Ichinoseki Multilingual Information

English

11月 November 2026

Ichinoseki International Association/
Ichinoseki ILC Promotion Division

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

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, November 30

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

Official Ichinoseki City Children's Center Instagram

Information on parenting support programs, child-rearing events, and useful parenting resources.

【Inquiries】
Children and Domestic Affairs Division
0191-21-2165

ICINOSEKI.KODOMOKATEI

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

International Exchange Notices

【Let's learn about the world! Concert】
Conveying the importance of peace through African and gospel music

●Date and time: Sunday, November 22nd 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

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	Reservation	Date	Reception hours	Reservation
7th（Sat）	**B**	Necessary	17th（Tues）	**A**	Not Necessary
8th（Sun）	**B**	Necessary	18th（Wed）	**C**	Not Necessary
9th（Mon）	**C**	Necessary	19th（Thurs）	**A**	Not Necessary
10th（Tues）	**A**	Not Necessary	20th（Fri）	**A**	Not Necessary
16th（Mon）	**A**	Not Necessary	21St（Sat）	**A**	Not Necessary

On the 7th (Saturday) to 9th (Monday), a female technician will be in charge. Since high demand is expected, please make sure to book through the reservation form.

Breast cancer screening reservation form

【Inquiries】Health Promotion Division 0191-21-2160

Please Help Us Promote Appropriate Use of Medical Services

【Please Seek Medical Care During Regular Office Hours】
Due to a shortage of healthcare professionals and an aging population, the burden on medical facilities continues to increase each year. Please seek medical care during regular daytime office hours wherever possible.

【For Medical Care on Holidays and at Night, Please Use the Designated On-Duty Medical Services】
Information on on-duty medical facilities can be found at Ichinoseki City Hall, Ichinoseki Fire Department Headquarters, in the newspaper, or on the Ichinoseki City official website.

Category	Consultation Days	Consultation Times	Medical Facilities
Holidays	Sundays, Public Holidays, and the New Year Holiday Period	9：00am～5：00pm *Registration closes around 4:30pm	West Area: 2 locations (Internal Medicine and Surgery) East Area: 1 location
Nights	Weeknights *Excludes the Obon holiday period	6：00pm～8：00pm *Registration closes around 7：30pm	West Area: 1 location East Area: 1 location

*Registration may close early depending on how busy it is
*Please call ahead of using the service

【Choose a primary care doctor】
A primary care doctor is a physician who provides ongoing medical care and health management for you and your family.
By understanding your medical history, your doctor can provide personalized care. Having a regular doctor can also help avoid unnecessary repeat visits to multiple medical providers due to concerns or uncertainty about your health.

【If You Are Unsure What to Do in the Event of a Sudden Illness or Injury, Call for Advice】
If you are unsure whether to go to a hospital immediately or call an ambulance, use the Emergency Medical Consultation Hotline or the Children's Emergency Medical Consultation Hotline.
In an emergency, do not hesitate to call **119** for an ambulance.

《Emergency Medical Consultation Hotline》
Available 24 hours a day, 365 days a year
#7119 For landline phones with rotary dialing or IP phones: **019-656-1774**
《Children's Emergency Medical Consultation Hotline》 Available 24 hours a day, 365 days a year
#8000 For landline phones with rotary dialing or IP phones: **019-605-9000**
(For children under 15 years of age)
【Inquiries】Health Promotion Division 0191-21-2160

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).

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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

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 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 Hours: 9:00–18:00 （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? Consultation can be made by toll-free number, Facebook messenger, or through an online chat system	TEL: 0120-279-338
AMDA Medical Information Center 〔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）