

Ichinoseki Multilingual Information

Ichinoseki International Association/Ichinoseki ILC Promotion Division
Translated excerpts from the public Ichinoseki newsletter, 'I-style'.

My Number Card Application and Issuing Window Opens



RSVP Only

- Reception Dates: July 23rd, August 27th, September 24th (All Sundays)
*These dates may change. Please check when making a reservation.
- Time: 9:00am to 1:30pm
- Locations: Ichinoseki City Hall Civic Division and each branch office's Civic and Welfare Division
* Cards can only be received at the head office or branch office of your residential area.
* Applications can be done at any office.
- Appointments/Inquiries: To make an appointment, call Ichinoseki City Hall Civic Division or any branch office's Civic and Welfare Division directly by the Wed. prior to your preferred date (by the preceding Tues. if Wed. is a holiday).
Reservation time: Weekdays 8:30am to 5:15pm
- Other: ID photos will be taken at the weekend application window, so there is no need to prepare a photograph.

【Inquiries】

Ichinoseki City Hall Civic Division 0191-21-8310

Hanaizumi Branch Office 0191-82-2213 Daito Branch Office 0191-72-4075 Senmaya Branch Office 0191-53-3945 Higashiyama Branch Office 0191-47-4516 Murone Branch Office 0191-64-3804 Kawasaki Branch Office 0191-43-2113 Fujisawa Branch Office 0191-63-5316

*The cut off for applying for MyNa Points is by the end of September 2023. September is predicted to be a busy period so please claim your points before then.

The phone number for Disaster Information Guide Service will change

The Ichinoseki City Fire Department Headquarters will switch the distribution of information on disaster occurrence and holiday duty medical institutions from the Teledome Service (0180-99-1199) to the 'Firefighting Telephone Service' from Saturday, July 1st. The new phone number will be 0191-25-3119. There will be no change in the content being distributed. The switchover will take place on Saturday, July 1st at 12:00am.

Other:

- (1) If several calls are made at once, the line may be busy (kindly wait before calling again)
- (2) Call charges will be borne by the user.
- (3) Information on disaster occurrence will also be sent out via Ichinoseki Mail at the same time.

*Ichinoseki Mail requires registration.



Ichinoseki Mail

【Inquiries】 Fire Department Fire Department
0191-25-5912

Ichinoseki Shake-out Drill

Drills will be conducted simultaneously in Ichinoseki at the time* that the Iwate-Miyagi Nairiku Earthquake occurred. This is a drill in which all participants take immediate action to ensure their own safety, such as using nearby objects to shield their heads, presuming that the city is experiencing an earthquake with a seismic intensity of lower 6.

- Date: Wednesday, June 14, 2023, at 8:43 a.m.
- Location: Each person's current location in the city at the time of training
- Other: FM ASMO, the outdoor public speaker MAST and Fujisawa Announcement Broadcast will broadcast the start of the drill



DROP! Take COVER! HOLD ON!

提供：効果的な防災訓練
と防災啓発提唱会議

*On June 14 2008, 8 : 43am the Iwate-Miyagi Nairiku Earthquake occurred

【Inquiries】 Fire Department HQ Disaster Prevention
Division 0191-25-5913

Notice of payment in June

There are repeated incidents of tax refund scammers posing as city employees. The city will never ask you to visit an ATM or ask for your PIN number.

Beware of Scams!



- ① City prefectural tax (general collection) 1st term
Payment deadline: Friday, June 30th

【Inquiry】

Ichinoseki City Hall Tax Payment Division
0191-21-8261
Or Ichinoseki City Tax Savings Association

Looking for people to teach foreigners Japanese

We are looking for people who want to learn or teach Japanese (doesn't matter if you are not Japanese).

No limits regarding nationality, qualifications, or language proficiency.

- Date/time: July 9 (Sun) 10:00am to 5:00pm, 22nd (Sat)/29th (Sat) 10:00am to 3:00pm

- Venue: Nanohana Plaza (and other)

- Application cut off: June 30 (Fri)

For more information: [Here](#)



Ichinoseki
International Association

- Notice: From August there will be a new Japanese class starting up. For updates, please check our homepage/FB/Instagram

【Inquiries】Ichinoseki International Association
0191-34-4711

Livelihood support consultations

Those worried about their livelihoods/financial situation please consult with us.

- Date: June 1 to 29 (every Thursday)
- Time: 10:00am- 3:00 pm
- Location: Ichinoseki City General Welfare Center

《 Mobile consultation (Reservation required) 》

- Date/Time: June 9th (Friday) 10:00am~3:00pm
- Location: Hanaizumi General Welfare Center/Daito Health Center/Senmaya Rural Labor Welfare Center/Social Welfare Council Fujisawa Branch

【Inquiries】

Ichinoseki City Council of Social Welfare
0191-23-6020 Hanaizumi Branch 0191-82-4002
Daito Branch 0191-71-1177 Senmaya Branch
0191-53-2885 Fujisawa Branch 0191-63-5122

Water Pipe Cleaning Work

In order to prevent an occurrence of red water (a murkiness in water caused by rust and such), the city will be cleaning the water pipes. While this work is in progress, red water will flow out when tap water is turned on.

Use pre-pumped water. After the cleaning work has been done, flush water until no red water comes out.

- Work Period: June 12th (Mon) -15th (Thurs), 18th (Sun)-21st (Wed)
- Work Hours: 10:00 pm – 6:00am



* Work days and times differ depending on the area.

Please check the Ichinoseki City homepage for more details on work schedules and affected areas. Details also available via the QR code

[Ichinoseki City](#)

【Inquiries】Water Supply Division 0191-26-4878

Pools are opening

- ① Ichinoseki Swimming Pool
Date: June 24 (Sat) to Sept 3 (Sun)
Time: 10:00am to 7:00pm or until sundown
- ② Hanaizumi Swimming Pool
Date: June 24 (Sat) to Sept 3 (Sun)
Time: 10:00am to 7:00pm or until sundown
*Toddler pool only
- ③ Higashiyama B&G Kaiyo Center
Date: June 24 (Sat) to Sept 3 (Sun)
Time: 9:00am to 9:00pm

《Further details》

- Regular holidays: ①② None ③Every Monday

■Admission:

Child below elementary school age: free
High school students and younger: 100yen
General: 200yen

*Swimming caps are a must



【Inquiry】

- ① Ichinoseki Swimming Pool 0191-23-8020 or Ichinoseki General Gymnasium 0191-31-3111
- ② Hanayume Paru 0191-82-1086
- ③ Higashiyama Gymnasium 0191-35-1141

May Notification Adult Medical Examination Schedule

◇ **Simultaneous consultation** (reception hours: 6:45 am to 9:00 am)

Cardiovascular examination (basic medical examination, specific examination, examination of latter stage elderly)

Gastric cancer screening, colorectal cancer screening, lung cancer screening, hepatitis virus screening

| Date | Area | Venue | Date | Area | Venue |
|--------------------------|-------------|--|--------------------------|------------|--|
| 1 st (Thurs) | Higashiyama | Higashiyama Regional Exchange Center 東山地域交流センター | 20 th (Tues) | Ichinoseki | Ichinoseki Cultural Tradition Hall (Maikawa) 一関文化伝承館(舞川) |
| 2 nd (Fri) | | | 21 st (Wed) | Daito | Sarusawa Tradition Community Hall 猿沢伝承交流館 |
| 3 rd (Sat) | | | 22 nd (Thurs) | | |
| 5 th (Mon) | Senmaya | Senmaya Ishinkan 千厩維新館 | 23 rd (Fri) | | Daito Worker's Sports Center 大東勤労者体育センター |
| 6 th (Tues) | | | 24 th (Sat) | | |
| 7 th (Wed) | Fujisawa | Nikoniko Dome ニコニコドーム | 25 th (Sun) | Hanaizumi | Hanaizumi General Welfare Center 花泉総合福祉センター |
| 8 th (Thurs) | | | 26 th (Mon) | | |
| 9 th (Fri) | | | 27 th (Tues) | | |
| 10 th (Sat) | | | 28 th (Wed) | | |
| 13 th (Tues) | Ichinoseki | Ichinoseki Community Health Center 一関保健センター | 29 th (Thurs) | Daito | Sarusawa Tradition Community Hall 猿沢伝承交流館 |
| 14 th (Wed) | | | 30 th (Fri) | | |
| 15 th (Thurs) | | | | | |
| 16 th (Fri) | | | | | |
| 17 th (Sat) | | | | | |
| 18 th (Sun) | | | | | |
| 19 th (Mon) | | | | | |

◇Cervical cancer screening

(reception hours: 9:30am~10:30am/1:00pm~2:00pm)

| Date | Area | Venue |
|--------------------------|---------|---|
| 5 th (Mon) | Daito | Daito Health Center 大東保健センター |
| 6 th (Tues) | | |
| 21 st (Wed) | Senmaya | Okutama Civic Center 奥玉市民センター |
| 22 nd (Thurs) | | Senmaya Rural Environment Improvement Center (Kamikomaba) 千厩農村環境改善センター(上駒場) |
| 23 rd (Fri) | | |

Please cooperate with COVID prevention methods

- ① Postpone consultation if you or a member of your family is in poor physical condition.
- ② Wait outside the venue when examination admissions are limited
- ③ Wear a mask

【Inquiries】

Health Promotion Division 0191-21-2160

Eastern Health Promotion Office (Senmaya branch)

0191-53-3952

Northern Health Promotion Office (Daito branch)

0191-72-4087




◇Breast cancer screening

(reception hours: 9:30am~10:30am/1:30pm~2:30pm)

| Date | Area | Venue |
|--------------------------|----------|---|
| 29 th (Thurs) | Fujisawa | Fujisawa Civic Center Kinomi Bunkan 藤沢市民センター黄海分館 |
| 30 th (Fri) | | Nikoniko Dome ニコニコドーム |

- Ichinoseki City Hall 0191-21-2111
- Senmaya Branch 0191-53-2111
- Kawasaki Branch 0191-43-2111
- Hanaizumi Branch 0191-82-2211
- Higashiyama branch 0191-47-2111
- Fujisawa Branch 0191-63-2111
- Daito Branch 0191-72-2111
- Murone branch 0191-64-2111

Further resources

| | | |
|---|--|---|
| Iwate Prefecture  | Find link to comprehensive English Guide that includes important information | |
| Iwate International Association  | Consultation for foreign residents about various issues such as foreign residency qualifications (visa) and troubles in everyday life. Japanese family and friends of foreigners are also welcome. | TEL: 019-654-8900 Hours: 9:00am~8:00pm |
| Ichinoseki City English Guide  | Find link to comprehensive English Guide that includes important information such as what to do in an emergency, where evacuation centers are, welfare incentives, how to dispose of garbage, and how to go about notification procedures at city hall. | |
| Ichinoseki International Association  | Consultation services for foreign residents available. Staff can speak English and have tools to assist in other languages. | TEL: 0191-34-4711 Hours: 9:00am~6:00pm (Closed Thurs/holidays/ Dec.29~Jan.3) |
| Yorisoi Hotline  | Are you having a problem with your visa, nationality, family, work, everyday living, discrimination, domestic violence, confinement, or human trafficking? Consultation can be made by toll-free number, Facebook messenger, or through an online chat system | Specialized line for foreigners in Iwate, Miyagi, Fukushima: 0120-279-226 |
| AMDA Medical Information Center [特定非営利活動法人 AMDA 国際医療情報センター]  | Telephone Consultation for medical matters Free consultation & interpreting service Connection fees will apply | TEL: 03-6233-9266 Hours: 10:00am~4:00pm (Monday~Friday) |

Doctors on Duty (Nights/Holidays)

Scan the QR code below for doctors that are on duty at night (18:00-20:00) and on duty on Sundays/holidays.

To double check the available facilities, call the Ichinoseki City Hall on 0191-21-2111.

If it's a medical emergency, be sure to call 119.

Please bring your health insurance card and your medication record handbook (*okusuri techou*) when seeing a doctor.



[Ichinoseki City](#)

After-Hours Children's Emergency Hotline

A telephone helpline to consult with a nurse about responses and emergency measures for children's illnesses.

- Hours: 7:00pm-11:00pm
- Open year-round
- Phone number: 019-605-9000
Or dial #8000

