

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.*

【Inquiries】
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: March 5th, 12th, 19th, 26th (every Thursday)
- Time: 10:00–15:00.
- Location: Ichinoseki City General Welfare Center



=Notice of concluding Life Concerns Consultations=

Due to the widespread use of the internet and expansion of various support systems, the number of specialized consultation agencies and contact points have increased. Therefore, this service will conclude at the end of fiscal year 2025.

Going forward, please utilize local consultation desks or the services provided by Ichinoseki City Council of Social Welfare

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

Adult Dental Examinations

Information and examination tickets were sent to eligible persons in May 2025.

Those who wish to have an examination 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.

You can also apply via this QR code.



- Eligible: Those who are 20, 30, 40, 50, 60, or 70 years old as of Tuesday, March 31, 2026
- Medical examination deadline: Tuesday, 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



Disaster prevention administrative information on Ichinoseki Mail

Distributes disaster information and broadcast contents of the outdoor public relations MAST. 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



Installation of the "Madouke" (machine) certificate reception system

By using your My Number Card, you can apply for documents such as a copy of your resident registration and seal registration certificate without having to fill out an application form or present identification documents.

- ◇ Eligible Users: Anyone who is registered as a resident of Ichinoseki and has an My Number Card with a valid 4-digit PIN number registered for their user authentication electronic certificate.
- ◇ Location: City Hall Main Building, 1st Floor Waiting Lobby
- ◇ Available Hours: Weekdays, 8:30 AM - 5:15 PM
 - *Open until 7:00 PM on Mondays (or the following business day if Monday is a holiday)
 - *Service may be suspended due to system maintenance
- ◇ Supported Languages: Japanese, English

◇ Available Certificates and Fees

Types of Certificates (Only the Latest Certificates)	Issuance Fee
Resident Record Copy (For people who are registered as residents in Ichinoseki and their household members) *1	300 yen per copy
Certificate of Registered Seal	300 yen per copy
Tax Certificate (For people who are registered as residents in this city and have filed income tax returns or similar documents in this city)	300 yen per copy
Complete Family Register (Personal) Certificate *2	450 yen per copy
Copy of the Family Register Attached List *2	300 yen per copy

*1 You cannot obtain a residence certificate that includes the resident record code or My Number (individual number)

*2 People who do not have their family register in Ichinoseki City cannot apply.

« Important Notes »

- Only the applicant's My Number Card can be used with this system.
- Facial recognition-only My Number Cards and My Number Cards on smartphones cannot be used.

【Inquiries】 Ichinoseki City Hall, Civic Division 0191-21-8310



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 (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 apply using the advance application form on the [Ichinoseki Council of Social Welfare website](#).
- Application deadline: March 9th (Mon)5:00pm



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

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](#)

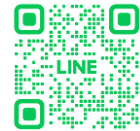
【Inquiries】 Ichinoseki City Hall Lifestyle and Environment Division 0191-21-8341

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 techo*) 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

<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>