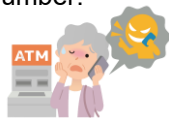


Notice of payment in July

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 2nd term of Fixed Asset Tax
- ② 1st term of National Health Insurance Tax (general collection)
- ③ 1st term of Medical Insurance Premiums for the Latter-stage Elderly (general collection)
- ④ 1st term of Nursing Care Insurance Premium (general collection)

Payment deadline: Friday, July 31

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

If you are having trouble paying into the National Pension

If you have trouble making pension payments due to an income reduction or loss of work, please use the "National Pension Contribution Exemption/Payment Postponement" rather than missing payments.

- Exemption due to Loss of Work: Please bring your Separation Notice (雇用保険被保険者離職票). Applications can be made for up to 2 years and 1 month prior.
- Applications for the 2026 fiscal year (for July 2026~ June 2027): July 1st (Wednesday) ~

【Inquiries】 Ichinoseki City Hall National Health Insurance and Pension Division 0191-21-8316
Or at each branch office's Civic and Welfare Division

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

Summer 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: July 25 (Sat) 10:00–14:00.
- Location: Ichinoseki City General Welfare Center/
Kawasaki Rural Labor Welfare Center
- Who is eligible: 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 July 3rd (Fri) 5:00 p.m.

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



July 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.

◇ Simultaneous consultation (reception hours: 6:45–9:00 a.m.)

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
1 st (Wed)	Senmaya	Senmaya Rural Environment Improvement Center 千厩農村環境改善センター	6 th (Mon)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター
2 nd (Thurs)			7 th (Tues)		
3 rd (Fri)			8 th (Wed)		
4 th (Sat)			9 th (Thurs)		
5 th (Sun)	Ichinoseki	Ichinoseki Community Health Center 一関保健センター	10 th (Fri)		Ichinoseki Cultural Tradition Hall (Maikawa) 一関文化伝承館(舞川)

◇ Cervical cancer screening/ Breast cancer screening

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

Date	Area	Venue	Date	Area	Venue
8 th (Wed)	Fujisawa	Nikoniko Dome ニコニコドーム	17 th (Fri)	Senmay	Senmaya Rural Environment Improvement Center 千厩農村環境改善センター
9 th (Thurs)			18 th (Sat)		
16 th (Thurs)	Senmay	Senmaya Rural Environment Improvement Center 千厩農村環境改善センター	27 th (Mon)	Murone	Murone Kyoku Roku Fureai Center 室根曲ろくふれあいセンター
			28 th (Tues)	Kawasaki	Kawasaki Civic Center 川崎市民センター

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

Notices from the International Association

【Chinese Cooking Class】

Have fun learning about culture through food!

- Date/time: July 15 (Wed) 10:00 am–12:00 pm
- Venue: Murone Civic Center
- Fee: 800yen (for ingredients)
- Capacity: 15 people
- Application: Please respond by July 7 (Tues) 3:00pm via the [application](#).



【Inquiries】

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

【Multicultural Disaster Prevention Seminar】

What should you do in an earthquake, fire, or typhoon?

Learn how to prepare to save your life!

- Date/Time: July 25 (Sat) 2:00pm–3:00 pm
- Place: Nanohana Plaza
- Cost: Free
- Target Participants: Foreign residents or those interested in helping foreigners
- Max No. of Participants: 30
- Details of the seminar:
 - ① Learn what to do when a disaster happens
 - ② Confirm the location of your local evacuation center.
 - ③ Consider what to pack and what you can do at home in preparation for an evacuation.
- RSVP: Please respond by July 18 (Sat) 3:00pm via the [application](#).



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](#)

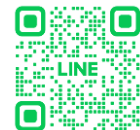
【Inquiries】Ichinoseki City Hall Lifestyle and Environment Division 0191-21-8341

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

<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)