

Wakayama City International Affairs Div.



The 58th Kishu Odori Bundarabushi Festival

8/1 Sat.

- ◆ Opening Ceremony (Koenmae Intersection): From 17:30
- ◆ Street Dancing: 18:10 – 21:20
 (Koenmae Intersection -> City Hall -> Nishinomaru Park (~600m))

【Song 1】 New Version (Bundara 21)
 【Song 2】 Standard Version (Bundarabushi)

- ◆ Festival Celebrations (Nishinomaru Park Area)

16:00 – 21:20

※The event program may change depending on the number of participants.

■ We will have dancing in a circle and jump rope on the day of, and anyone can participate! We will also have various stalls as part of the festivities! For more details, check the city homepage (ID:1003239).

■ Eve Festival will be on Fri., 7/31 from 18:15.

■ Inquiries: Kishu Odori Planning Committee (within Tourism Division) ☎ 435-1234



The 74th Minato Matsuri Fireworks Festival (Requesting Support)

7/25 Sat.

We are continuing to produce exciting events like last year's drone shows, and we would deeply appreciate your consideration of personally supporting these projects.

- Benefit: Ticket to the supporter area
- Amount: ¥3,000 per person
- Deadline: Until Fri., 7/10
 ※Applications at the Commerce Promotion Division are accepted until Thu., 7/23
- Ways to Apply:
 1. Apply via application forms found at branch offices, liaison offices, and service centers
 2. Apply directly at the Commerce Promotion Division
 3. Apply from the festival's homepage
- Applications and Inquiries: Port Festival Executive Committee (Office: City Wakayama City's Commerce Promotion Division) ☎ 435-1041
 Wakayama City Hall's Commerce Promotion Division: ☎ 435-1233
 FAX: 435-1256



Pick Up

01

Watch out for Heat Stroke!

Regional Health Division ☎ 488-5119

~ Summer is here! Let's make sure we protect ourselves from heat stroke ~

Heat Stroke Precautions

1 Avoid the heat

- Control the heat and humidity of rooms
When to use the AC or a fan:
 Above 20°C/Above 60% humidity
- Wear breathable clothes and a hat outside
- When a Heat Stroke Warning is issued, refrain from going outside as much as possible

2 Drink lots of fluids even if you do not feel thirsty

- Drink 1-2 cups before starting to exercise

3 Stay healthy to avoid being affected

- Have a balanced diet, get plenty of sleep, and get exercise while avoiding the heat.



We have opened "Cooling Centers" as rest spots for heat stroke prevention.

General Planning Division ☎ 488-5109

City facilities such as community centers and some privately-owned facilities will be available until 9/30 (Wed.) for heat stroke prevention (only available on days when the facility is open). Please feel free to visit them to escape the heat. For more details, check the city homepage (ID: 1005987).

Pick Up

02

Healthy Lifestyle Division ☎ 488-2032

Also be Careful of Heat Stroke in Pets

Pets can also suffer from heat stroke. Animals like dogs and cats that are covered in fur have a harder time regulating their body temperature, and being lower to the ground compared to humans means that they are in an environment where they are more susceptible to heat stroke.

- Go for walks during cooler periods of time, such as the early morning or at night.
 - If you are leaving your pet tied up somewhere outside, make sure that you avoid direct sunlight by picking somewhere in the shade, ensure there is good airflow, and make sure a good amount of water is available. Even if the location is indoors, ensure the environment is climate controlled.
 - The inside of vehicles will get extremely hot if left without air conditioning for even a short period of time.
- 1 Make sure to take your pet with you, even if you are only leaving for a moment.



Deadline for Tax and Insurance Payments

7/31 (Fri.)

Senior's Health Insurance (1st Period)

Insurance General Affairs Division ☎ 435-1062

National Health Insurance (2nd Period)

Excluding special collections arising from advanced deductions, we generally request that taxes are paid via bank transfer. We do not, however, specifically require this- for those that have difficulty paying via bank transfer, please pay by payment slips or via another method.

National Health Insurance and Pension Division ☎ 435-1214

Nursing Care Insurance (2nd Period)

Nursing Care Insurance Division ☎ 435-1334

Fixed Asset Tax, City Planning Tax (2nd Period)

Please pay your taxes by the deadline. For paying city taxes, please make use of the convenient bank transfer method. You can apply for this at your financial institution's window or via the internet (limited to certain financial institutions).

Tax Revenue Division ☎ 435-1038

For Those in the Senior's Health Insurance System

Your new Senior's Health Insurance Card (light blue card) will be mailed to you as registered mail sometime in early or mid-July, and will be valid until 7/31/2027.

● Regarding your Insurance Card

Starting in August of 2026, the system for issuing Senior's Health Insurance cards will be changing.

【Enrollees over 85 years old】

Insurance cards will be sent out to everyone over 85 years old

【Enrollees 84 years old or younger】

- We will send a Notice of Insurance Information to those who have used their My Number card as an insurance card more than six times in the past year, with the latest use being within the last three months.

- All other Enrollees (※)

⇒ We will send the Insurance Card

※ Those who do not have a My Number card or do not use it.

● Regarding Insurance Payments

Notices and payment slips for 2026 will be sent out in mid-July.

Insurance General Affairs Division ☎ 435-1062

Exemptions and Deferments for the National Pension System

If missed pension payments continue, not only will you not be able to collect pension payments when you are older, you may not be able to receive the Disability Basic Pension or Basic Pension for Surviving Family if you become qualified. If you are having difficulty payment pension payments due to financial circumstances, you can apply for exemption or deferment.

Application Period for 2026 (7/2026 – 6/2027): Application Accepted from 7/1 (Wed.)

* Applications can be submitted for as far back as 2 years and 1 month prior. Those who requested a continued exemption/deferment and are exempted from/deferring the full amount do not have to reapply.

There is a system for exemptions for the period of time before and after childbirth.

▼ **Eligibility:** Class 1 enrollee of the National Pension System who gave birth after 2/1/2019.

▼ **Period of Exemption:** 4 month period starting from one month prior to your expected delivery date or delivery date. For those giving birth to multiple children, the exemption period starts from 3 months prior for 6 months.

* Childbirth refers to childbirth after at least 85 days of being pregnant (including stillbirth, miscarriage, and early births)

▼ **Inquiries:** National Health Insurance and Pension Division ☎ 435-1055

Wakayama East Pension Office ☎ 474-1841

Group Cancer Screenings (Lungs, Large Intestine, Breast)

Date	Reception	Location	A	B	C	Apply By
① 8/7	13:30 – 15:30	Nishi Health Center		○	○	7/16
② 8/17	14:00 – 15:30	Health Center	○	○		7/27
③ 8/29	8:30 – 10:30	Wakayama Big Ai		○	○	8/6
④ 8/31	13:30 – 15:30	Kita Health Center		○	○	8/10

A. Lung Cancer (Chest X-Ray)

▼ **Eligibility:** 40 or older

▼ **Number of Participants:** 50 people (lottery)

▼ **Cost:** Free

B. Large Intestine Cancer Screening (Fecal Occult Blood Test)

▼ **Eligibility:** Those 40 or older

▼ **Number of Participants:** 50 people (lottery)

▼ **Cost:** Free

C. Breast Cancer Screening (Mammography)

▼ **Eligibility:** Women 40 or older that were not screened during previous fiscal year

▼ **Number of Participants:** 20 people (lottery)

▼ **Cost:** ¥1,500 for those 40-69 years-old, ¥700 for those over 70 years-old

* Those breastfeeding or have breastfed within the past 6 months cannot be screened.

▼ **How to Apply:** Apply via QR code, phone, or postcard with your name, address, date of birth, phone number, requested examination, and location.

* For those with prior symptoms or currently undergoing treatment or observation, please be seen by a medical institution.

▼ **Inquiries:** Regional Health Division ☎ 488-5121

Applications for ①③④



Applications for ②



47th Citizens' Culture Festival ~The Splendor of Culture~

Event	Date & Time	Notes
Wakayama City Wind Orchestra	7/12 13:30	※Free entry ●Location: Wakayama-jo Hall
Shin-Buyo Dance Gathering	7/14 10:30	Culture Promotion Division
Ballet and Modern Dance (* Numbered Tickets will be used)	7/19 13:00	☎ 435-1194

School Exchange Concerts: 2nd Global Music Festival in Wakayama, Japan

Elementary school students from various cities in Taiwan are coming and performing music in Wakayama alongside Japanese artists. Please come and enjoy being connected through music during this heartwarming event.

Dates and Times: Taipei City: 7/2 (Thu.) at 18:00, Kaohsiung City: 7/7 (Tue.) at 18:00

Location: Wakayama-jo Main Hall

Cost: Free

Inquiries: Wakayama Global Music Exchange Executive Committee (wakayama.globalmusic@gmail.com)