



Ichinoseki Multilingual Information 12月

English

12月
December
2025

Ichinoseki International Association/
Ichinoseki ILC Promotion Division



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

Notice of payment in December

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 Fixed asset tax 3rd term
- ② National Health Insurance Tax (general collection) 6th term
- ③ Medical insurance premiums for the latter-stage elderly (general collection) 6th term

Payment deadline: Monday, January 5th, 2026

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

Year-end garbage disposal

	Ichinoseki Garbage Disposal Center	Daito Garbage Disposal Center
Garbage Collection	Until Dec 30 th (Tue)	
	From Jan 5 th (Mon)	From Jan 2 nd (Fri)
Acceptance of Garbage (brought in)	Until Dec 27 th (Sat) 11:30am	Until Dec 26 th (Fri) 4:30pm
	From Jan 5 th (Mon)	

* Please confirm with the garbage disposal calendar.

【Inquiries】

Ichinoseki Garbage Disposal Center 0191-21-2157
Daito Garbage Disposal Center 0191-75-3149

Livelihood support consultations

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

- Date: December 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



Cooperation with snow removal

When snowfall is heavy, vehicles to remove snow are dispatched.

In Ichinoseki, snow is first removed from roads with heavy traffic as well as bus and school commute routes. Snow is removed from late at night to early morning. Ichinoseki City does not remove snow shoveled at home and put out in front of your residence.

【Request for cooperation】

- Please shovel the areas in front of your home yourself

【Caution】

- Do not park on the street
- Do not go near the snowplow
- Do not put snow out onto the street



【Inquiry】 < City road > Ichinoseki City Hall, Road Management Division 0191-21-8523/ Construction and Development Division, Construction and Agriculture Center 0191-53-3973/ Industrial Construction Division of each branch office

< National Route 4 > Mizusawa National Highway Maintenance Branch Office 0197-24-2187

Other National Roads & Prefectural Roads

• Ken'nan Regional Promotion Bureau (Ichinoseki, Hanazumi area)

Ichinoseki Civil Engineering Center: 0191-26-1418

• (Other regions)

Senmaya Civil Engineering Center: 0191-52-4971



December 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.



- ◇ Colorectal cancer screening
- ◇ Gastric cancer screening, colorectal cancer screening

Date	Area	Time
12 th (Fri)	Kawasaki Civic Center 川崎市民センター	6:30am~8:30am

- ◇ Cervical cancer screening / Breast cancer screening

Date	Area	Time
13 th (Sat)	Kawasaki Civic Center 川崎市民センター	9:30am~10:30am 1:00pm~2:00pm

- ◇ Breast cancer screening

Date	Area	Time
14 th (Sun)	Ichinoseki Community Health Center 一関保健センター	9:30am~10:30am 1:00pm~2:00pm

【Inquiries】

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

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

To everyone visiting a medical institution

Many medical institutions will be closed during the New Year holidays.

Please check the closing dates in advance.
If you are currently seeing a doctor, make sure to visit before the closing date so you don't run out of medication.



Winter 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.

Date/Time	Location	Who is eligible
December 21 (Sun) 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 use the application form on the Ichinoseki Council of Social Welfare [website](#).
- Application date: Until Dec 8th (Mon) 5:00pm

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

Application form→



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](#)[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.

«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



«Emergency Consultation Service»

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

- 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

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

<p><u>Iwate Prefecture</u></p> 	<p>Find link to comprehensive English Guide that includes important information</p>	<p>TEL: 019-651-3111</p>
<p><u>Iwate International Association</u></p> 	<p>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.</p>	<p>TEL: 019-654-8900 Hours: 9:00–20:00</p>
<p><u>Ichinoseki City English Guide</u></p> 	<p>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.</p>	<p>TEL: 0191-21-2111</p>
<p><u>Ichinoseki International Association</u></p> 	<p>Consultation services for foreign residents available. Staff can speak English and have tools to assist in other languages.</p>	<p>TEL: 0191-34-4711 Hours: 9:00–18:00 (Closed: Sundays/holidays Dec.29–Jan.3)</p>
<p><u>Yorisoi Hotline</u></p> 	<p>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</p>	<p>Specialized line for foreigners in Iwate, Miyagi, Fukushima: 0120-279-226</p>
<p><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〕</p> 	<p>Telephone Consultation for medical matters Free consultation & interpreting service Connection fees will apply</p>	<p>TEL: 03-6233-9266 Hours: 10:00–16:00 (Monday–Friday)</p>