute earthquake drill at home, work, etc., and check the stockpile of emergency supplies and that furniture is secured to walls, etc. On the day of the event, we will deliver training notifications on the official LINE, Yahoo!, and disaster prevention bulletin app.

Date & Time: July 9 (Wed.) 10:30

Contents: Three safety actions: 1. Lower posture 2. Protect the head and body 3. Do not move until the shaking subsides

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

Beware of Ixodids (Hard Ticks) During Outdoor Activities

Be careful not to be bitten by Ixodids, which cause tick-borne infections,

Measures for preventing bites:

1. Wear clothes such as long-sleeved, light-colored shirts. Use insect repellent.
2. Check your clothes and your skin after outdoor activities.

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

Be Careful of Photochemical Smog

When a forecast or alert for photochemical smog is issued, please refrain from exercising outdoors.

If you experience symptoms such as eye or throat irritation, wash your eyes and gargle.

Inquiries: Hoken-Kankyokensa-Ka (Health Environmental Section) Tel 0742-93-8477

Vaccination Notice

Japanese Encephalitis Vaccinations will start. (for those born in July 2022)

Preliminary Examination Leaflets for vaccinations were sent in late May. (for those born in April 2025)

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



For more information

Workshop for Pregnant Women & Babies and Dental Checkups

Ha-Pika Class for One-year-old Babies (Tooth Decay Prevention Class)

Date & Time: June 17 (Tues.) 10:00-11:00

Place: Hagukumi Center 2F

Capacity: 24 pairs of a first-born child born in June 2024 and their guardians. * A child born between March and May in 2024 is also eligible.

Things to Bring: *Mother's and Child's Health Handbook*, and their toothbrush or some gauze for wiping the baby's mouth

Deadline for Application: June 11 (Wed.)

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

Date & Time: June 18 (Wed.) 10:00-11:00

Place: Hagukumi Center 2F

Capacity: 40 pairs of a first-born child born in January 2024 and their guardians

Things to Bring: *Mother's and Child's Health Handbook*, the baby food leaflet included in the health checkup questionnaire for four-month-old babies

Deadline for Application: June 13 (Fri.)



Maternity “Happy” Check

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

Place: Hagukumi Center 2F

Capacity: 28 women in the approximately 16 to 31 weeks of pregnancy on the day

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

Deadline for Application: June 12 (Thurs.)

Fluoride Coating for Tooth Decay Prevention for Children Born in June 2023

Date & Time: June 20 (Fri.) 9:30, 10:00, 10:30 (30 minutes each)

Place: Chuo Hoken Center (Central Health Center)

Capacity: 25 babies each

Things to Bring: *Mother's and Child's Health Handbook*, a toothbrush which is not worn out, and towels

Deadline for Application: June 17 (Tues.)

Papa-Mama Salon

Date & Time: July 11 (Fri.) 9:30-12:00

Place: Hagukumi Center 2F

Capacity: 16 couples of first-time pregnant women between 22 and 31 weeks of pregnancy on the day and their partners

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

Deadline for Application: July 4 (Fri.)

Application: Call Boshi-Hoken-Ka (Mother and Child Health Section) by each deadline. Tel. 0742-34-1978



Cancer Examinations (July)

Please apply to Kenko-Zoshin-Ka (Health Care Section) by phone or on the Nara City website.

Free of charge for those who are on social welfare or belong to households receiving residential tax exemption.

Please notify us of such when you apply.

* To prevent heatstroke, stomach cancer examinations in July will be held at Hagukumi Center and Tsuge Hoken Center only.

Application Period: June 2 (Mon.) - June 20 (Fri.) 9:00-17:00

* Saturdays, Sundays and public holidays are excluded.

Stomach and Lung Examination

Date	Reception Time	Place	Capacity
July 7 (Mon.) July 8 (Tues.) July 11 (Fri.) July 15 (Tues.) July 17 (Thurs.)	9:00-10:00	Hagukumi Center	30 each
July 25 (Fri.)	9:00-10:00	Tsuge Hoken Center	30

Lung Cancer Examination

Date	Reception Time	Place	Capacity
July 11 (Fri.)	14:00-14:30	Seibu Toshokan	20 each
	14:30-15:00		
July 14 (Mon.)	14:00-15:00	Co-op Oshikuma	40
July 16 (Wed.)	14:00-15:00	Hagukumi Center	60

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

Lung Cancer Examination: Chest-X-Ray (including tuberculosis test)

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

Those eligible: A person over the age of 40 who is registered as a resident in Nara City on that day.

The following people are ineligible: Pregnant women; those who had stomach, lung, or intestine surgery within the past 5 years or are in treatment; those who have barium sensitivity or had aspiration (lung cancer examination is possible); those who had an endoscope stomach cancer check by Nara City in this or the previous fiscal year (lung cancer examination is possible); and those who had a lung cancer low dose CT scan by Nara City in this fiscal year (stomach cancer examination is possible).

Others: For those who are breastfeeding, please notify us of such when you apply. The examination interval is once a year. There might be cases when you may not be able to take the examination depending on your health or questionnaire.



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

Hello, Visiting Babies (under four months old)

For those who are worried about rearing babies a midwife or a public health nurse will visit your home.

Those eligible: Those who want to consult about breast-feeding or those whose baby's weight was under 2,500g.

Application: Apply to Boshi-Hoken-Ka (Mother and Child Health Care Section) by phone (tel. 0742-34-1978)
You can also send a dedicated application form.

Click here to apply. ⇒



For those who have no particular worries

A city-commissioned counselor will call you and visit your home.

Inquiries: Kodomo-Ikusei-Ka (Child Rearing Section) Tel. 0742-34-4804

Medical Checkups for Babies & Children

Checkup Name (Eligibility)	Date	Place
4-month-old Babies Checkup (Born in March 2025)	From 4-month birthday until the day before turning 5 months old	Designated medical facilities in Nara City
10-month-old Babies Checkup (Born in September 2024)	From 10-month birthday until the day before turning 11 months old	
19-month-old Babies Checkup (Born in November 2023)	July 10, 17, 24, 31 (Thurs.)	Chuo Hoken Center (Hagukumi Center, 2F)
3-1/2-year-old Babies Check up (Born in December 2021)	July 8, 15, 22, 29 (Tues.)	

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

*The questionnaire will be sent in June. People who moved to Nara City after June 1 and have not received it by the checkup day should contact Boshi-Hoken-Ka (Mother & Child Health Section).

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

Maternal and Infant Health Care Consultation

Hagukumi Center 3F

Consultation by phone or face to face (with public health nurses or midwives)

***Appointment is required**

Date & Time: 9:00-17:00 on weekdays

Application: Boshi-Hoken-Ka (Mother and Child's Health Section) by phone. Tel. 0742-34-1978

Tsuge Hoken Center

Consultations by phone or face to face (with public health nurses or nutritionists)

Date & Time: 9:00-17:00 on weekdays

Traveling consultations with public health nurses

Date & Time: June 12 (Thurs.) 9:00- 10:30

Place: Yagyū-Kodomo-en (Yagyū shimo-cho)

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

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

Tsukigase Health Consultation Room

Consultations by phone or face to face (with public health nurses) ***Appointment is required.**

Date & Time: 9:45-16:00 on weekdays

Inquiries: Tsukigase Health Consultation Room Tel.0743-92-0480

Mottainai Tableware Reuse Market

(Collection and distribution of tableware that is no longer needed at home).

Date & Time: June 10 (Tues.) 9:00-13:00

It will be held, rain or shine.

Place: Co-op Oshikuma (Oshikuma-cho)

Contents: Collection of tableware no longer needed at home, and redistribution to those who want it.

Others: Only items only made of ceramic and glassware will be collected.

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

Sogo-Fukushi Center(General Welfare Center)

3-1 Sakyo 5-chome 631-0801 Tel.0742-71-0770, Fax 0742-71-0773

Fureai Sakyo Brass Concert

Date & Time: June 15 (Sun.) 13:45- 15:00 Reception: 13:15-

Performer: Sakyō Sound Sonare

Others: Sign Language Interpretation and summary transcription will be available.

Naramachi Nigiwai-no-Ie

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

Collection Exhibition: “Sound of Rain”

Date & time: June 12 (Thurs.) – July 1 (Tues.), 9:00 – 17:00 (Until 15:00 on the final day)

Contents: Photo exhibition of rainy landscapes by Makiko Kawamura

World of Hana-musubi (Rosettes) --- Summer ---

Date & Time: June 19 (Thurs.) - 30 (Mon.), 9:00 - 17:00 (Until 15:00 on the final day)

Contents: Exhibition of works by Mineko Nagasaka (Hana-musubi Creator)

Shiryo Hozon-kan (Museum of Archives and Preservation)

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

Special Exhibition “Naramachi Saijiki Jizo-Koh”

Date: June 24 (Tues.) – July 27 (Sun.)

Contents: Picture Exhibition of Kshitigarbha bodhisattva

Special Exhibition of Shiryo-Hozon-Kan Collections “Nara Sightseeing City Map 1936”

Date: June 24 (Tues.) – July 27 (Sun.)

Nara Club Home Game

Free Invitation Day for Citizens

Date & Opponent: June 21 (Sat.) 18:00, Tochigi City

Place: Rohto Field Nara (4-chome Horen-sahoyama)

Tickets: Shown on Nara Club's Official Website

* People living, working or studying in Nara City are invited free of charge.

Application: Please apply from Nara Club's Official Website

Inquiries: Nara Club (Tel. 0742-93-3815) from Tuesday to Friday, 9:00 - 18:00

City Hall *Fureai* Concert

Date & Time: June 20 (Fri.) 12:20-12:50

Place: Entrance Hall of Nara City Hall

Performer: Gamard Nara from Nara International Music Exchange Council

Inquiries: Bunka Shinko-Ka (Culture Promotion Section) Tel. 0742-34-4942

Nara Art Space

Poster Session: Research findings in Inquiry-Based Cross-Disciplinary Study

by Volunteer Third Year Students of Nara Municipal Ichijo Senior High School

Date & Time: June 17 (Tues.) – 19 (Thurs.) 9:00-17:00 Closes at 16:00 on the last day

Place: Entrance Hall of Nara City Hall

Inquiries: Bunka Shinko-Ka (Culture Promotion Section) Tel. 0742-34-4942

Naramachi Center

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

Tsuji Yuriko's Easy Piano Room

Date & Time: June 15 (Sun.) 13:00

Others: Requests regarding summer memories are being accepted.

Nara Dot FM Festival 2025

Date & Time: June 29 (Sun.) 13:00

Capacity: 300 people

Onjo-kan

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

Record Disks Speak!

Date & Time: June 14 (Sat.) 14:00-15:00

Contents: Listening to records brought in by participants

Onjo-kan Street Piano

Date & Time: June 21 (Sat.) 14:00-16:00

Contents: Piano performance

A Tale of Songs of the Four Seasons, Volume 1

Date & Time: June 29 (Sun.) 14:00-15:00

Contents: Singing seasonal songs

The Former Residence of Irie Taikichi

49-2 Suimon-cho 630-8208 Tel & Fax 0742-27-1689

Coming Together in the Evening – Firefly Viewing Event – (Free Admission)

Date & Time: June 13 (Fri.), 14 (Sat.) 18:00 – 20:30

* The opening hours have been extended compared to last year.

Sugioka Kason Calligraphy Museum

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

Calligraphy Experience Corner

Date & Time: June 28 (Sat.), 29 (Sun.) 9:00 – 17:00

Contents: Easy calligraphy experiences with paper that can be written on with water instead of Sumi-ink

Nara-no-Miyako Chamber Orchestra Regular Concert

Date & Time: June 28 (Sat.) 14:00 –

Place: Yamato Koriyama Jo Hall (Yamato-koriyama City)

Capacity: 600 people

Inquiries: Kawamoto-san (a member of the group) Tel. 090-3279-5998

Nara Toastmasters Club

Let's overcome being nervous when speaking English in public!

Date & Time: Second Sunday of every month 14:00 – 16:30

Place: Seibu Kominkan (Gakuenmae- Minami 3-chome) * Available OnlineKO

Fee: Necessary

Inquiries: Nara Toastmasters Club (Email: naratmc2011@gmail.com)

KOMINKAN

Keisei Kominkan 3-43-2 Rokujyonishi 1-chome 630-8044 Tel./Fax 0742-44-2669

Event Name	Date and Contents	Deadline
The best of everything: Experience Week	Observe of and participate in trial classes by voluntary groups June 17 (Tues.)-29 (Sun.) 9:00-17:00 in principle A material fee and advance application may be required for some classes.	June 11 (Wed.)

Lifelong Learning Center 23 Surugamachi 630-8357 Tel. 0742-26-8811 Fax 0742-26-8813

Event Name	Date and Contents	Deadline
Salon Concert Song Letter Expanding Thoughts	Chorus announcement by Women's Choir Shika June 21 (Sat.) 14:00-14:45 Free entry	No application is needed.
Salon Concert Mandolin Echoes	Concert by Mandolin Ensemble Mahoroba June 22 (Sun.) 13:30-15:00 Free entry	
Piano Concert By Musica Domani	Charity concert to support reconstruction for areas damaged by disasters June 29 (Sun.) 14:00-15:00 Free entry	

Mikasa Kominkan 313-3 Omiyacho 4-chome 630-8115 Tel./Fax 0742-33-0515

Event Name	Date and Contents	Deadline
Memorial War A Signpost to Peace	Concert by Sansen and Lecture on the Battle of Okinawa, etc. June 21 (Sat.) 14:00-15:30 Elementary school students and above can participate (Those who work or study in Nara City may attend.) Free entry	No application is needed.

Wakakusa Kominkan

575 Kawakamicho 630-8202 Tel./Fax 0742-26-0130

Event Name	Date and Contents	Deadline
Let's play, parent and children! Mini Summer Festival	Experience rhythm play, yoyo fishing, etc. June 29 (Sun.) 10:30-11:30 * Preschool children and their guardians Free entry	No application is needed.

Nambu Kominkan

27-1 Yama-cho 630-8434 Tel. / Fax 0742-62-5931

Event Name	Date and Contents	Application
Come on, everyone! <i>Ohanashi</i> (Storytelling) Restaurant	Storytelling party full of fun picture books June 27 (Fri.), Oct. 24 (Fri.), and Feb. 27 (Fri.) in 2026 14:15-15:00 * Preschool children and their guardians Free entry	Not application is needed.

Child-raising Spots in Nara

For children aged 0 to 3 and their guardians

Events will be held every month until March 2026

Place & Class Name	Contents
Kasuga Kominkan Kosodate Nombiri Kukan (Relaxing Space for Parents and Children)	-Free playground for kids and their guardians (sharing childcare information, sensory activities and seasonal crafts, etc.) -As a rule, 9:30-12:30 on the 1 st and 3 rd Tuesdays of the month
Keisei Kominkan Puyo Puyo no Kai (Group Puyo Puyo)	-Free playground for kids and guardians (seasonal play, simple crafts, storytelling, etc.) -As a rule, 9:00-12:00 on the 2 nd and 4 th Wednesdays of the month
Koutou Kominkan Nakayoshi Kurabu (Good Friends Club)	-Free playground for kids and guardians to have fun. -As a rule, 9:00-12:00 on the 2 nd and 4 th Tuesdays of the month
Chubu Kominkan Oyako Hiroba (Parents and Children Square)	-Free playground with lots of wooden toys -As a rule, 10:00-13:00 on the 2 nd and 4 th Tuesdays of the month
Nimyo Kominkan Nimyo Nikoniko Hiroba (Nimyo Smile Square)	-Fingerplay, storytelling, exercise for parents and children, eurhythms, etc. -As a rule, 9:00-12:00 on the 1 st and 3 rd Thursdays of the month
Mikasa Kominkan Kosodate Mama no Hitotoki (Good Time for Moms)	-Free playground for kids and guardians (sensory activities, picture book storytelling, body exercises, , etc. -As a rule, 9:30-12:30 on the 2 nd Saturday and 4 th Friday of the month

June is Deer Protection Promotion Month in Nara City

Let's take this opportunity to reconsider how we interact with deer.

-Do not hit or chase them

Please be careful and take good care of them: as the deer in Nara Park are wild animals and a natural monument, they may attack you.

-Do not give any food other than "shika-sembai" (deer crackers).

If they eat anything other than deer crackers, they will get an upset stomach.

Please be sure to take your trash home with you as the deer may accidentally eat it.

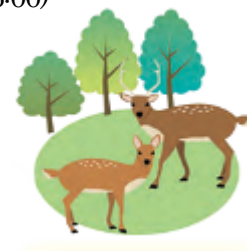
Also, be sure to give the deer the crackers quickly without teasing them.

-Please watch over baby deer quietly if you find them.

Please be careful. Mother deer have strong maternal instincts and might attack you if you come close to or touch their babies.

*Special viewing of baby deer will not be held this year because Roku-en (the deer enclosure) is under renovation. The public can view the baby deer through the fence until July 14th. (10:00-16:00)

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



Education Center Kids Learning Floor

Class Name	Date	Time	Application Deadline
Planetarium: “<i>Nijiro</i> and Seasonal Constellations – The Story of <i>Tanabata</i>” Capacity: 40 seats each time	Every Saturday, Sunday in June (except June 1)	1) 10:30-10:50 2) 13:30-14:00	Reception on the day
Night Planetarium: “<i>Kimagure</i> Planetarium – We Will Deliver the Seasonal Starry Sky.” Capacity: 40 seats * From elementary school upper graders to adults Adults by themselves also can apply.	June 27 (Fri.)	18:30-19:10	
Astronomical Observation: “Let’s View the Floating Moon in the Blue Sky through a Telescope” Capacity: 12 children in elementary school and over Place: South parking lot of Nara Centennial Hall (Sanjo-Miyamae-Cho) * In case of rain or cloudy weather, we will change to the planetarium.	July 4 (Fri.)	18:30-19:30	June 16 (Mon.)
Story Class: “Three Students of the Ghost School”	July 5 (Sat.)	11:00-11:30	Not necessary
“<i>Petit-Petit</i>” Craft: “Let’s Make a Fan with Stamps” Capacity: 12 people each time	July 6 (Sun.)	1) 10:00-10:20 2) 11:00-11:20 3) 14:10-14:30	Reception on the day
Science Experiment Class: “Let’s Make Binchō-tan (charcoal) Batteries.” Capacity: 18 children in elementary school and over each time	July 12 (Sat.)	1) 13:00-14:00 2) 14:30-15:30	June 23 (Mon.)
Craft Experience Class: “Let’s Create with Wooden Pieces” Capacity: 12 children in elementary school and over each time	July 13 (Sun.)	1) 10:00-11:30 2) 13:30-15:00	
Astronomical Class: “Let’s Fly a Foaming Bath Salt Rocket” Capacity: 18 children in elementary school and over each time	July 19 (Sat.)	1) 10:00-11:30 2) 13:30-15:00	June 30 (Mon.)
Robot Class (Basic): “Let’s Create a Course and Move the Robot” Capacity: 12 children in elementary school and over each time	July 21 (Holiday)	1) 10:00-11:30 2) 13:30-15:00	

Science Experiment Class: "Let's Learn about the World of Minus 196 Degrees." Capacity: 40 people aged 5 and older each time	July 27 (Sun.)	1) 13:00-14:00 2) 14:30-15:30	July 7 (Mon.)
---	----------------	----------------------------------	---------------

Place: Hagukumi Center, 9th floor

Application: Online application on the Nara City Website.

A lottery will be held if there are too many applications.

Please apply using this QR code.



Others: Unless otherwise stated, reception on the day starts 15 minutes before the starting time and will end upon reaching capacity. Participants must be accompanied by guardians. Other classes will be held besides the above. The planetarium is available for exclusive group use. (Application necessary)
 Please refer to the city website or call us directly for the latest information.

Inquiries: Kids Learning Floor (Education Support and Consultation Section) Tel. 0742-36-0401

