# Ichinoseki Multilingual Information

English

10 月

October 2026

Ichinoseki International Association/
Ichinoseki ILC Promotion Division

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

## Notice of payment in October

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 3rd term of City prefectural tax (general collection)
② 4th term of National health insurance tax (general collection)
③ 4th term of medical insurance premiums for the elderly (general collection)

Payment deadline：Monday, November 2

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

## 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 0191-25-5912

## October 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**
（reception hours：9:30am～11:30am）

| Date | Area | Venue |
|---|---|---|
| 4th（Sun） | Ichinoseki | Ichinoseki Community Health Center 一関保健センター |

In addition, tuberculosis medical examination is carried out.
For further details, check the Adult Medical Examination Schedule posted on Ichinoseki City's Homepage.

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

## International Exchange Notices

**【International Sports Tournament】**
**We'll be playing Dodgebee!**

Application form

●Date: Sunday, November 1
● Time: 10:00am-12:00pm
●Location: Sun Abilities Ichinoseki
●Capacity: 30 people (high school students and above)
●Application deadline: Saturday, October 24th, 3:00pm
●How to apply: Email/Application form

**【Let's learn about the Charms of Vietnam! 】**

University students from Ho Chi Minh City will introduce Vietnam

Application form

●Date: Friday, October 23
●Time: 1:30pm-3:00pm
●Location: Nanohana Plaza
●Application deadline: Friday, October 16, 3:00pm
●How to apply: Email/Application form

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

## Flu Shot/Novel Coronavirus Subsidy for Children & Seniors

■Subsidized Period:
Oct.1st (Thu.)～Jan.31st, 2027(Sun.)

■Please refer to the city homepage for info on:
* Those eligible and subsidized amounts
* Eligible Medical Facilities

For information on pediatric influenza vaccine, see here.

For information on influenza/COVID-19 vaccine in the elderly, see here.

- Make a reservation in advance at a medical facility.
- Vaccination tickets and pre-vaccination questionnaire are distributed by participating facilities.
- Those wishing to get vaccinated at a non-participating facility should inquire at the numbers below.

■Note:
① Vaccines cannot be administered to those with a fever greater than 37.5℃ or a serious illness.
② In some cases, the doctor may decide to postpone vaccination. Please consult with your doctor on a day that you're in good health.

【Vaccination and cost, subsidy process】

① Make a reservation at a medical institution in advance
② Bring your identification documents (My Number Card) and maternal and child health handbook to receive the vaccination. A pre-examination form/vaccination ticket will be given out at the medical institution where the vaccination will be administered
③ Pay the amount determined by each medical institution minus the subsidy amount

【Everyday Precautions are Important】

Vaccines are not guaranteed to completely prevent infection. Please be thorough with infection prevention measures such as mask-wearing, handwashing, and gargling.

【Inquiries】
《About Flu Shots for Children》
Children and Domestic Affairs Division 0191-21-5409
《About Flu Shots/Novel Coronavirus for Seniors》
Health Promotion Division 0191-21-2160

## The Ichinoseki-Hiraizumi Hot Air Balloon Festival 2026

**Competition flights** * Subject to change depending on weather conditions
October 9th (Fri) and October 10th (Sat), 6:10am-/2:45pm-
October 11th (Sun), 6:10am-
◇Location: Ichinoseki Mizube Plaza, Ichinoseki Hirose UDome Parking Lot, and more.

**Tethered hot air balloon ride, hot air balloon class**
◇Date and time/location
Friday, October 9th, Ichinoseki Mizube Plaza
Saturday, October 10th and Sunday, October 11th, Ichinoseki Hirose UDome Parking Lot
◇Time: 7:00am onwards
*Advance reservations required through "Ichi Tabi" (Ichinoseki Tourism Association website)
Ichi Tabi

**Balloon Illusion**
◇Date and time: October 10th (Sat), 6:00pm
◇Location: Iwai River Green Space
Baloon Festival Facebook

【Inquiries】Ichinoseki Hiraizumi Balloon Festival2026 Executive Committee (Ichinoseki City Hall, Tourism and Local Products Division) 0191-21-8413
For inquiries on the day: 070-1141-4138/070-1144-7683

## National Mochi Festival in Ichinoseki

Enjoy unique regional mochi dishes. There will also be a mochi-pounding competition and a mochi-throwing event.

◇Date and time:
October 10th (Sat), 10:00am-4:00pm
October 11th (Sun), 10:00am-3:00pm
◇Location: Ichinoseki Hirose U-Dome



【Inquiries】
National Mochi Festival 2026 in Ichinoseki Executive Committee (Ichinoseki City Hall, Tourism and Products Division) 0191-21-8415

## Agricultural Festival/Housing Festival 2026

◇Time/Date：October 24 (Sat) 9:30am-4:00pm
October 25 (Sun) 9:30am-3:00pm
◇Location： Ichinoseki Hirose U-Dome
Click here for more details

【Inquiries】Agricultural Festival: Ichinoseki Industrial Festival Committee 0191-26-5114/Housing Festival: Housing Festival 2026 Executive Committee Secretariat 0191-21-8541

## Commerce and Industry Festival

◇Time/Date： October 17 (Sat) 9:30am-4:00pm,October 18 (Sun)9:30am-3:00pm
◇Place： Nanohana Plaza/Main Street Pedestrian Mall
【Inquiries】 Iwate Nichi-nichi Shimbun Sales Office Secretariat: 0191-26-5111

Click here for more details

## 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：24 hours (open all year round)*10/1～
- ● 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 at libraries throughout Ichinoseki City.
Or visit the Ichinoseki International Association homepage/Instagram/Facebook/
Ichinoseki City Hall English Guide.

## Further resources

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|---|---|---|
| Iwate Prefecture | Find link to comprehensive English Guide that includes important information | TEL: 019-651-3111 |
| Iwate International Association | 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<br>Hours: 9:00–20:00 |
| Ichinoseki City English Guide | 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 |
| Ichinoseki International Association | Consultation services for foreign residents available. Staff can speak English and have tools to assist in other languages. | TEL: 0191-34-4711<br>Hours: 9:00–18:00<br>（Closed: Sundays/holidays Dec.29–Jan.3） |
| Yorisoi Hotline | Are you having a problem with your visa, nationality, family, work, everyday living, discrimination, domestic violence, confinement, or human trafficking?<br>Consultation can be made by toll-free number, Facebook messenger, or through an online chat system | TEL: 0120-279-338 |
| AMDA Medical Information Center<br>〔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<br>Free consultation & interpreting service<br>Connection fees will apply | TEL: 03-6233-9266<br>Hours: 10:00–16:00<br>（Monday–Friday） |