

November Ichinoseki Multilingual Information



Ichinoseki International Association/
Ichinoseki ILC Promotion Division

Translated excerpts from the public Ichinoseki newsletter, 'I-style'.

November Notification Breast cancer screening Schedule

Date	Venue	Reception hours
5 th (Tue)	Ichinoseki Health Center	1:30PM to 2:30PM/5:00PM to 7:00PM
6 th (Wed)		9:30AM to 10:30AM 1:30PM to 2:30PM
7 th (Thurs)		
11 th (Mon)		
12 th (Tues)		
14 th (Thurs)		1:30PM to 2:30PM/5:00PM to 7:00PM
15 th (Fri)		9:30AM to 10:30AM 1:30PM to 2:30PM
16 th (Sat)		
21 st (Thurs)		
22 nd (Fri)		
23 rd (Sat)		

Please cooperate with prevention methods of infectious diseases

- 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
or the Northern/Eastern Health Promotion Offices



- Ichinoseki City Hall 0191-21-2111
- Daito Branch 0191-72-2111
- Higashiyama branch 0191-47-2111
- Kawasaki Branch 0191-43-2111

- Hanaizumi Branch 0191-82-2211
- Senmaya Branch 0191-53-2111
- Murone branch 0191-64-2111
- Fujisawa Branch 0191-63-2111

Multilingual Information Newsletters are available at the Ichinoseki International Association's office and the Ichinoseki City Library.

Or visit the Ichinoseki International Association [homepage/Instagram/Facebook/](#)
Ichinoseki City Hall [English Guide](#).

Notice of payment in November

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 5th term of National health insurance tax (general collection)
- ② 5th term of medical insurance premiums for the elderly (general collection)
- ③ Nursing care insurance premium (general collection) 3rd period

Payment deadline: Monday, November 2nd

We recommend bank transfer for payment of city taxes.
* Application forms for bank transfer are available at financial institutions.

【Inquiry】

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

Disaster prevention administrative information on Ichinoseki Mail

Distributes disaster information and broadcast contents of the outdoor public relations MAST, etc. The information can be accessed by using the following methods.

- To receive information through the app, please download from the QR code below



Android



iOS

- To receive information via email, please send an empty message to the following address

Email : ichinoseki_shobo@x.bmd.jp

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

Livelihood support consultations

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

- Date: November 7th, 14th, 21st, 28th (every Thursday)
- Time: 10:00AM to 3:00PM
- Location: Ichinoseki City General Welfare Center

《 Mobile consultation (Reservation required) 》

- Date/Time: November 8th (Friday)
10:00AM to 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

Cultural Exchange

Chinese classes for beginners

- When: Nov 9th (Sat)/Nov 16th (Sat)/Nov 30th (Sat)
Dec 7th (Sat)/Dec 14th (Sat)/Dec 21st (Sat)

- Venue: Nanohana Plaza 3F

- Teacher: Sakurada Hitomi

- Capacity: 20 people

- Fee: 3,000 (for 6 lessons) pay on the day of

- Application deadline: Nov 6, 2024 (Wed) 4:00pm

- How to apply: E-mail/application form
(<https://x.gd/XFKbQ>)



Application form

Yasashi Nihongo study session

We will learn how to simplify Japanese phrases and words

- When: November 27th, 2024 (Wed) 6:30PM to 8:00PM

- Venue: Nanohana Plaza 3F Large Conference Room

- Who can participate: those interested in learning about Yasashi Nihongo

- Application deadline: November 20th, 2024 (Wed)

- How to apply: E-mail/application form
(<https://x.gd/EE2pZ>)



Application form

For more information: Ichinoseki International Association Homepage

【Inquiries】Ichinoseki International Association
0191-34-4711



Japanese Class

Japanese classes aimed at foreign residents living in Japan.

●When :

①November 3rd (Hol/Sun) 10:00AM to 11:30AM

②November 9th (Sat) 2:00PM to 3:30PM

③November 17th (Sun) 10:00AM to 11:30AM

④Nov 30th (Sat) 10:00AM to 11:30PM

●Venue :

①Murone Civic Center



Application form

②Senmaya Rural Labor and Welfare Center

③Fujisawa Civic Center

④Higashiyama Civic Center

●Who: those living/working in Ichinoseki

●Capacity: 40 people

●Application deadline: the Monday before the event date

●How to apply: phone/application form
(<https://x.gd/Sbdb9>)

【Inquiries】Ichinoseki City Hall Community
Interaction Promotion Division 0191-21-8194

IC Card can be used

IC cards can be used on city route buses operated by Iwate-ken Kotsu. Iwate Green Pass is currently available for use. Scanning the card makes getting on and off the bus, simple.

Additionally, you can utilize Suica or other transportation IC cards.

*Cash payment is available as well.

●Card usage start date: From October 24th, 2024 (Thursday)

*Magnetic cards cannot be used.

●Where to purchase Iwate Green Pass

*Ichinoseki Station Bus Information Center

*Iwate-ken Kotsu Ichinoseki Office

【Inquiries】Iwate-ken Kotsu Ichinoseki Office:
0191-23-4250

Let's learn about different cultures and lifestyles

Junior high school students who went to Australia's international sister city, the Central Highlands, will talk about their experiences. Ichinoseki residents from Vietnam, Korea, and China will introduce the lifestyle in their countries.

●When: November 10th (Sunday) 10:00AM to 12:00PM

●Venue: Nanohana Plaza

●Who: People who are interested in international exchange

●Capacity: 40 people

●Application deadline: November 5th, 2024 (Tues)

●How to apply: Telephone/Application form
(<https://x.gd/yCmni>)

【Inquiries】Ichinoseki City Hall Community
Interaction Promotion Division 0191-21-8194

Year-end adjustment briefing session (income tax for 2024)

Briefings regarding the 2024 year-end adjustment will be held.

●When:

①November 14th (Thurs)

②November 19th (Tues)

③November 21st (Thurs)

●Time: 10:00AM to 11:30AM, 1:30PM to 3:00PM

●Venue :

①Higashiyama Civic Center

②Ichinoseki Cultural Center







③Kawasaki Civic Center

●How to apply: reserve by phone

【Inquiries】Ichinoseki Tax Office: 0191-23-4236



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 to 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 to 6:00PM (Closed Sunday/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
AMDIA Medical Information Center [特定非営利活動法人 AMDIA 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 to 4:00PM (Monday~Friday)

Doctors on Duty (Nights/Holidays)

Scan the QR code below for doctors that are on duty at night (6:00PM to 8:00PM) 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 to 8:00AM
- Open year-round
- Phone number: 019-605-9000 Or dial #8000

