

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, December 1
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: November 6th, 13th, 20th, 27th (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: November 14th (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

International Exchange Notices

【Let's learn about the world! Concert】

Conveying the importance of peace through R&B and gospel music

- Date and time: Sunday, November 30th 2:00pm (doors open 1:15pm)
- Location: Ichinoseki Cultural Center, Chu Hall
- Ticket: 1,000 yen
- *Free for high school students and younger (numbered ticket required)
- Ticket sales location: Ichinoseki International Association/ Ichinoseki Cultural Center

*Please check the Ichinoseki International Association's [Homepage](#) for more details.

【Inquiries】Ichinoseki International Association
0191-34-4711 Email i-intl@snow.ocn.ne.jp

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



November Notification Adult Medical Examination Schedule

Breast Cancer screenings are happening in Nov

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



◇Venue: Ichinoseki Health Center

Date	Reception hours	Date	Reception hours
5 th (Wed)	9:30am~10:30am/ 1:30pm~2:30pm	10 th (Mon) ~ 13 th (Thur)	9:30am~10:30am/ 1:30pm~2:30pm
6 th (Thur) *reservation required	1:30pm~2:30pm/ 5:00pm~7:00pm	14 th (Fri)	1:30pm~2:30pm/ 5:00pm~7:00pm
7 th (Fri)	9:30am~10:30am/ 1:30pm~2:30pm	15 th (Sat)	9:30am~10:30am/ 1:30pm~2:30pm
8 th (Sat) *reservation required	9:30am~11:00am/ 1:30pm~3:00pm		

Breast cancer screening
reservation form



On the 6th (Thursday) and 8th (Saturday), a female technician will be in charge. Since high demand is expected, please make sure to book through the reservation form. (The assignment of female technicians for other dates is yet to be determined.)

【Inquiries】Health Promotion Division 0191-21-2160

Year-end adjustment briefing session (income tax for 2025)

Briefings regarding the 2025 year-end adjustment will be held.

●When/ Venue:

- ①November 18th (Tues)
Ichinoseki Cultural Center
- ②November 25th (Tues)
Higashiyama Regional Exchange Center
- ③November 27th (Thurs)
Kawasaki Civic Center

- Time: 10:00am to 11:30am, 1:30pm to 3:00pm
- Eligible person: Withholding tax obligation holder
- How to apply: reserve by phone

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



Bus replacement service due to the suspension of the JR Ofunato Line

Due to construction work on the JR Ofunato Line, all train service will be canceled and replaced by buses.

- Period: December 1st (Mon) - 3rd (Wed)
- Suspended section: Between JR Ichinoseki Station and Kesenuma Station

Please check the JR East [website](#)
(Train operation information) for details.



【Inquiries】

JR East Inquiry Center 050-2016-1600
(8:00am to 9:00pm operating year round)



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](#)

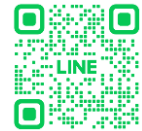
【Inquiries】 Ichinoseki City Hall Lifestyle and Environment Division 0191-21-8341

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

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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](#).

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)