

Notice of payment in September

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 3rd term of National Health Insurance Tax (general collection)
- ② 3rd term of Medical Insurance Premiums for the Latter-stage Elderly (general collection)
- ③ 2nd term of Nursing Care Insurance Premium (general collection)

Payment deadline: Tuesday, September 30
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

Livelihood support consultations

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

- Date: September 4th, 11th, 18th, 25th (every Thursday)
- Time: 10:00–15:00.
- Location: Ichinoseki City General Welfare Center

【Inquiries】 Ichinoseki City Council of Social Welfare
0191-23-6020

《 Mobile consultation (Reservation required) 》

- Date/Time: September 12th (Fri) 10:00–15:00
- 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

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

About the 44th Ichinoseki International Half Marathon

The 44th Ichinoseki International Half Marathon will be held with the area around the Ichinoseki City Gymnasium Udome as the start and end points. Please be aware of traffic restrictions in the area.

- Date: October 5th, 2025 (Sunday)
- Time: Half marathon 9:30am start
10 km marathon 10:15am start
- Place: 【START】 AEON Super Center North Exit
【GOAL】 Hirose Udome Ichinoseki City Gymnasium Ishinose Bridge
- Traffic Restriction Times: 9:00am~12:30pm

【Inquiries】

Ichinoseki International Half Marathon Office:
0191-31-3111/
HQ on the day of the marathon: 0191-23-0606

September Notification Adult Medical Examination Schedule



- If you do not have your medical examination ticket, please apply via the contact information or the QR code on the right.

◇Cardiovascular examination, lung cancer screening, tuberculosis screening, hepatitis virus screening (reception hours: 9:30 am to 11:00 am/1:30pm to 2:30pm)

Date	Area	Venue	Date	Area	Venue
1 st (Mon)	Murone	Murone Kyoku Roku Fureai Center 室根曲ろくふれあいセンター	9 th (Tue)	Ichinoseki	Ichinoseki Natural Recreation Village Management Center (Genbi) 一関自然休養村管理センター(厳美)
2 nd (Tue)	Senmaya	Senmaya Rural Environment Improvement Center 千厩農村環境改善センター	10 th (Wed)		Hagisho Civic Center 萩荘市民センター
3 rd (Wed)	Kawasaki	Kawasaki Civic Center 川崎市民センター	11 th (Thurs)		Sun Abilities Ichinoseki サン・アビリティーズ一関
4 th (Thurs)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター * Reception hours on September 5 th 1:30pm to 3:00pm 5:30pm to 7:00pm	12 th (Fri)		Ichinoseki Community Health Center 一関保健センター
*5 th (Fri)			16 th (Tue)		
6 th (Sat)			17 th (Wed)		
8 th (Mon)			18 th (Thurs)		

◇Cervical cancer screening/ Breast cancer screening

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

Date	Area	Venue
8 th (Mon)	Senmaya	Senmaya Rural Environment Improvement Center 千厩農村環境改善センター
9 th (Tue)		
10 th (Wed)		
25 th (Thurs)	Hanaizumi	Hanaizumi General Welfare Center 花泉総合福祉センター
26 th (Fri)		

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

Colorectal cancer screening

(reception hours: 9:30am~11:30am)

Date	Area	Venue
13 th (Sat)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター

In addition, tuberculosis medical examination is carried out.

For further details, check the Adult Medical Examination Schedule posted on Ichinoseki City's [Homepage](#).



The National Census is starting

The Census is the nation's most important statistical survey, covering every individual and household residing in Japan.
Beginning Saturday, September 20th, census takers will visit households to distribute questionnaires.
Please provide your current information as of October 1st.

【How to Participate】You can respond either online or by filling out the paper questionnaire.

【Survey Details】The survey includes 17 questions, covering details such as your name, gender, date of birth, head of household, relationship to the head of household, employment status, and the location of your workplace or school.

【Inquiry】
Ichinoseki City Hall General Affairs Division
0191-21-2111 (internal line 8737)
or Regional Development Division of each branch office

【Protection of Personal Information】

Responses are strictly for statistical purposes only. Survey forms will be securely handled by the government. Online responses will be protected to ensure that no information is leaked.

■ Paper response

October 1st (Wed) - 8th (Wed)

Please fill out the paper questionnaire provided and either mail it using the mail-in submission envelope or return it to a census taker who will return to collect it at a later date.

■ Online Response

From Saturday, September 20 to Wednesday, October 8, you can complete the survey anytime, 24 hours a day, using your computer or smartphone. The survey is available in Japanese, as well as English, Chinese, Korean, Vietnamese, Portuguese, and Spanish.

*For more info, [here](#)

Garbage Sorting App

Guides on “How to Sort Household Garbage” and “How to Put Garbage Out for Collection” can be confirmed on the city’s Garbage Sorting App. (Available in multiple languages)



Android



iOS

*For more info, check out Ichinoseki [HP](#)

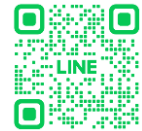
【Inquiries】 Ichinoseki City Hall Lifestyle and Environment Division 0191-21-8341

Tips when visiting a medical institution

- Visit a doctor during open hours
- Have a regular physician
- For weekend and evenings, visit a doctor on duty
- Wear a mask when visiting a medical institution



[Ichinoseki City](#)



You can also confirm the list of doctors on duty on holidays via the Ichinoseki City website/official LINE account.



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 (9:00–17:00).



[Ichinoseki City](#)

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.

Emergency telephone consultation service



Call when you are uncertain whether you should go to the hospital or not. Staff such as nurses are available for consultation.

《Emergency Consultation Service》

- Hours: 24 hours (open all year round)
- Phone: 019-656-1774 or dial #7119

《Children's Emergency Hotline》

- Target: Families, children under 15 years old that live in Iwate Prefecture
- Hours: 7:00 p.m. – 8:00 a.m. (open year-round)
- Phone number: 019-605-9000 or dial #8000

- 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](#).

Further resources

<u>Iwate Prefecture</u> 	Find link to comprehensive English Guide that includes important information	TEL: 019-651-3111
<u>Iwate International Association</u> 	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: 9:00–20:00
<u>Ichinoseki City English Guide</u> 	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.	TEL: 0191-21-2111
<u>Ichinoseki International Association</u> 	Consultation services for foreign residents available. Staff can speak English and have tools to assist in other languages.	TEL: 0191-34-4711 Hours: 9:00–18:00 (Closed: Sundays/holidays Dec.29–Jan.3)
<u>Yorisoi Hotline</u> 	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
<u>AMDA Medical Information Center</u> 〔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: 10:00–16:00 (Monday–Friday)