

MyNavi Portal offers convenience for moving out procedures

When moving out, utilize the “Online Service for Moving Procedures” available on MyNa Portal.
To access this service, download the MyNa Portal app. Keep in mind that the end and start of the fiscal year is a busy period for address changes.
If you cannot make weekday hours, please make use of the extended counter service.

*Starting from FY2024, the counter will remain closed on holidays at the end and beginning of the fiscal year.

【Inquiries】

Ichinoseki City Hall, Civic Division 0191-21-8310



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

Notice of payment in March

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!



If you have unpaid city taxes, please be sure to pay as soon as possible. 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

Trial Japanese Language Classes

Learn Japanese in a fun and casual setting.

- Date/time: ①March 9th (Sun) 10:00am-11:30am
②March 23rd (Sun) 10:00am-11:30am
- Location: ①Kitakamigawa Community Center (Kawasaki Disaster Prevention Center)
②Okita Civic Center
- Cost: Free
- Target: Foreign residents who live or work in Ichinoseki
- Capacity: 40 people per session
- Application: ①March 4th (Tue) ②March 18th (Tue) by phone or through the application form



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

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|-----------------------|--------------|---------------------|--------------|----------------|--------------|
| ●Ichinoseki City Hall | 0191-21-2111 | ●Hanaizumi Branch | 0191-82-2211 | ●Daito Branch | 0191-72-2111 |
| ●Senmaya Branch | 0191-53-2111 | ●Higashiyama branch | 0191-47-2111 | ●Murone branch | 0191-64-2111 |
| ●Kawasaki Branch | 0191-43-2111 | ●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](#).

Livelihood support consultations

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

- Date: March 6th, 13th, 27th (every Thursday)
 - Time: 10:00am- 3:00 pm
 - Location: Ichinoseki City General Welfare Center
- 【Inquiries】
Ichinoseki City Council of Social Welfare 0191-23-6020

《 Mobile consultation (Reservation required) 》

- Date/Time: March 14th (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 Hanaizumi Branch 0191-82-4002 Daito Branch 0191-71-1177 Senmaya Branch 0191-53-2885 Fujisawa Branch 0191-63-5122

Adult Dental Examinations

Information and examination tickets were sent to eligible persons in May 2024.

Those who wish to be examined should make an appointment at a dental institution within Ichinoseki and visit by the deadline.

If you do not have your medical examination ticket, please contact the relevant department for it to be reissued.

- Eligible: Those who are 20, 30, 40, 50, 60, or 70 years old as of Monday, March 31, 2025
- Medical examination deadline: Monday, March 31
- Copayment: 50 and 70 years old: Free
20, 30, 40, and 60 years old: 700 yen

【Inquiries】

Health Promotion Division
0191-21-2160
or the Northern/Eastern Health Promotion Offices



Spring break food pantry

Distribution of food for single-parent homes who are struggling in their daily lives.
You can also seek advice on day-to-day issues.



When	Where	Who is eligible
March 22 (Sat) 10:00am- 2:00pm	Ichinoseki City General Welfare Center Senmaya Rural Labor Welfare Center	Single parents raising children on their own * A household with a child or children in the third year of high school or younger who are not working.

- How to apply: Please apply using the advance application form on the [Ichinoseki Council of Social Welfare website](https://www.ichinoseki-council.jp/).
 - Application deadline: March 10th (Mon) 5:00pm
- 【Inquiries】 Ichinoseki City Council of Social Welfare 0191-23-6020

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 - 8:00am
- Open year-round
- Phone number: 019-605-9000
Or dial #8000



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.



[Ichinoseki City](https://www.ichinoseki-city.jp/)

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.