

Nara City Information for Residents

July 2025 Issued by Nara City Hall (No. 1256)
(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: Takabatake-cho through lens

Residents' Association



A residents' association is an organization formed by people in a residential area aiming to create a pleasant living environment.

Main Activities of Residents' Associations

Community Watch Activities: Support for children during their school commute, and engaging with the elderly.

Disaster Prevention and Crime Prevention Activities: Conducting disaster drills, crime prevention patrols, stocking emergency food supplies, etc.

Cleaning and Beautification Activities: Picking up garbage, maintaining flower beds, and cleaning the park

Holding Community Events: Festivals, sports days, summer festivals, mochi-pounding events, and other neighborhood events.

Administrative Liaison: acting as a bridge between the municipality and residents, conveying administrative information to the residents.

Sharing Information with Circulars and Bulletin Boards: sharing important announcements with the community.

[Inquiries] Chiiki-tsukuri Suishin-ka (Regional Development Promotion Division) Tel. 0742-34-5193

Prepare for wind and flood damage

Damage from typhoons and heavy rain can be minimized through the accurate collection of information and prior preparation. To protect your own life and the lives of those around you, make sure to regularly check your surroundings and prepare emergency supplies to be ready for disasters.

[Inquiries] Kiki Kanri-ka (Crisis Management Division) Tel. 0742-34-4930

Pay Attention to Developing Turbulence: These are the signs of turbulence.

- * Dark clouds approach, and the rain and wind suddenly become strong.
- * Thunder can be heard.
- * A sudden cold wind blows.
- * Large raindrops or hail begin to fall.

Preparation for wind and water disasters that can be done on a daily basis.

- * Clean drainage ditches, gutters, and drains to improve drainage.
- * Secure garbage bins and potted plants to prevent them from being blown away by the wind.
- * Keep a flashlight handy in case of power outage.
- * Stock up on water and non-perishable food items.

Lightning Protection: Know Your Evacuation Points

- * If you hear thunder, go inside a building or a car immediately.
- * If there are no buildings, stay at least 4 meters away from power poles or trees and crouch down.
- * Do not carry metal items such as umbrellas or golf clubs.

Disaster Prevention App.

This app. allows you to receive push notifications for disaster information such as emergency earthquake alerts, heavy rain forecasts, disasters, evacuation, and power outage information. Please make use of it.

Please receive disaster prevention-related information through the NHK World app.

NHK World

<https://www3.nhk.or.jp/nhkworld/jp/app/>

Garbage Collection

Please Drain Wet Garbage

In order to prevent wet garbage from spattering dirty water during the collection work, please drain garbage thoroughly.

Exterminate hives at collection sites

They are dangerous both for users and workers. Please have the managers or users of sites remove the hives.

Collection Dates & Areas in July

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

* Garbage will be collected on July 21 (Holiday) as usual. 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

Japanese Hepatitis Day and World Hepatitis Day are on July 28

The city's medical checkups are listed on page 27 of the Japanese edition.

Awareness Exhibit for Japanese Hepatitis Day and World Hepatitis Day

Date: June 30 (Mon.) - July 4 (Fri.)

Place: Liaison corridor on the first floor of City Hall

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

Beware of Mosquito-Borne Infectious diseases

To prevent infection, please wear long sleeves and long pants and use insect repellents when you are in brush and grassy areas.

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

Vaccination Notice

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

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

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

For details →→



Smile Kids Fair

Date & Time: July 27 (Sun.) 10:00- 13:00

Place: Hagukumi Center 1F

Contents: Songs, magic show, experience booths and, etc.

Subjects: Soon- to-be mothers, babies, toddlers through elementary school age and their families.

Inquiries: Volunteer Information Center Tel. 0742-93-8435

Medical Checkups for Babies & Children

Checkup Name (Eligibility)	Date	Place
4-month-old Babies Checkup (Born in April 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 October 2024)	From 10-month birthday until the day before turning 11 months old	
19-month-old Babies Checkup (Born in December 2023)	August 7, 21, 28 (Thurs.)	Chuo Hoken Center (Hagukumi Center, 2F.)
3-1/2-year-old Babies Check up (Born in January 2022)	August 5, 19, 26 (Tues.)	

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

*The questionnaire will be sent in July. People who moved to Nara City after July 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

Workshop for Pregnant Women & Babies and Dental Checkups

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

Date & Time: July 15 (Tues.) 10:00-11:00

Place: Hagukumi Center 2F

Contents: Lecture and training about dental care for new teeth

Capacity: 24 pairs of a first-born child born in July 2024 and their guardians. * A child born between April and June 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: July 11 (Fri.)

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

Date & Time: July 16 (Wed.) 10:00-11:00

Place: Hagukumi Center 2F

Contents: Talk about baby food by a dietitian and about child rearing by a health nurse

Capacity: 40 pairs of a first-born child born in February 2025 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: July 11 (Fri.)

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

Date & Time: July 18 (Fri.) 9:30, 10:00, 10:30 (30 minutes each)

Place: Hagukumi Center 2F

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: July 15 (Tues.)

Maternity "Happy" Check

Date & Time: July 24 (Thurs.) 9:30-11:30

Place: Hagukumi Center 2F

Contents: Lecture and training about dental care and fluoride coating only for applicants

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: July 17 (Thurs.)

Papa-Mama Salon

Date & Time: August 8 (Fri.) 9:45-11:45

Place: Hagukumi Center 2F

Contents: Lecture about baby and child rearing by a public health nurse and a midwife, and practical shower training.

Capacity: 16 couples of first-time pregnant women between 22 and 31 weeks of pregnancy on the day and their partners (pregnant women can participate by themselves)

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

Deadline for Application: August 1 (Fri.)

Mama-Iku Salon for Pregnant Woman over 40 Year of Age

Date & Time: August 29 (Fri.) 10:00-11:30

Place: Hagukumi Center 2F

Contents: Exercise guided by a health exercise leader, "Let's move your body with your baby", and friendly exchange among mothers and individual consultation

Capacity: 15 pregnant women over 40 who are under 32 weeks of gestation on the day (in their first pregnancy) or 15 pairs of a first-born baby under 12 months old and his or her over-40 mother

Things to Bring: *Mother's and Child's Health Handbook* and supplies for your baby

Deadline for Application: August 22 (Fri.)

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

Cancer Examinations (August)

Please apply to Kenko-Zoshin-Ka (Health Care Section) by phone, fax 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.

Application Period: From July 1 (Tues.) to July 18 (Fri.) 9:00-17:00

*Saturdays, Sundays, and public holidays are excluded.

Stomach and Lung Cancer Examinations

Date	Reception Time	Place	Capacity
Aug.12 (Tues.)	9:45- 10:45	Seibu Library	20
Aug.13 (Wed.)	9:15- 10:15	Kita Fukushima Center	26
Aug. 14 (Thurs.)	9:15- 10:15	Tomio-Minami Kominkan	27
Aug. 15 (Fri.) Aug. 18 (Mon.) Aug. 20 (Wed.) Aug. 26 (Tues.) Aug. 29 (Fri.)	9:00- 10:00	Hagukumi Center	30 each
Aug.19 (Tues.)	9:30- 10:30	Tomigaoka Kominkan	26
Aug. 21 (Thurs.)	9:15- 10:15	Co-op Oshikuma	27
Aug. 25 (Mon.)	9:15- 10:15	Seibu Shogai Sports Center Club House	27
Aug. 27 (Tues.)	9:15- 10:15	Tomio Kominkan	27

Lung Cancer Examination

Date	Reception Time	Place	Capacity
Aug. 12 (Tues.)	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 tests based on a general check-up for lung cancer (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 checks 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 For details →



Maternal and Infant Health Care Consultation

Hagukumi Center 3F

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

***Appointment is required**

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

Application: To 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	Place
July 11 (Fri.) 10:00-11:30	Tsukigase Fukushi Center (Tsukigase Oyama)
July 29 (Tues.) 10:00-11:00	Koto Kominkan (Oyagyū-cho)

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

Shiryo Hozon-kan (Museum of Archives and Preservation)

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

Special Exhibition: Showa Centennial Commemoration of the Showa Period: Nara City in the Showa Era through Historical Documents and Photographs

Date: July 8 (Tues.) - August 31 (Sun.)

Contents: Exhibition of historical documents and photographs of major events of the Showa period in Nara City

Nara-Machi Time Travel- The Showa Period in Nara City through Historical Documents and Photographs

Date: July 19 (Sat.) 14:00- 16:00

Place: Nara-machi Nigiwaino-Ie (Nakanoshinya-cho)

Special Exhibition, "Naramachi Saijiki-Nara Magistrate & Mantoro (Lantern ceremony)"

Date: July 29 (Tues.) - August 24 (Sun.)

Contents: Introduction to the lanterns dedicated by the people of Naramachi to Nara Magistrate, Honda Awaji-no-kami-Shige Chika.

Special Exhibition of the Shiryo Hozenkan's Collections, "Naramachi during wartime"

Date: July 29 (Tues.) - August 24 (Sun.)

Nara Kogei-Kan (Craft Museum)

1-1 Azemame-cho, 630-8346 Tel. 0742-27-0033

Special Exhibition, “*Nara Sumi Kigata Dekirumade*”

Date: July 24 (Thurs.) until the middle of October

Contents: Exhibition introducing the history, process, tools, craftsmen, etc. of Nara Sumi ink.

Naramachi Nigiwai-no-Ie

5 Nakanoshinya-cho, 630-8333 Tel. 0742-20-1917

Exhibition to Convey the Charm of Nara Sumi Ink

Date & Time: July 5 (Sat.) - 17 (Thurs.) 9:00-17:00

Summer Vacation Children's Plan *Nigiwai Natsu Hiroba*

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

Naramachi Koshi-no-Ie (lattice house)

44 Gangoji-cho 630-8332 Tel. 0742-23-4820

Let's Make Origami Deer!

Date & Time: July 21 (Holiday) 13:30-15:30

Instructors: Staff of the museum

Experience Calligraphy – *Minna-no-Sakuhin Dojo* (Exhibition of people's work)

Date & Time: July 5 (Sat.) - 17 (Thurs.) 9:00-17:00

Aoyama Swimming Pool Will Open on July 19 (Sat.)

Date & Time: July 19 (Sat.) - Aug. 31 (Sun.)

9:00-12:00 (swimming hours are until 11:30), 13:00-17:00 (swimming hours are until 16:30)

Facilities: 25 meter long swimming pool and small pool for children

Admission Fee:

	Individual		Group	
	Child	Adult	Child	Adult
AM	150 yen	300 yen	120 yen	240 yen
PM	200 yen	400 yen	160 yen	320 yen
Child: from three years old to Junior high-school students Group: more than thirty people (Attendance of a responsible adult is necessary.) The child fee also applies to those 65 years old and over, living in Nara City. (It is necessary to show ID certifying the age.)				

Others: Lockers are available for 50 yen each.

Elementary school students must be accompanied by one adult (eighteen years old or over) for every two students. This is also applicable to groups.

Inquiries: Aoyama Swimming Pool Tel. 0742-26-2996

Onjo-Kan

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

Onjo-Kan *Machikado* Piano

Date & Time: July 12 (Sat.) & Aug. 23 (Sat.) 14:00-16:00

The Record Speaks!

Date & Time: July 19 (Sat.) & Aug. 16 (Sat.) 14:00-15:00

Contents: Listening together to the records you bring

Shiki Uta Monogatari (2)

Date & Time: July 20 (Sun.) 14:00-15:00

Contents: Singing seasonal songs

Onjo-Kan Hall Entrance Theater: 80 Years after the War, Wishing for Peace

Date & Time: Aug. 9 (Sat.) 19:00-20:00

Contents: Monologues, readings, etc.

Performers: Komachiza and others

Sugioka Kason Calligraphy Museum

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

Edo Calligraphy and Painting: The Work of Copying (2) Nukina Suuou and Others

Date: July 12 (Sat.) - Sept. 28 (Sun.)

Contents: Introducing advertising and the works of literary figures in the Edo era

Summer Vacation Quiz: Kana-Moji Mystery Solvers

Date & Time: July 19 (Sat.) - Aug. 31 (Sun.) 9:00-17:00

Workshop: Aug. 2 (Sat.), Aug. 6 (Wed.), Aug. 8 (Fri.) and Aug. 11 (Holiday)

Quizzes on calligraphy and works on display for preschool through high school students

Participation prizes will be offered

Fee: 300 yen for individuals, 240 yen for groups (over 20 people)

Free of charge for high school students, those under 16 years old and over 70 years old, challenged people (certificate needed) and their caregivers

Naramachi Center

38 Higashi Terabayashi-cho 630-8362 Tel. 0742-27-1151 (Closed on Monday)

Entrance Concert "Happy Duo Live"

Date & Time: July 11 (Fri.) 13:00

Performers: Hiroko Mizutani (Sax), Asami Ueda (Piano)

Cork Painting Exhibition "Pop Out! Insects"

Date & Time: July 29 (Tues.) - August 10 (Sun.) 10:00-17:00 * Until 16:00 on the final day

Meisho Daijoin Garden & Culture Hall

1083-1 Takabatake-cho 630-8301 Tel. 0742-24-0808 Fax. 0742-24-0807

Let's sing folk songs all together!

Date & Time: August 3 (Sun.) 14:00-15:00

Performers: Trip

Nara City Museum of Art

On the fifth floor of M! Nara

3-1 Nijo-oji Minami 1-chome 630-8012 Tel. 0742-30-1510, Fax 0742-35-7160 (Closed on Monday)

City Museum of Art Revitalization Project

Exhibition “Experience! Life on the Silk Road ---Carpets, Yum cha and Architecture ---”

Date: July 29 (Tues.)- August 31 (Sun.)

Contents: Exhibition of traditional Buddhist architecture models and Persian carpets, and experience the culture brought by the Silk Road

Workshop “Writing Languages along the Silk Road”

Date & Time: Every Saturday and Sunday in August 10:30-16:30 (about 30 min.)

Contents: Writing your names in Persian and Mongolian characters

Others: For details, see the Nara City Museum of Art website

* Pre-school children must be accompanied by guardians.

Performance “Demonstration of ancient tea ceremony etiquette by a Chinese Tea Master”

Date: July 29 (Tues.) - August 3 (Sun.)

Others: For details, see the Nara City Museum of Art website

Nara 100 Nen (Centennial) Hall

7-1 Sanjo Miyamae-cho 630-8121 Tel. 0742-34-0100 (Closed on Tuesdays)

Wear a yukata and learn about Japan's traditional culture

Date: August 23 (Sat.), 24 (Sun.) 10:30-12:00

Contents: Learning how to dress, etiquette, and experience *Nihon Buyo* (Classical Japanese dance)

Fee: 1000 yen * 2000 yen to participate on both days

Capacity: About 15 elementary school students each day

Things to bring: A set of *yukata* * Rental is available.

Application: Write the title of the course, desired date, child's name and grade, and guardian's name, address and telephone number on a round-trip postcard or e-mail (yukata2025@nara100.com); application must arrive at the hall no later than August 2. In case of excess applications, a lottery will be held.

The Agency for Cultural Affairs Traditional Culture Parent-Child Class: Free Children's *Koto* Class

Date: July 26 (Sat.), August 2 (Sat.) and 9 (Sat.), September 13 (Sat.), October 4 (Sat.), November 9 (Sun.)

Time: 9:15, 10:10, 11:05

Place: Hokubu Kaikan (Ukyo 1-chome)

Capacity: 12 elementary to high school students

Application: Call Yamaguchi of Shiho-sha and Hono-kai Tel. 0742-72-0555

Come Together for Harmonica Day! August 2

Date: August 2 (Sat.) 13:00

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

Capacity: 200 people

Inquiries: To Iwamoto of the Kansai Harmonica Federation Tel. 0742-46-785

Chubu Kominkan

23-4 Kamisanjo-cho 630-8228 Tel. 0742-26-6506 Fax 0742-26-3263

Event Name	Date & Contents	Application
Summer Vacation Film Festival for Kids	Movie-watching, magic show, etc. July 30 (Wed.) 12:30-15:30 * Infants to elementary school students and their guardians * Fee: 100 yen for crafts, play, and sales corners * Free entry	Not necessary

Tsukigase Kominkan

2815 Tsukigase-Oyama 630-2302 Tel. & Fax 0743-92-0346

Event Name	Date & Contents	Application
Night Library: Let's read a slightly scary picture book	Reading scary picture books together in the library at night July 18 (Fri.) 19:00-20:00 * Elementary school students and their guardians * Free entry	Not necessary
Film Festival for Kids	Manga "Aesop's Fables" and other screenings Aug. 6 (Wed.) 9:30-11:00 * Generally, 3-year-olds to elementary school students and their guardians * Free entry	

Tomio-Minami Kominkan

501-3 Nakamachi 631-0052 Tel. & Fax. 0742-48-3066

Event Name	Date & Contents	Application
Tominan Kids Summer Festival	Performance show by Mr. Mirol, Kids café, Midsummer Scary Story Time, etc. August 2 (Sat.) 11:00-14:00 Elementary school students and their families Free entry	Not necessary

Asuka Kominkan

984 Kidera-cho 630-8306 Tel. & Fax. 0742-23-2804

Event Name	Date & Contents	Application
Summer Scary Story Night	Immersive story and picture book reading July 18 (Fri.) 18:00-19:30 Approximately 4 years old – elementary school students *Preschool children must be accompanied by their guardians. Free entry	Not necessary

Keisei Kominkan

3-43-2 Rokujonishi 1-chome 630-8044 Tel. & Fax. 0742-44-2669

Event Name	Date & Contents	Application
4 days you can study on your own in Keisei Kominkan	Open as a place for learning during the summer vacation July 29 (Tues.), 30 (Wed.), 31 (Thurs.), Aug. 1 (Fri.) 9:00-16:00 Free entry for elementary and junior high school students.	Not necessary

Event Name	Date & Contents	Application
Salon Concert *Entrance Free	Kasuga Guitar and Mandolin Melodies A performance by Kasuga Junior High School's Guitar and Mandolin Club July 19 (Sat.) 14:00-14:30	Not necessary
	Sumo Jinku July Tournament Listen to various topics about Sumo by Narayama Sumo Jinku-Kai July 20 (Sun.) 14:00-15:00	
	Enjoy children's song and old Japanese pop songs from the Showa era. Enjoy oldies by the Warabeno Hiroba, Sukoyaka Club July 27 (Sun.) 13:00-14:30 Peace Festa 2025 Chorus, guitar playing, rakugo, etc. by the executive committee of Nara City War Exhibition for Peace Aug. 3 (Sun.) 13:00-14:30	
	A nostalgic harmony of sounds Performance and singing by Narayama Harmonica Club Aug. 6 (Wed.) 13:30-15:00	

Lifelong Learning Center Gallery Exhibition

An art exhibition of Saiyukai

Period: From July 16 (Wed.) to 20 (Sun.) 9:00-16:00 *Open from 13:00 on July 16 (Wed.)

Contents: Watercolor exhibition

Mikasa Kominkan

313-3 Omiya-cho 4-chome 630-8115

Tel. & Fax. 0742-33-0515

Event Name	Date & Contents	Application
Easygoing Board Game Gathering	Socializing through board games July 26 (Sat.) 10:00-15:00 Free entry for elementary and junior high school students *Still enrolled is acceptable	Not necessary
Let's finish our homework quickly!	Open as a place for learning during the summer vacation July 29 (Tues.), 30 (Wed.), Aug. 5 (Tues.), 6 (Wed.) 9:30-11:30 Free entry for elementary and junior high school students	

Various Health Exams for FY 2025

For Those Covered by National Health Insurance (40 years old and over)

Inquiries: Kokuho-Nenkin-Ka (National Health Insurance and Pension Section)

Tel. 0742-34-4736

Item, Period, & Eligibility	Contents (Fee)	Things to Bring	Apply to	Place
(2) Specific Health Checkup From July 2025 to Feb. 28, 2026 Those covered by Nara City National Health Insurance (40-74 years old) as of April 1, 2025. For those who applied after May 1 and want to receive this exam, please contact the section above.	Physical measurement, blood test, urine test, blood pressure test, etc. (free of charge)	* <i>Jushin-ken</i> (Kenshin (Checkup) passport) * Questionnaire * Health Insurance Certificate	Notices will be sent to those eligible (in late June)	Medical institutions or clinics registered in Nara Prefecture

(3) Head MRI Screening From July 2025 to Mar. 31, 2026 Those covered by National Health Insurance and who will have (2) Specific Health Checkup this fiscal year and are without unpaid premiums. Capacity: 600 persons and the application will be closed as soon as capacity is reached.	Head MRI exam (8,100 yen)	* Health Insurance Certificate * Results of the specific health checkup * Certificate for reception	Contact Kokuho-Nenkin-Ka (July through Feb. 28, 2026)	Nara City General Medical Examination Center (Kashiwagi-cho)
---	---------------------------	---	---	--

Cancer and Other Exams

Period: July 1, 2025 - February 28, 2026 (Stomach cancer and lung cancer exams: May 2025 - late March 2026)

Inquiries: Kenko-Zoshin-Ka (Health Care Section) (3rd floor of Hagukumi Center Tel. 0742-34-5129)

Item & Those Eligible * 3	Contents (Fee)	Things to Bring	Apply to	Place
(4) Stomach Cancer Exam Those 40 years old and over	Interview, stomach x-ray exam (barium exam) (1,000 yen)	Jushin-hyo (Exam. ticket)	Kenko-Zoshin-Ka (Health Promotion Section) (Please see August Schedule on page 5)	Group Exam (mobile exam unit will stop at multiple locations in Nara City)
(5) Lung Cancer Exam Those 40 years old and over * 4	Interview, chest x-ray (500 yen), sputum test (only if necessary, extra 600 yen)			
(6) Stomach Cancer Endoscopic Exam Those aged between 50 and 70 years old with even-numbered ages	Interview, stomach endoscopic exam (4,000 yen)	Jushin-hyo (Kenshin (Checkup) Passport)	Notices will be sent to those eligible (in late June).	Medical institutions or clinics registered in Nara City
(7) Bowel Cancer Exam Those 40 years old and over	Interview, fecal occult blood test (1,000 yen) * Those who are 40 years old as of April 1, 2025 will receive a free <i>jushin-hyo</i> (exam ticket).			
(8) Cervical Cancer Exam Women 20 years old and over who are even-numbered ages * Those with odd-numbered ages who did not have the exam last year need to notify us of such.	Interview, inspection, cytological diagnosis (2,000 yen) * Those who are 20 years old as of April 1, 2025 will receive a free coupon.	Jushin-hyo (Kenshin (Checkup) Passport)	Notices will be sent to those eligible (in late June).	Medical institutions or clinics registered in Nara Prefecture

<p>(9) Breast Cancer Exam Women 40 years old and over who are even-numbered ages * Those with odd-numbered ages who did not have the exam last year need to notify us of such.</p>	<p>Interview, breast x-ray exam (mammography) (2,000 yen) * Those who are 40 years old as of April 1, 2025 will receive a free coupon.</p>			
<p>(10) Osteoporosis Exam Women aged 40, 45, 50, 55, 60, 65 and 70</p>	<p>Interview, bone mineral quantitative test (DXA) (1,200 yen)</p>			
<p>(11) Periodontal Diseases Exam Those aged 20, 30, 40, 50, 60, and 70</p>	<p>Interview, periodontal exam (1,000 yen)</p>	<p><i>Jushin-hyo (Kenshin (Checkup) Passport)</i></p>	<p>Notices will be sent to those eligible (in late June).</p>	<p>Medical institutions or clinics registered in Nara City</p>
<p>(12) Stomach Cancer Risk Exam Those aged between 40 and 70 who never have had this exam</p>	<p>Interview, blood test (free of charge) * If you wish to have this exam in place of the stomach endoscopic exam, please notify us of such.</p>			
<p>(13) Lung Cancer Low-Dose CT Exam Those aged 50, 55, 60, 65, and 70</p>	<p>Interview, chest low-dose CT scan (4,000 yen)</p>			
<p>(14) Hepatitis Virus Exam Those 40 years old, or those other than 40 years old who have never had this exam * Those not eligible but who are afraid of being infected, please contact Kenko-Zoshin-Ka (Health Care Section) for consultation.</p>	<p>Hepatitis virus C exam (HCV antibody test), Hepatitis virus B exam (HBs antigen test) You may select one of the above (free of charge).</p>	<p>Those aged 40: <i>Jushin-hyo (Kensin (Checkup) Passport)</i> Those aged other than 40: Hepatitis Virus Medical Exam Sheet</p>	<p>Notices will be sent to those aged 40. Those aged other than 40, please apply at Kenko-Zoshin-Ka (Health Care Section).</p>	

* 3: Ages as of March 31, 2026 * 4: Exam for TB included.

Education Center KIDS LEARNING FLOOR

Class Name	Date & Time	Deadline
Kids' Planetarium: "Nijiro and Seasonal Constellation" -Story of <i>Tanabata</i> (star festival) on July 6. -Story of the Swan on July 12 and after. Capacity: 40 seats each time	Holidays, every Saturday, Sunday in July 1) 10:30-10:50 2) 13:30-14:00	Reception on the day
Kid's Planetarium Summer Holidays' Projection "Life of stars" (only motion video) Capacity: 40 seats each time	July 23 (Wed.), 30(Wed.) and Aug. 6 (Wed.) 1) 10:30-11:00 2) 13:30-14:00	
Summer Vacation Movie Screening "Bunna, come down from the tree" Capacity: 200 seats each time	July 24 (Thurs.) 1) 11:00-12:00 2) 13:00-14:00	Not necessary
Night Planetarium "Whimsical Planetarium: We will deliver the seasonal starry sky" Capacity: 40 seats. Content is for upper graders in elementary school and over. * Adults can participate without children.	July 25 (Fri.) 18:30-19:10	Reception on the day
Summer Vacation Movie Screening: "I'm a pig sometimes" "A little <i>Daruma</i> & a tiger cub, a little <i>Daruma</i> & a little rabbit" Capacity: 200 seats each time	July 26 (Sat.) 1) 11:00-12:00 2) 13:00-14:00	Not necessary
Science Experience Class "Miraculous Science!" -Types of clouds, how they are made and about weather- Capacity: 15 children in and over the 1 st grade in elementary school each time	July 30 (Wed.) 1) 10:30-11:30 2) 13:30-14:30	July 14
Craft Experiment Class "Learn from a bamboo crafts master." - Let's make a bamboo dragonfly and a little bird whistle- Capacity: 15 children 5 years old and over * Will use a box knife, etc.	Aug. 1 (Fri.) 10:00-12:00	
Science Experiment Class "Let's Make Bath Salt" Capacity: 15 children 5 years old and over	Aug. 2 (Sat.) 10:00-11:30	
Story Telling "Dogs & Chicken", etc.	Aug. 2 (Sat.) 11:00-11:30	Not necessary
Movie Screening "Once Upon a Time in Japan" -A farty wife- -Travelers and a horse- Capacity: 200 seats	Aug. 3 (Sun.) 13:00-13:30	
Science Experience Class "Let's make silk cotton from silkworms" Capacity: 15 children 5 years old and over Things to bring: towels Fee: 300 yen Robot Class "Exciting Robot Class", a lecture series Capacity: 10 children in the 3 rd grade and over, must be able to attend on both days	Aug. 7 (Thurs.) 13:00-15:00 Aug. 7 (Thurs.) & 19 (Tues.) 9:30-11:30	July 21
Space Class "Let's Fly a Hovercraft" Capacity: 18 children in the 1 st grade and over Things to Bring: Two 1-litre paper cartons	Aug. 9 (Sat.) 10:00-11:30	
Science Experience Class "Little Marine Creatures - <i>Chirimen</i> Monster" Capacity: 18 children in the 1 st grade and over each time Fee: 300 yen	Aug. 11 (Holyday) 1) 10:00-11:30 2) 13:30-15:00	
Craft Experiment Class "Let's learn from an ink painting artist" - Let's draw using shades of black ink- Capacity: 18 children 5 years old and over Things to Bring: Calligraphy tools if you have them	August 21 (Thurs.) 10:00-11:30	August 4th
Craft Experiment Class "Let's make a perpetual calendar!" Capacity: 18 children 5 years old and over each time	August 22 (Fri.) 1) 13:00-14:30 2) 15:00-16:30	

Programming Class “Programming Class by Senior High School Students” Capacity: 9 children in the 3 rd to 6 th grades in elementary school each time	August 23 (Sat.) (1) 10:30-12:00 (2) 13:30-15:00	August 4th
Robot Class “Robot Class by Senior High School Students” Capacity: 10 children in the 1 st to 6 th grades in elementary school each time	August 24 (Sun.) (1) 10:30-12:00 (2) 13:30-15:00	

Place: Hagukumi Center 9F

Application: Apply online from the Nara City website. In case of excess application, a lottery will be held.

Others: Except for exceptions above, reception on the day of the class will start 15 minutes before the starting time of each class and will be closed when the prescribed number of applications is reached. Children must be accompanied by guardians. In addition to the above, other classes may also be held. You cannot enter the planetarium during a screening. It can be used by groups. (An application is needed.) For the latest information, please check the city website or contact us directly.

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

Apply from here.



Nara Satoyama SUMMER 2025 Campaign

In the eastern part of Nara City, experiences which will be suitable for summer vacation will be offered. Cryptomeria leaf decorations, making cups and watches, building a secret fort, sandblast art, dyeing, picking green tea and blueberries, making parfaits and sweets, watermelon cracking, art glass, traditionally-cooked rice, gathering honey and making pound cake, gathering herbs, cooking, and more. Why don't you come and join us for events which will be perfect for your child's homework.

*** Recommended for summer homework and outings!**

There will be a lot of event programs for experiences in summer.

Date: July 19 (Sat.) - Aug. 31 (Sun.)

Contents: Crafts, independent research projects, etc., that will be useful for homework.

*** Great Gathering of Experience Booths! “Summer Homework Festa 2025”**

Date & Time: Aug. 2 (Sat.) 10:00-16:00

For event program and details →→

Information is available in Japanese.



Place: Manten Square (Mizuma-cho)

Tobu Kogen Marche (Eastern Highlands Area Market) 2025

Local fresh produce and processed products that are sold at farm stands in the eastern part of Nara City will be sold.

Date & Time: Aug. 3 (Sun.) 10:00-13:00 (approximately)

* The event will take place rain or shine except in case of stormy weather. The event will end when all the produce and products are sold out. Hours of operation may change slightly.

Place: Rakuda Square on the 1st floor of Nara Family (Saidaiji-higashi-machi)

Marche: Kohan-no-sato Tsukigase

Inquiries: Tobu Shutcho-sho Tel. 0742-93-0001