

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

### Notice of payment in May

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 Light vehicle tax

Payment deadline: Monday, June 1

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

### Japanese Classes for Children

These classes are for elementary and junior high school students from overseas. Participants will learn the Japanese needed for daily life. Parents are also welcomed to join with their children.

- Dates: Held twice a month on Saturdays.
- Time: 3:30 pm - 4:30 pm
- Venue: Nanohana Plaza, 3rd Floor
- How to Apply:  
Please email us with your name, phone number, and country of origin.

\*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](mailto:i-intl@snow.ocn.ne.jp)

### Be wary of bears



In 2025, bear sightings were the highest in the past five years. From spring to summer, young bears and mother-and-cub pairs tend to appear more frequently, so extra caution is necessary. When going out, please check bear sighting information in advance.

#### ● Ways to avoid encounters with bears

1. Create an environment that does not attract bears  
Do not leave garbage outside; harvest fruit promptly

• Do not leave food waste such as raw garbage or vegetable scraps outdoors, as these can attract bears.

• Harvest fruit from garden trees before bears have a chance to eat it.

2. Precautions when going outside

Choose the right time and make noise

Bears are most active in the early morning and evening. Be especially cautious when going out during low-light hours.

Carry items such as bells or radios to make noise and let bears know of your presence.

#### ● What to do if you encounter a bear

1. If you spot a bear

Stay calm and slowly leave the area

○ Do not turn your back on the bear. Slowly back away while keeping your eyes on it.

✗ Do not shout or run away, as this may startle the bear and trigger a defensive attack

2. If you are very close to a bear and cannot escape  
Protect your face and head

To protect your life, it is important to cover your face and head/neck with both arms and, for example, lie face down to reduce the risk of serious injury.

#### ● How to check bear sighting information

◇ [Ichinoseki eMap](#)

Past bear sightings are displayed on a map.

◇ @infocanal/Ichinoseki Mail

If a bear sighting is reported in Ichinoseki City, notifications are sent via the smartphone app “@infoCanal” and “Ichinoseki Mail.”

To register



Android



iOS



For receiving emails

◇ FM ASMO

Information on bear sightings reported to Ichinoseki City is also shared via community FM Station “FM ASMO”.

**May Notification  
Adult Medical Examination Schedule**

- Medical screenings for adults will start on May 9th (Saturday) in Ichinoseki.
- There are "simultaneous examination" schedules that allow you to undergo several tests in a single day, including cardiovascular and cancer screenings. Check the schedule and take this opportunity to visit.
- Please check the homepage for information on examination details and eligibility.
- If you do not have your medical examination ticket, please apply via the contact information or the QR code on the right.



◇ **Simultaneous consultation** (reception hours: 6:45 am to 9:00 am)

Cardiovascular examination (basic medical examination, specific examination, examination of latter stage elderly)  
Gastric cancer screening, colorectal cancer screening, lung cancer screening, Tuberculosis screening, hepatitis virus screening

Date	Area	Venue	Date	Area	Venue
9 <sup>th</sup> (Sat)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター	21 <sup>st</sup> (Thurs)	Murone	Murone Kyoku Roku Fureai Center 室根曲ろくふれあいセンター
10 <sup>th</sup> (Sun)			22 <sup>nd</sup> (Fri)		
11 <sup>th</sup> (Mon)			23 <sup>rd</sup> (Sat)		
12 <sup>th</sup> (Tues)	Hanaizumi	Hanaizumi General Welfare Center 花泉総合福祉センター	24 <sup>th</sup> (Sun)	Daito	Daito Volleyball Memorial Hall 大東バレーボール記念館
13 <sup>th</sup> (Wed)			25 <sup>th</sup> (Mon)		
14 <sup>th</sup> (Thurs)			26 <sup>th</sup> (Tues)		Sarusawa Tradition Community Hall 猿沢伝承交流館
15 <sup>th</sup> (Fri)	Higashiyama	Matsukawa Civic Center 松川市民センター	27 <sup>th</sup> (Wed)	Kawasaki	Kawasaki Gymnasium 川崎体育センター
16 <sup>th</sup> (Sat)		Higashiyama Regional Exchange Center 東山地域交流センター	28 <sup>th</sup> (Thurs)		
17 <sup>th</sup> (Sun)			29 <sup>th</sup> (Fri)		
18 <sup>th</sup> (Mon)			30 <sup>th</sup> (Sat)		
19 <sup>th</sup> (Tues)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター	31 <sup>st</sup> (Sun)	Daito	Daito Community Center 大東コミュニティセンター
20 <sup>th</sup> (Wed)					

◇ **Cervical cancer screening/ Breast cancer screening**

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

Date	Area	Venue
19 <sup>th</sup> (Tues)	Higashiyama	Higashiyama Regional Exchange Center 東山地域交流センター
20 <sup>th</sup> (Wed)		

【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](mailto:ichinoseki_shobo@x.bmd.jp)

【Inquiries】 Fire Department Fire Department 0191-25-5912



### 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](#)

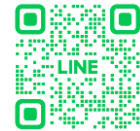
【Inquiries】 Ichinoseki City Hall Lifestyle and Environment Division 0191-21-8341

### 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><a href="#"><u>Iwate Prefecture</u></a></p> 	<p>Find link to comprehensive English Guide that includes important information</p>	<p>TEL: 019-651-3111</p>
<p><a href="#"><u>Iwate International Association</u></a></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><a href="#"><u>Ichinoseki City English Guide</u></a></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><a href="#"><u>Ichinoseki International Association</u></a></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><a href="#"><u>Yorisoi Hotline</u></a></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><a href="#"><u>AMDA Medical Information Center</u></a> 〔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 &amp; interpreting service Connection fees will apply</p>	<p>TEL: 03-6233-9266 Hours: 10:00–16:00 (Monday–Friday)</p>