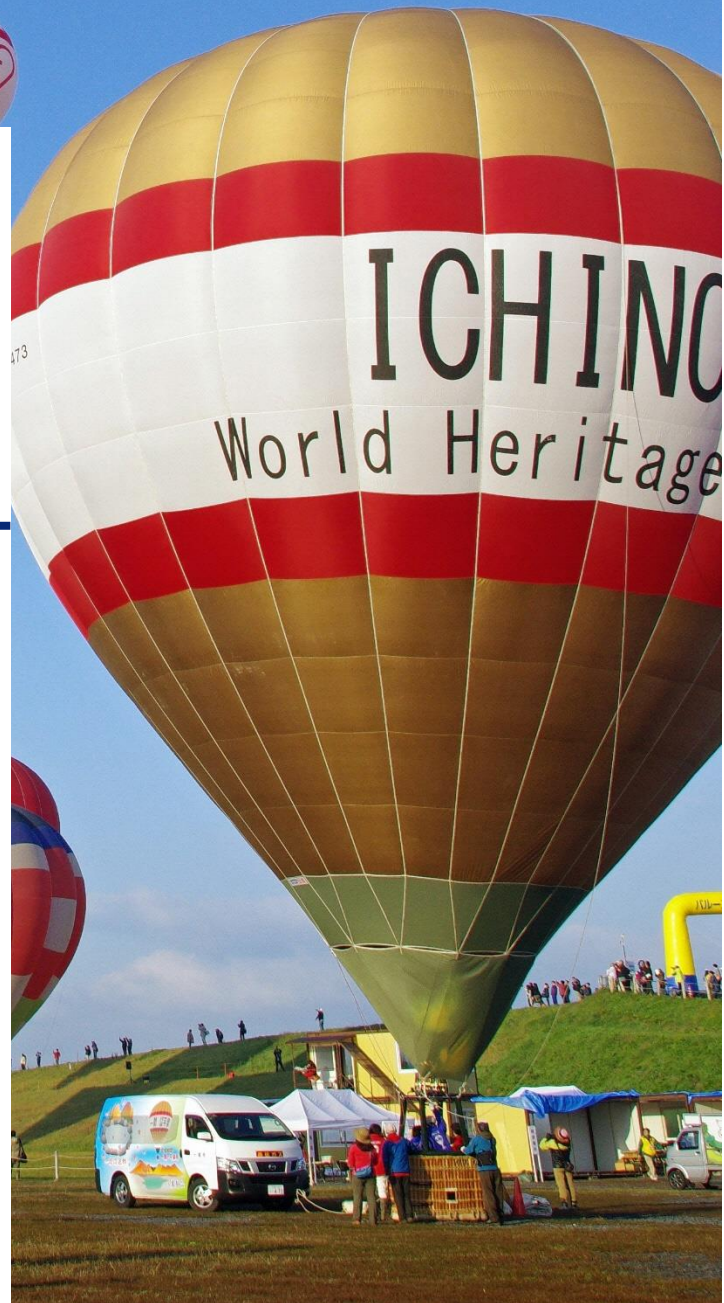


Ichinoseki Living Guide

2023 VERSION

Ichinoseki City



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Ichinoseki Living Guide

This is a general translation of the Ichinoseki Living Guide that every resident of Ichinoseki receives when they move to the city. It is my hope that this guide will help you to understand the functions of Ichinoseki City Hall and its respective branches.

Japanese is provided under each section as a guide to those who may need it for explanatory purposes.

If you feel that there should be additions or adjustments, please contact kouhou@city.ichinoseki.iwate.jp

Lastly, if you wish to call a number in the Ichinoseki and Hiraizumi area from a cellphone, or from outside of those areas, the area code is (+0191). If you see a number in this guidebook such as TEL 12-345, replace the TEL with 0191 unless using a fixed line phone in Ichinoseki.

To view the original Living Guide (Japanese) click the link:

<https://www.city.ichinoseki.iwate.jp/index.cfm/8,90088,c,html/90088/20220323-120011.pdf>

Further resources

Most of the contacts in this guidebook will only be able to handle your enquiries in Japanese.

If you have an inquiry that cannot be met at the municipal level or feel that you need further support, please try visiting one of the following:

- Iwate International Association いわてけんこくさいこうりゅうきょうかい 岩手県国際交流協会:
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) <https://iwate-ia.or.jp/?l=en>
- Ichinoseki International Association いちのせきこくさいこうりゅうきょうかい 一関市国際交流協会
Consultation for foreign residents is available. Staff can speak English and have tools to assist in other languages. Volunteer interpreting and translation can be arranged.
(TEL: 0191-34-4711 Hours: 9:00~18:00 (closed Thurs, holidays and Dec.29-Jan3): <https://www.ichinoseki-ia.jp/>
- Iwate Prefecture's website
<https://www.pref.iwate.jp/kyouikubunka/kokusai/1006971/index.html>

1) Location and Geography 一関の位置・地勢

Ichinoseki is located in the center of the Tohoku region, about 450 km from Japan's capital city of Tokyo, and situated between the cities of Sendai and Morioka. The population is 111,932 people (as of 2020), with an area of 1,256.42 km². Ichinoseki is about 63 km across from east to west and about 46 km from north to south. It's the second largest city in Iwate in terms of size and third in population. It serves as the economic, cultural, and educational center of Southern Iwate and Northern Miyagi and functions as a hub of Central Tohoku.

Adjacent to Miyagi and Akita prefectures, the city is home to impressive tourist destinations such as Mount Kurikoma, a mountain which spans across 3 prefectures, scenic spots such as Geibikei and Genbikei, and many hot springs. It also connects tourists to the town of Hiraizumi, a UNESCO designated World Heritage Site, and the Sanriku area. The climate is relatively temperate compared to other parts of Iwate Prefecture. The west side of the city is influenced by the Sea of Japan which causes there to be large amounts of rain in summer and snow in winter. From the city center to the east side, towards the Pacific Ocean, the weather is relatively clear during the winter. The city is blessed with abundant nature which transforms from season to season. The Kitakami Mountains are the candidate site for the large-scale research facility, the International Linear Collider (ILC)*. The Kitakami Highlands, run through Ichinoseki with the peak of Mount Murone dominating the skyline. The Ou Mountain Range, which includes Mt. Kurikoma, surrounds the western part of the city and the great Kitakami River of Tohoku gently flows through it.

Furthermore, the city has long been enthusiastic about education and academic research. Ichinoseki is the birthplace of many prominent people such as Ashi Tozan who was a pioneer of Japanese penal legislature, Seian Tatebe who fostered the development of Western medicine (as introduced to Japan by the Dutch during the Edo period) and human resources and Gentaku Otsuki who opened the first Rangakujuku (a school of Western studies) in Japan.

*The International Linear Collider (ILC) is a proposed electron/positron collider that would be built in a linear 20km+ underground tunnel. Experiments using this device are expected to recreate the state of the Big Bang (just after the beginning of the universe), elucidating the mysteries of the universe's genesis, time and space, and mass.

一関市は東北地方の中央に位置し、首都圏からは約450km、仙台と盛岡の中間地点にあり、人口は111,932人（令和2年国勢調査）で、面積は1,256.42km²、市域は東西に約63km、南北に約46kmの広がりがあり、岩手県内で、人口は第3位。面積は第2位の規模となっています。岩手県南・宮城県北の『中東北の拠点都市』として、経済・文化・教育の中心となっています。また、宮城、秋田の両県に隣接し、市内には3県にまたがる栗駒山、尻尾溪や厳美溪の名勝地、一関温泉郷などの観光地があり、世界遺産登録のまち「平泉」や三陸方面への観光拠点ともなっています。気候は、岩手県内では比較的温暖な地域となっています。市の西側は日本海側の気候の影響を受け降水量も多く、冬期間は雪に覆われます。市の中央から東側にかけては太平洋側の気候に属し、冬期間も晴れやすい地域となっています。このように、当市は四季折々に多彩な表情をあらわす豊かな自然に恵まれ、世界にただひとつの大型研究施設国際リニアコライダー（ILC）※の建設候補地になっている北上高地には独立峰の室根山がそびえ、市西部の奥羽山脈には栗駒山をはじめとする山並みが連なるなど山々に囲まれています。市の中央部には東北一の大河北上川が緩やかに流れています。さらに、当市は古くから教育や学問に熱心な地域で、日本の刑法界の先駆者として活躍した戸東山、蘭方医学の隆盛と多くの人材を育てた建部清庵、我が国最初の蘭学塾を開いて多くの門人を育てた大槻玄沢など多くの偉人を輩出しています。

※国際リニアコライダー（ILC）とは 国際リニアコライダー（ILC）は、全長20kmを超える直線の地下トンネルの中に設置される線形加速器で、トンネルの中央で電子と陽電子を衝突させる実験装置です。この装置で行う実験により、ビッグバン（宇宙誕生直後）の状態を再現させ、宇宙創生の謎、時間と空間の謎、質量の謎の解明などにつながる事が期待されています。

2) City Hall and Branch Offices しやくしよ ししよ 市役所と支所

The city hall and each of its branches are open from Monday to Friday from 8.30am to 5.15pm*, but are closed on national holidays and year-end holidays.

*The Civic Division and a few other divisions within city hall and branch offices have extended opening hours every Monday (or the following day in the event of a national holiday), and remain open until 7pm.

Main services provided during these extended hours are:

- notification of change of residence or family register; issuance of residence certificates or official copies of family register; registering of personal seals ('inkan' in Japanese) and issuing of said certificates
- notification and consultation regarding National Health Insurance and National Pension
- issuance of income and other certificates; payment of and consultation regarding city taxes
- notification and consultation regarding child welfare

Note: Necessary documentation depends on the type of notification, so please check beforehand.

City Hall and Branch Details ちやうしゃあんない 庁舎案内

いちのせきしやくしよ Ichinoseki City Hall (一関市役所)

Address: Ichinoseki-shi, Takeyama-cho 7-2

Tel: 0191-21-2111

1st floor: Information, Waiting Room, Director's Office: Department of Citizens and Environment, Director's Office: Department of Health and Welfare, Municipal Tax Division, Property Tax Division, Tax Payment Division, Civic Division, National Health Insurance and Pension Division, Lifestyle and Environment Division, Welfare Division, Elderly Society Division, Water Supply Customer Center, Department of Water and Sewerage, Accounting Division, Regional General Support Center, Designated Financial Institution Branch Office

2nd Floor: Finance Division, Election Administration Commission, Council, All Member's Meeting Room, Committee Member's Room. Restaurant, Store, Labor Union Office, Large Meeting Room

3rd Floor: Mayor's Office, Deputy Mayor's Office, Secretarial Division, Special Meeting Room, Director's Room of Mayor's Office, Director's Office: Department of General Affairs, Policy Planning Division, ILC Promotion Division, Project Promotion Division, Women's Advancement Division, Youth Advancement Division, Public Relations and Communications Division, General Affairs Division, Personnel Division, Press Room

4th Floor: Director's Office: Department of Agriculture and Forestry, Director's Office: Department of Construction, Agricultural Policy Promotion Division, Agricultural Production and Marketing Division, Forestry Policy Promotion Division, Road Construction Division, Road Management Division, Flood Control and River Division, City Management Division

5th Floor: Director's Office: Department of Community Development Promotion, Director's Office: Department of Commerce Industry and Labor, Director's Office: Department of Water and Sewerage, Community Development Promotion Division, Social Life Development Division, Community Interaction Promotion Division, Commercial Policy Division, Tourism and Local Products Division, Industrial Labor Policy Division, Sewerage Division, General Management Division, Auditor, Small Meeting Room, Counselling Room

Separate building: Ichinoseki Regional Administrative Association

<p>Ichinoseki Health Center (一関保健センター) <small>いちのせきほけん</small> Maeta-1 3-1 Yamanome, Ichinoseki, Iwate TEL: 0191-21-2160</p> <p>1st floor: Department of Children and Health Promotion Division, Children and Domestic Affairs Division, Childcare Division, Novel Coronavirus Vaccination Measures Office, Karugamo Class</p>	<p>Fujisawa Branch Office (藤沢支所) <small>ふじさわししよ</small> Address: Ichinoseki-shi, Fujisawa-cho, Fujisawa-aza, Machiura 187 Tel: 0191-63-2111</p> <p>1st floor: Director's Office, Community Development Division, Civic Division, Health and Welfare Division, Industry and Economic Division, Construction Division</p>
<p>Hanaizumi Branch Office (花泉支所) <small>はないずみししよ</small> Address: Ichinoseki-shi, Hanaizumi-cho, Wakutsu-aza, Ichinomachi 29 Tel: 0191-82-2211</p> <p>1st floor: Civic Division, Department of Health and Welfare 2nd floor: Community Development Division, Director's Office 3rd floor: Superintendent's Office, Education Department Director's Office, Education General Affairs Division, School Education Division, Institute of Education, Cultural Property Division, Hondera Estate Office, Industrial and Construction Division</p>	<p>Daito Branch Office (大東支所) <small>だいてうししよ</small> Address: Ichinoseki-shi, Daito-cho, Oohara-aza, Kawauchi 41-2 Tel: 0191-72-2111</p> <p>1st floor: Civic Division, Department of Health and Welfare 2nd floor: Director's Office, Community Development Division, Industry and Economic Division, Construction Division</p>
<p>Senmaya Branch Office (千厩支所) <small>せんまやししよ</small> Address: Ichinoseki-shi, Senmaya-cho, Senmaya-aza, Kitakata 174 Tel: 0191-53-2111</p> <p>1st floor: Civic and Welfare Division, Department of Health and Welfare, Ichinoseki Tobu General Support Center, Ichinoseki City Furusato Hello Work, Consumer Affairs Center Senmaya Consultation Room, Eastern Sewerage Division, 2nd floor: Director's Office, Community Development Division, Industry and Economic Division 3rd floor: Construction Agriculture and Forestry Center, Construction Division, Customer Center, Water Usage for Daily Life Division</p>	<p>Higashiyama Branch Office (東山支所) <small>ひがしやまししよ</small> Address: Ichinoseki-shi, Higashiyama-cho, Nagasaka-aza, Nishimotomachi 105-1 Tel: 0191-47-2111</p> <p>1st floor: Civic and Welfare Division 2nd floor: Director's Office, Community Development Division, Industry and Economic Division, Construction Division</p>
<p>Murone Branch Office (室根支所) <small>むろねししよ</small> Address: Ichinoseki-shi, Murone-cho, Orikabe-aza, Hachiman Oki 345 Tel: 0191-64-2111</p> <p>1st floor: Civic and Welfare Division, Murone Library 2nd floor: Director's Office, Community Development Division, Industry and Economic Division, Construction Division</p>	<p>Kawasaki Branch Office (川崎支所) <small>かわさきししよ</small> Address: Ichinoseki-shi, Kawasaki-cho, Usuginu-aza, Suwamae 137 Tel: 0191-43-2111</p> <p>1st floor: Director's Office, Community Development Division, Civic and Welfare Division, Industry and Economic Division 3rd floor: Kawasaki Rural Environment Improvement Center: Agricultural Committee Chairman's Office, Agricultural Committee</p>

3) Fire, ambulance, disaster

か さ い きゅうきゅうしゃ さいがい
火災・救急車・災害

It is important to identify evacuation sites in the case of fires, earthquakes, typhoons, as well as to be able to administer first aid in emergency situations.

Dial:

110 Police (to report a crime or traffic accident)

119 To report a fire

119 To call for an ambulance (Note: ambulances are FREE in Japan so please don't hesitate to call for one. Emergency calls are toll free)

When calling 119 in Ichinoseki and Hiraizumi in the event of an emergency, there is language support in English, Chinese, Korean, Spanish, and Portuguese.

3-way Interpreting Service:

If you do not feel comfortable using Japanese to express your situation when calling 119, say 'nihongo dekimasen' (I can't speak Japanese) or 'English please'. The operator will then forward you to an interpreter who is stationed in Tokyo and interpret between you and the emergency service. Do not hang up when the emergency service puts you on hold and you hear the words 'shosho omachikudasai' repeatedly. It may seem a little confusing for the first few seconds if you do not understand Japanese, but the operator knows to forward you to someone who can speak to you, so don't worry.

-Take note of your location: As communicating in a language other than Japanese takes twice as long, the emergency service aims to dispatch an ambulance straight away while on the phone with you. Please keep in mind that the interpreter will not be familiar with the Ichinoseki area, so be as specific as possible and speak clearly.

Voicetra:

This is the application that Ichinoseki and Hiraizumi use to communicate with foreign patients at the scene of an emergency. It has 30 different language options. Speak clearly and precisely. If you say long sentences, the application can relay a confusing message. The questions that paramedics ask are often yes/no questions or multiple choice which can be seen in writing on the screen or heard through a speaker.

Fire 火災

To prevent a fire from starting, it is important for every person to know how to handle fire and exercise caution. However, if a fire occurs, stay calm and report it by calling 119, and seek help from your neighbors or people nearby.

火災を未然に防ぐには、一人一人が「火気」の正しい取り扱いを身につけ、「ついうっかり」を無くすることが大切です。しかしながら、もし火災になったら…、あわてず落ち着いて、119番に通報することはもちろん、近所の人の協力を求めることが大切です。

Saving Lives 命を救うため

When calling 119, it is important to convey to the operator:

- the location of the fire (eg. a specific address or the nearest landmark)
- the cause (to the best of your knowledge)
- the current situation (such as the conditions of those affected or of the surrounding area)
- how many people are injured

Brain cells begin to die about three minutes after a person stops breathing and their heart stops beating. After this amount of time, the chances of recovering become significantly lower. The average time for an ambulance to reach its destination in Ichinoseki is about ten minutes.

During this time, first-aid procedures performed by people in the vicinity have the potential to save lives. Please take note of these procedures to aid family, friends, and others nearby in an emergency.

● 命を救うために 119 番に通報したときは、下記を伝えてください。

・住所とだれでもわかる目標 ・どんな事故か ・どんな状態か(呼吸の状態など) ・けが人は何人か

人間は呼吸や心臓が止まってから、約 3 分後から、脳細胞が次第に死滅し、元の社会生活に戻ることが極めて困難になると言われています。

一関地域で救急車が到達するまでの平均時間は約 10 分。その間、その場に居合わせた人の処置が命を救うことにつながります。

応急手当の手順と方法を身に付けましょう。大切な家族、友人、居合わせた人などが突然、命の危機にさらされても落ち着いて対処できるようにしておきましょう。

AED 自動体外式除細動器

Sudden death from cardiac arrest is frequently attributed to ventricular fibrillation (cardiac spasm). Blood cannot be pumped through the body when the heart spasms, which causes rapid loss of consciousness and eventually causes the heart to stop. An AED is a device that administers an electric shock from outside the body to ease heart spasms when ventricular fibrillation occurs.

AEDs are installed in places such as the city hall, branch offices, and gymnasiums.

Learn CPR and how to use an AED so that everyone will be able to help in an emergency.

心臓停止による突然死の原因には心室細動（心臓のけいれん）によるものが多く見られます。心臓がけいれんした状態になると、全身に血液を送ることができなくなり、短時間で意識を失い、やがて心臓も止まってしまいます。AEDは心室細動が起きた場合、体外から電気ショックを与え、心臓のけいれんを取り除くための機器です。AEDは、市役所本庁、支所や体育館などに設置されています。いざというとき、みんなが使えるようAEDを含めた心肺蘇生法を覚えましょう。

Evacuation sites (避難場所) and Evacuation Shelters (避難所)

Important

Evacuation sites (hinanbashi) and evacuation shelters (hinanjo) have different purposes. Evacuation sites are places or facilities to escape to when you feel that you may be in danger. Meanwhile, evacuation shelters are for those who are unable to return home (for example, because their home has been damaged) once the danger has subsided.

Evacuation Sites 避難場所

★ Designated emergency evacuation sites 指定緊急避難場所 shiteikinkyu hinanjo: if you feel that your life may be in danger, these are the places to escape to first. Please make sure to check what type of disaster each location is prepared to handle (links below).

☆ Designated evacuation shelters 指定避難所 shitei hinanjo: The core evacuation centers in an area. These are coordinated by neighborhood evacuation centers. City officials, facility managers, and voluntary disaster prevention organizations cooperate to manage them.

★ Local evacuation shelters 地域避難所 chiiki hinanjo: Resident organizations such as equipment managers and voluntary disaster prevention organizations operate while cooperating with designated evacuation shelters.



These are the evacuation sites and shelters in the case of large-scale emergencies ↓

Google MyMaps of Ichinoseki Evacuation Sites (Updated Mar 2023)

Each evacuation site has information on what kind of disaster it is designed for, whether it be flooding, landslide (sediment) or earthquake. Refer to the QR code or link. Please also make sure to check the most up to date information on the Ichinoseki city website.

*This is best viewed on a PC or android. iPhone lacks details.

[Google MyMaps link](#)

[Ichinoseki City HP: evacuation sites and shelters in Ichinoseki](#)

How to get disaster information 災害情報の取り方

Information on evacuation is announced using outdoor loud speakers located throughout the city, 'Ichinoseki Mail', 'FM ASMO (79.5MHz) Dedicated Radio (Ichinoseki Disaster Radio – free to borrow if you are an Ichinoseki resident. This radio can only broadcast FM ASMO and has an On/Off switch. It will automatically switch on and broadcast any important information regarding a disaster – such as evacuation orders)' and 'Emergency Email'. 'FM ASMO Dedicated Radio' is the most reliable way of receiving information as the outdoor loudspeakers may not be heard indoors when it's windy and rainy; and emergency e-mails cannot be

received on some mobile phones. (Other good resources include the City Homepage, Official City Twitter Feed, and Official City Facebook – these resources are all in Japanese)

Ichinoseki Mail いちのせきメールに^{とうろく}登録を

Register for Ichinoseki Mail which includes

- ◆ Information on disaster occurrence such as fire and rescue
- ◆ Outdoor public relations ‘Mast’ broadcast content
- ◆ Crime prevention and consumer protection
- ◆ Event information.

Receive information from Ichinoseki Mail on the smartphone app @InfoCanal

The Ichinoseki Fire Department Headquarters homepage has details such as how to set it up.



【重要】避難場所と避難所は目的が違います！ 避難場所は、命を守るために急いで逃げる場所や施設のことです。一方、避難所は命の危険が去った後に、家が壊れるなどして帰れなくなった人が避難生活をするところです。

【避難場所等について】 指定緊急避難場所：命の危険を感じた時、最初に逃げるところです。災害の種別ごとに避難が可能が示していますので、必ず確認したうえで避難してください(MyMaps やリンクをご覧ください)。指定避難所：地域の中核となる避難所です。近隣の地域避難所と連携します。市の職員、施設管理者、自主防災 組織などの住民組織が協力して運営を行います。

地域避難所：指定避難所と連携を図りながら、設備管理者や自主防災組織などの住民組織が運営を行います。

* 大部分の施設では「指定緊急避難場所」と「指定避難所」または「地域避難所」は兼ねて指定しています。

【MyMaps について】 一関の避難場所の情報が載っています。詳しくは一関市役所ホームページをご覧ください。

【災害情報の取り方】 避難指示などの情報は、「いちのせきメール」「屋外広報マスト」「FM あすも専用ラジオ（一関防災ラジオ）」「緊急速報メール」などでお知らせしています。しかし、「屋外広報マスト」は、雨や風の強い日は屋内にいと聞こえない、「緊急速報メール」は、利用できない携帯電話もあるなど欠点もあります。

最も詳しく確実に情報をお伝えできるのは「FM あすも専用ラジオ」です。（その他の情報取得方法）市ホームページ、市公式ツイッター、市公式フェイスブック。

【避難所の開設について】 災害時には下表のすべての避難場所等が開設されるわけではありません。どこが開設されているか確認するためには、「FM あすも専用ラジオ」「市ホームページ」で確認するか、一関市役所に設置される災害対策（警戒）本部へお問い合わせください。

いちのせきメールに登録を

いちのせきメールでは、

- ◆ 火災・救助などの災害発生情報（消防車両の出場情報）
- ◆ 屋外広報マストの放送内容
- ◆ 防犯・消費者保護
- ◆ イベント情報などを配信しています。

スマートフォンアプリ「@InfoCanal」（アットインフォカナル）でも、いちのせきメールの情報を受け取れます。設定方法など詳しくは市消防本部ホームページを確認してください。

4) Notifications かくしゅとど 各種届け出

Extended hours まどぐちじ か ん えんちよう 窓口時間延長

At Ichinoseki City Hall and branch offices, counters such as the Civic Division have extended opening hours until 7:00 pm every Monday (or the next day if it is a holiday).

The main operations:

- ▷ Notification of resident transfer/family register, issuance of resident's card/family register, issuance of seal registration and seal registration certificate
- ▷ National Health Insurance, late-stage elderly pension, medical expenses subsidy, national pension notification and consultation
- ▷ Issuance of income certificate, payment of city tax at the counter and consultation
- ▷ Notification and consultation related to child welfare

Please contact us in advance as some documents may need to be submitted depending on the content of the notification.

- ▷ Application for various disability welfare services

Inquiries: Civic Division, National Health Insurance and Pension Division, Tax Division

Tax Payment Division, Property Tax Division, Domestic Affairs Division, Welfare Division, Elderly Society Division

本庁および各支所では、毎週月曜日（休日の場合はその翌日）に市民課などの窓口業務を午後7時まで延長しています。主な業務は次のとおりです。▷住民異動・戸籍の届け出、住民票・戸籍謄抄本の交付、印鑑登録と印鑑登録証明書の交付 ▷国民健康保険・後期高齢・医療費助成・国民年金の届け出と相談 ▷所得証明書などの交付、市税の窓口納付と相談 ▷児童福祉関係の届け出と相談 なお、届け出などの内容によっては提出が必要な書類がありますので、事前に問い合わせください。▷各種障がい福祉サービスの申請 問 本庁 市民課 国保年金課 市民税務課 資産税課 収納課 こども家庭課 児童保育課 福祉課 長寿社会課

Moving In てんにゅうとどけ 転入届

Please confirm your new address in Ichinoseki and notify the city within 14 days after moving in.

(Note: You cannot notify the city in advance)

What to bring:

- notice of moving out from previous city/town in Japan (not applicable if moving in from overseas)
 - identification such as a driver's license, passport, individual number card
 - ▷ To those who file a moving in notification using an Individual Number Card / Basic Resident Register Card
- Elementary and junior high school students also need to complete the transfer procedure. Please bring the certificate of enrollment issued by your previous school to complete the procedures.
- If moving from another city in Japan, please notify the municipality you are moving from in advance. You can also complete this procedure by mail. (If the moving out notification doesn't reach the municipality you are moving to, the moving-in notification cannot be made).
 - Confirm that your Individual Number Card/Basic Resident Register Card has not expired, is suspended, or has been revoked, and that you have not forgotten your PIN.

市外から引っ越してきた日から 14 日以内に、新しい住所の番地やアパート名などを確認して届け出てください(引っ越し前に届け出はできません)。

・前の住所地で発行された転出証明書または個人番号カード・住民基本台帳カード・届け出人の本人確認ができる書類(個人番号カード・運転免許証など)

届け出人の本人確認書類(個人番号カード・運転免許証など) また、小学生や中学生は転校の手続きも必要です。前の学校で発行された在学証明書を持参して手続きをしてください。

▷個人番号カード・住民基本台帳カードによる転入届を行う人へ

・あらかじめ転出地の市町村で転出届をしてください。郵送でも手続きできます。(転出届が転出地市区町村に到着していないと、転入届は受け付けできません)。

・お手持の個人番号カード・住民基本台帳カードが期限切れ・一時停止・廃止などになっていないか、暗証番号を忘れているか確認してください。該当する人はカードによる転入届はできませんので、転出地市区町村から転出証明書の交付を受けてください。

Moving out てんしゅつとどけ 転出届

Please confirm your new address and notify Ichinoseki up to 14 days before moving out or within 14 days after doing so.

What to bring:

・ identification such as a driver's license, passport, individual number card or Residence Card

▷If submitting a moving-out notification online

・A person who owns an Individual Number Card or a smartphone that supports the Individual Number Card can file a move-out notification online.

Please see the city homepage (<https://www.city.ichinoseki.iwate.jp/>) for details.

市外に引っ越すときは、引っ越しの前後14日以内に転出先の住所を確認し、届け出てください。

・届け出人の本人確認書類(個人番号カード・運転免許証など) 新しい市区町村に移動してからの手続きについては転入届の方法を参照してください。

▷郵送で転出届を出す人へ

・郵送で転出届を出すことができます。

市ホームページ (<https://www.city.ichinoseki.iwate.jp/>) からダウンロードした転出届の様式か、転出内容を記載した書面を提出してください。

・個人番号カード・住民基本台帳カードの交付を受けている人は、カードを同封しないでください。転入届の際、カードが必要になります。

・個人番号カード・住民基本台帳カードを持っていない人には、転出証明書を交付しますので、84円切手を貼った返信用の封筒と一緒に送付してください。

・届出人の本人確認書類(個人番号カード・運転免許証など)の写しを同封してください。

▷オンラインで転出届を出す人へ

・個人番号カード及び個人番号カードに対応したスマートフォンを所有している人はオンラインで転出届を出すことができます。

くわしくは市ホームページ (<https://www.city.ichinoseki.iwate.jp/>) をご覧ください。

Changing Residences within the city てんきょとどけ 転居届

Please confirm your new address and notify the city within 14 days after moving to your new address in Ichinoseki (notification cannot be made in advance).

What to bring:

・ identification such as a driver's license, passport or Residence Card

・ Those who have National Health Insurance need to bring their insurance card

Elementary and junior high school students who have changed school districts should bring the certificate of enrollment issued by the previous school to complete the transfer procedures.

一関市内で住所を移した場合は、新しい住所に住み始めてから 14 日以内に、新しい住所の番地やアパート名などを確認して届け出てください(引っ越し前に届け出はできません)。

・届け出人の本人確認ができる書類(個人番号カード・運転免許証、パスポート、在留カードなど)

・国民健康保険に加入している人は保険証が必要です

また、学校の区域が変わった小学生や中学生は、前の学校で発行された在学証明書を持参し、転校の手続きをしてください

Notification of Household Changes せたいへんこうとどけ 世帯変更届

When the head of your household changes, or when households divide or merge.

Notify the city within 14 days of the date of the change

What to bring

- identification such as a driver's license, passport or residence card
- National Health Insurance and National Pension booklets if enrolled

世帯主が変わったときや、世帯を分けたり一緒にしたときは、変更のあった日から 14 日以内に届け出てください。◦ 届け出人の本人確認書類（個人番号カード・運転免許証、パスポート、在留カードなど）◦ 国民健康保険に加入している人は、保険証が必要です。

Marriage Notification こんいんとどけ 婚姻届

To register your marriage at city hall, you will need

- Marriage Notification こんいんとどけ 婚姻届 (available at city hall/branches)
- Two adult witnesses + signatures
- Personal identification (driver's license, passport etc.)
- A copy of the family register こせきとうほん 戸籍謄本 if they are a Japanese National and their permanent address is not within Ichinoseki.
- If there is a change in address, you will need to ask for a change of address notification じゅうしょいどうとどけ 住所異動届

*Required documents vary depending on nationality. Concerning marriages between foreign nationals, it's best to consult with the city hall's Civic Division as well as checking with your respective embassy/consulate(s).

届け書の通数は 1 通です。本籍地が一関市以外の人 は、戸籍全部事項証明書（戸籍謄本）を 1 通添付してください。届け書の証人欄に成人 2 人の署名が必要です。住所の異動がある場合は、婚姻届のほかに住所異動の届け出が必要ですので、窓口でお話ください。◦ 届け出人の本人確認書類（個人番号カード・運転免許証など。必要な書類は国籍によって異なります。日本国籍じゃない方の結婚については、市役所の市民課に相談すること、大使館・領事館に確認すること

Pregnancy Notification にんしんとどけ 妊娠届

Once you confirm your pregnancy at a hospital, please inform the Child Care Support Division or the Health and Welfare Division. You will be handed a Maternal and Child Health Handbook and be eligible for health consultations and guidance. The Maternal and Child Health Handbook retains important records such as the progress and status of pregnancy, health checkup data on post-delivery and vaccinations. You will also be issued health checkup tickets.

妊娠届・母子健康手帳等の交付 妊娠が分かたら届け出ましょう。母子健康手帳と妊婦一般健康診査受診票などを交付します。母子健康手帳は、妊娠中の経過や出産の状態、産後の子どもの健康診査データや予防接種などの大切な記録が残ります。

- 交付するもの・母子健康手帳・妊婦一般健康診査受診票・妊婦歯科健康診査受診票・産婦健康診査受診票・新生児聴覚検査受診票
- 届出場所 こども家庭課または各支所保健福祉課 ※母子健康手帳交付申請書は、こども家庭課または東部・北部健康推進室。
- 問い合わせ先 子育て支援課または各支所保健福祉課

Birth Notification

しゅっしょうとどけ
出生届

Please notify the city within 14 days of when your child is born. The characters that can be used for the name are kanji, hiragana and katakana.

What you need:

- Maternal and Child Health Handbook 母子健康手帳

子どもが生まれた日から14日以内に届け出をしてください。届け書右半面に、医師などの出生証明書が必要です。名前に使用できる文字は、常用漢字、人名用漢字、平仮名、片仮名に限られています。・母子手帳

Death Notification

しほうとどけ
死亡届

Notify the city within 7 days of the confirmed death.

A doctor is to fill out the death certificate (死体検案書) on the right half of the death notification form. After the notification is completed, a cremation permit will be issued. This is necessary for the cremation, please do not forget it on the day of cremation.

Reserve if you wish to use the Tsuriyama Funeral Hall or the Senmaya Funeral Hall.

The usage fee is 15,000 yen for those over 12 years old and 7,500 yen for those under 12 years old (in the case of when a citizen dies). Please pay the funeral hall on the day.

死亡したことがわかった日から7日以内に届け出をしてください。届け書右半面に、医師の死亡診断書（死体検案書）が必要です。死亡届の手続き終了後、埋火葬許可証を交付します。これは、火葬に必要になりますので、火葬当日は忘れずにお持ちください。また、釣山斎苑、千厩斎苑を利用する場合は、事前に電話予約が必要です。利用料金は12歳以上が15,000円、12歳未満が7,500円（市民の方が亡くなった場合）です。当日斎苑にお支払ください。

Seal registration

いんかんとろうく
印鑑登録

In Japan, a personal seal (inkan) is often used instead of a signature as official verification in certain situations. An officially registered seal (jitsuin) is used for important documents.

Ichinoseki's seal registration system is card-based. Ichinoseki residents aged 15 years or older can register.

When registering, please bring photo identification such as a valid driver's license, or other photo identification issued by a government agency to the Civic Division. In the case that your identity cannot be confirmed, the person registering will need a guarantor. Registration can be handled by someone on your behalf. For details visit or call the Civic Division or Civic and Welfare Division of any branch. When

registration is completed, a seal registration card 印鑑登録証 will be given. To obtain the certificate, you need to present your personal seal registration card.

日本では、契約などの際に、サインの代わりに印鑑を使うことが多いです。重要書類に使用される登録された印鑑は、「実印」と呼ばれます。一関市の印鑑登録制度は、カード方式です。一関市に住居登録している15歳以上の人（意思能力を有しない人を除く）であれば登録できます。登録する場合は、本人が、印鑑と本人であることを確認できる運転免許証など、官公庁で発行した写真の貼ってある身分証明書を本庁市民課または各市民福祉課に持参ください。もし確認できない場合は、印鑑登録している保証人が1人必要です。代理人による登録手続きもできますが、詳しいことは窓口で直接、または電話でお尋ねください。登録が済みますと印鑑登録証（カード）をお渡しします。印鑑登録証明書が必要な場合は、必ずカードをお持ちください。

My Number Card マイナンバー^{つうち}通知カード/Individual Number ^{こじんばんごう}個人番号カード

Individual Number Cards are issued to those who apply. This is a card with a photograph and can be used as formal ID. If your name or address has changed, bring your My Number Card to the Civic Division at City Hall or the Civic and Welfare Division branch offices. If you have misplaced your card you can apply to have it reissued at the Civic Division or the Civic and Welfare Division branch offices.

「個人番号カード」は公的な 本人確認書類として使用できます。 住所や氏名に変更があった場合は、変更内容を記載 しますので、「個人番号カード」を 本庁市民課または各支所市民福祉課窓口にお持ち下さい。紛失時の再交付申請も本庁市民課または各支所市民福祉課で受け付け ます。

Certificate	Fee	Things to be wary of
ぜんぶじこうしょうめいしょ こせきとうほん 全部事項証明書 (戸籍謄本) zenbujikou shomeisho (koseki tohon) Certificate of all records (family register)	450yen each	<ul style="list-style-type: none"> ● Documents that confirm your ID are required (My Number Card, Driver's license, passport, etc.) ● A proxy needs a power of attorney. ● Please confirm your full permanent address and the head of the household. ● In general, family register attachments do not include the registered domicile or name of the head of household. If you need this information included, please inform the staff at the counter.
こじんじこうしょうめいしょ こせきしょうほん 個人事項証明書 (戸籍抄本) kojinkikou shoumeisho (koseki shohon) Certificate of individual records	750yen each	
げんこせき 原戸籍 genkoseki Invalidated Family Register	300 yen each	
じょせきとう しょうほん 除籍謄・抄本 joseki to/shohon Certified copy of Closed Family Register	350 yen each	
みぶんしょうめい 身分証明書 mibun shoumei identification	300yen each	<ul style="list-style-type: none"> ● Documents that confirm your ID are required (Individual Number Card, Driver's license, passport, etc.) ● A proxy needs a power of attorney. ● Please confirm your full permanent address and the head of the household. ● In principle, the certificate of residence does not display your honseki (the place where one is registered – often birth place or true home) or the relationship between you and the head of the household.
こせきふひょう 戸籍附票 koseki fuhyo supplementary family register		
じゅりしょうめいしょ 受理証明書 juri shomeisho Certificate of Acceptance		Inquire if it is necessary to have your honseki displayed.
きさいじこうしょうめいしょ 記載事項証明書 kisaijiko shomeisho Certificate of Registered Matters		
じゅうみんひょう 住民票 juminhyo Certificate of Residence	300yen each	Inquire if it is necessary to have your honseki displayed.
た しょうめい その他の証明書 sonota no shoumei other certifications		

Certificate	Fee	Things to be wary of
た し く ちょうそんじゅうみん じゅうみんひょう 他市区町村住民の住民票 tashichousonjumin no juminhyo Certificate of Residence of other municipalities	300yen each	<ul style="list-style-type: none"> ● Only you or a member of the same household can receive the grant. ● Documents that confirm your ID are required (Individual Number Card, Driver's license, passport etc.) ● Please note there is no mention of your 'honseki' (the place where one is registered – often birthplace or true home) or head of household on this certificate.
いんかんとろうくしょうめい 印鑑登録証明書 inkan touroku shoumei Certificate of Registered Seal	300yen each	<ul style="list-style-type: none"> ● A seal registration card (card) is required
いんかんとろうくしょう 印鑑登録証 こうふ さいこうふ 交付・再交付 inkan toroku no shoumei koufu/saikoufu Certificate of Registered Seal issue, reissuance	300 yen each	<ul style="list-style-type: none"> ● Lost or re-marked registered seals are treated as a re-issue, and a fee will be charged.
しょとくかぜいふようしょうめいしょ 所得課税扶養証明書 shotoku kazei fuyou shoumeisho Income tax dependent certificate	300 yen each	<ul style="list-style-type: none"> ● Documents that confirm your ID are required (My Number Card, Driver's license, passport, etc.) ● A proxy needs a power of attorney. ● If you are an heir, etc., it is necessary to show a copy of the family register and other documents that can confirm your relationship. ● When applying for the issuance of a certificate for a corporation, the seal of the representative of the corporation is required.
のうぜいしょうめいしょ 納税証明書 Nozei shoumeisho Certificate of tax payment	300 yen each	
こていしさんぜい 固定資産税 しさん こうか ひょうかしょうめいしょ 資産・公課・評価証明書 koteishisanzei shisan, kouka, hyouka shoumei Property tax asset, public dues, evaluation certificate	300 yen each	
えいぎょうしょうめいしょ 営業証明書 eigyo shoumeisho Business certificate	300 yen each	
けいじどうしゃぜいのうぜいしょうめいしょ しゃけんよう 軽自動車税納税証明書 (車検用) keijidoushazei kazei shoumeisho Light Motor Vehicle Tax taxation certificate	free	

5) Lifestyle せいかつ 生活

Garbage and Recycling しゅうしゅう ごみ収集


Sorting and throwing out trash in Japan are some of the more tedious tasks to adjust to.

To begin, you'll need some specialized garbage bags, which can be found at supermarkets, pharmacies, and home centers, among other places. Don't worry about mixing up the bags in Ichinoseki/Hiraizumi because there is just one type. In some circumstances, you'll need to circle on the specified bag what kind of trash you're tossing out. An app that gives you directions on how to dispose of your trash is available to assist you (see QR code below). You must take your trash to your designated garbage disposal site by 8:30 a.m. to dispose of it. Trash that isn't sorted correctly or is taken out on the wrong day will not be collected, so be sure to follow instructions. To check the garbage disposal calendar in your area, download the app!

Download the Ichinoseki/Hiraizumi Garbage Sorting App

The following application can be downloaded onto your smartphone or tablet. Enjoy clear instructions on disposal methods of individual items, receive alerts on when collection days are (for every category of trash) and check out the monthly disposal calendar. Best of all, it's available in English too!



Classification		Type of trash	Disposal method	
Combustible waste		food, paper scraps, wood scraps, rubber, cloth, leather	-Drain water out of food scraps -mats, carpets are to be cut into 50cm (LxW) pieces	
Noncombustible waste		hangers, buckets, metal scraps, glass, ceramics etc.	Glass, ceramic, blades are to be wrapped in newspaper/paper and labeled	
Fluorescent tubes		All fluorescent items	-Place it in its original case/box or wrap it in paper. -Only put the fluorescent tube in the designated garbage bag.	
Recyclable garbage	Bottles	Food/beverages, alcohol, bottles for cosmetic etc	-Rinse and drain water -If it can't be washed out properly, dispose as noncombustible waste	
	Cans	juice, alcohol, food, (must be smaller than 13cms in diameter and 18cm in height)	-do not squash -rinse and drain water -lids of bottle cans and lids of cans go in the noncombustible waste -if it cannot be washed properly, disposed as noncombustible waste	
	PET bottles	Beverages, for cooking	-do not squash -rinse and drain water -remove cap and labeling and dispose of as plastic containers and packaging waste -if it cannot be washed properly, disposed as noncombustible waste	
	Plastic containers and packaging waste	Containers, packaging that is labeled with the プラ mark 	-wash and dry -if it cannot be washed properly, disposed as noncombustible waste	
	Styrofoam (Ichinoseki, Hanaizumi)	Styrofoam, food trays	-if it cannot be washed properly, disposed as noncombustible waste	
	Food trays (Daito, Senmaya, Higashiyama, Murone, Kawasaki, Fujisawa)	White food trays	-if it cannot be washed properly, disposed as noncombustible waste	
	Paper	Newspapers	Newspapers, newspaper inserts	-tie with white paper string
		Magazines	Magazines, catalogues, pamphlets, packaging paper, snack boxes etc	-tie with string of any color -small papers such as post cards, memo paper can be disposed of by putting them in paper bags or paper boxes (to ensure the papers don't fly everywhere, secure opening with tape) -photographs, carbon paper, vinyl coated paper, thermal paper are combustible waste
		Cardboard boxes	Cardboard boxes	-tie with paper string of any color--open up or fold the boxes and stack them so that the size is approximately 1m or less.
		Paper cartons	milk, alcohol, juice cartons	-rinse, open up the carton and dry. -tie with white paper string. -put cartons coated with vinyl (plastic) or aluminum out as combustible waste.

Large-Sized Garbage そだい たりょう 粗大ごみ・多量のごみ

Large-sized garbage (garbage that cannot be placed into a designated bag) cannot be put out. There are large-sized garbage collection days as well as disposal centers (a fee will be charged.)

粗大ごみ（指定ごみ袋に入らないもの）は、集積所に出すことができません。粗大ごみや収集日以外にごみを出す場合は、清掃センターに持ち込んでください。（手数料がかかります。）

How to dispose of home appliances か でん ほうたいしやう き き しょぶんほうほう 家電リサイクル法対象機器の処分方法について

Appliances are not treated as garbage, so they cannot be put out for collection or taken to disposal centers. These include household TVs, refrigerators, freezers, washing machines, clothes dryers, and air conditioners. Please check instructions on the garbage disposal app.

用のテレビ（液晶・プラズマ式、ブラウン管式 の全てのテレビ）、冷蔵庫（冷凍庫を含む）、洗濯機（衣類乾燥機を含む）、エアコンは、ごみとして処理 できないため、集積所に出すことも清掃センターに持ち込むこともできません。

Small Household Electric appliances こ が た か でん 小型家電リサイクル

Appliances such as mobile phones and digital cameras, can be placed in collection boxes installed at Ichinoseki City Hall and branch offices, the civic center, Ichinoseki library, gymnasiums and disposal centers. As there are restrictions on the type of item and size, please contact the disposal center or city hall's Lifestyle and Environment Division or Civic Division.

携帯電話やデジタルカメラなどの小型家電は、市役所（本庁、支所）、市民センター、一関図書館、一関市 総合体育館や清掃センターに設置している回収ボックスに出すことができます。対象品目や大きさに制限がありますので、詳しくは 各清掃センター、本庁生活環境課又は各支所市民福祉課にお問い合わせください。

Resource recovery ゆう か ぶつしゅうだんかいしゅうじぎょう 有価物集団回収事業

Reimbursements are given to organizations that have collected recyclables (resource recovery) aluminum cans, steel cans, newspapers, PET bottles, cardboard, magazines, cartons and bottles.

For details, please contact the Lifestyle and Environment Division within city hall.

市では、アルミ缶、スチール缶、新聞、ダンボール、雑誌、紙パック、一升びん、ビールびん、ペットボトルなどの有価物集団回収（資源回収）をした団体に対して、報償金を交付します。問 本庁生活環境課、各支所市民福祉課

Subsidy for purchasing kitchen waste reduction equipment

なま げんりよう き き こうにゆう ほ じょ きん 生ごみ減量機器購入補助金

Subsidies will be provided to those who purchase electric and manual kitchen waste disposers, fixed and airtight composting containers. The maximum amount that can be subsidized is within half of the purchase price excluding installation costs are as follows (rounded down to the nearest thousand yen);

Electric kitchen waste disposer 30,000 yen

Manual kitchen waste disposer 10,000 yen

Fixed composting container 3,000 yen

Airtight composting container 2,000 yen

電動式および手動式の生ごみ処理機、設置型および密閉型コンポスト化容器を購入した人に、補助金を交付します。購入金額（設置費などは除く）の2分の1以内（千円未満切捨）で上限額は次のとおりです。 電動式生ごみ処理機 3万円 手動式生ごみ処理機 1万円 設置型コンポスト化容器 3千円 密閉型コンポスト化容器 2千円 問 本庁生活環境課、各支所市民福祉課容器B（生ごみ発酵剤使用型） 2千円

Human waste collection し^{によ}尿^とくみ取り

‘Kumitori shiki’ toilets are pit toilets – they don’t have running water, therefore licensed, designated companies are assigned to collect waste. Please make a request directly to the responsible area contractor.

●Ichinoseki area

- (Ichinoseki, Nakasato, Mataki, Genbi, Maikawa, Yasakae)

Ichinoseki Eisei Jigyo Kyokai :TEL 0191-23-4408

- (Yamanome, Hagisho)

Aoba Eisei: TEL 0191-23-4054

●Hanaizumi area

Hanaizumi Eiseisha: TEL 0191-82-2358

Clean Center Hanaizumi: TEL 0191-82-5393

●Daito, Kawasaki, Fujisawa area

Toban Seiso Jigyo Kyokai: TEL 0191-53-2255

●Higashiyama, Murone area

Toban Joukasou Center: TEL 0191-52-2447

●Senmaya area

(Iwashimizu) Toban Seiso Jigyo Kyokai: TEL 0191-53-2255

(districts other than Iwashimizu) TEL: Toban Joukasou Center: TEL 0191-52-2447

一関地区広域行政組合が許可した業者が行っています。担当区域業者に直接依頼してください。▷一関地域 一関・中里・真滝・巖美・舞川・弥栄地区／（有）一関衛生事業協会 TEL 23-4408 山目・萩荘地区／（有）青葉衛生 TEL 23-4054 ▷花泉地域 （有）花泉衛生社 TEL 82-2358 クリーンセンター花泉（有） TEL 82-5393 ▷大東、川崎、藤沢地域 （有）東磐清掃事業協会 TEL 53-2255 ▷東山、室根地域 （有）東磐浄化そうセンター TEL 52-2447 ▷千厩地域 磐清水地区／（有）東磐清掃事業協会 TEL 53-2255 磐清水地区以外の地区／（有）東磐浄化そうセンター TEL 52-2447

Water supply, sewerage, septic tank

すいどう げすいどう じょうかそう
水道・下水道・浄化槽

Water/sewerage すいどう げすいどう つか 水道・下水道を使うとき

Be sure to contact Ichinoseki City Hall or Senmaya branch office's Water Supply Customer Center at least three business days prior in the following cases,:

- ▷ Notification of commencement : starting water supply/sewerage usage when moving in, new construction of a building
- ▷ Notification of cancellation : stopping water supply/sewerage usage when moving out, relocation, long-term absence

Reception hours: From 8:30 am to 5:15 pm on weekdays, Monday until 7pm

Holidays: Saturday and Sunday, holidays, Dec 29~Jan 3

次の場合は、必ず3営業日前までに水道お客様センター（本庁内）または水道お客様センター千厩（千厩支所内）へ届出ください。（電話でも可）▷開始届 転入、転居、新築などで水道・下水道を使い始めるとき▷中止届 転出、転居、長期不在などで水道・下水道を使わなくなったとき▷受付時間 平日の午前8時30分から午後5時15分まで※月曜日（休業日の場合は翌営業日）は午後7時まで▷休業日 土日祝日、年末年始（12月29日から1月3日まで）は、受付および開閉栓作業を行っておりません。希望日が休業日に当たる場合、開栓は休業日の前日、閉栓は休業日の翌日となります。立ち会いは不要です。

Rates and fees すいどうりょうきん げすいどうしょうりょう しはら 水道料金・下水道使用料の支払い

The water rate is calculated by adding the basic rate and the metered rate. The sewerage usage fee is calculated by adding the basic usage fee and the water usage fee.

- ▷Payment by direct debit: bring your bankbook and stamp to your financial institution to apply.
- ▷Payment by delivery notice: Add cash to the delivery notice and submit it at to your handling financial institution, convenience store, water supply division at the city hall, eastern water supply section (in Senmaya branch) or the citizens' section of each branch by the delivery deadline.
- ▷ Payment by electronic money: Please pay by reading the barcode printed on the delivery notification with the smartphone payment app.
- ▷ Handling financial institutions: Iwate Bank, Tohoku Bank, Kita Nippon Bank, Ichinoseki Shinkin Bank, Tohoku Labor Bank, Iwate Hiraizumi Agricultural Cooperative, Japan Post Bank *credit card payment is not accepted.

▷料金・使用料について 水道料金は、基本料金と従量料金を合算して算出します。下水道使用料は、基本使用料と水量使用料を合算して算出します。請求、納期について、詳しくは問い合わせください。▷口座振替での支払い 申し込みは、取扱金融機関へ通帳、通帳印、検針票など（お客様番号のわかるもの）を持参し手続きしてください。▷納入通知書での支払い 納入通知書に現金を添えて、納入期限までに取扱金融機関、コンビニエンスストア、水道お客様センター（本庁内）、水道お客様センター千厩（千厩支所内）または各支所市民課で支払ってください。▷電子マネーでの支払い 納入通知書に印字されたバーコードをスマートフォン決済アプリで読み込んで支払ってください。▷取扱金融機関 岩手銀行、東北銀行、北日本銀行、一関信用金庫、東北労働金庫、いわて平泉農業協同組合、ゆうちょ銀行 ※クレジットカードでの支払いはできません

Septic tank じょうかそう 浄化槽

When installing a septic tank in connection to new housing construction or renovating your plumbing system, subsidies are provided for installation. Please refer to the city hall's Sewerage Division or any branch office's Construction Division.

For inquiries about the commencement, cancellation, payment of water supply or sewerage, contact Ichinoseki City Hall Department of Water and Sewerage – Sewerage Division, Eastern Water Sewerage Division (in Senmaya branch)

住宅の新築や水回りの改修に伴い浄化槽を設置する場合、設置費用を助成します。本庁上下水道部下水道課または東部上下水道課（千厩支所内）に問い合わせください。問▷水道・下水道の使用開始・中止・支払いに関する水道お客様センター（本庁内）TEL 21-8562 水道お客様センター千厩（千厩支所内）TEL 53-2130
▷下水道全般、浄化槽に関する本庁上下水道部下水道課、東部上下水道課

Housing/Municipal Housing 住宅・市営住宅

Building/Construction 建物^{たてもの}を建築^{けんちく}するとき

To build, you must submit a building certification application ^{けんちくかくにんしんせい} 建築確認申請 in advance and receive confirmation. If the floor area is 10 m² or less due to addition/renovation, or relocation, there is no need to submit this. However, within quasi-fire prevention districts, an application is required even if the area is less than 10 m². Applications for buildings such as prefabricated storage buildings and garages are also required. Please note that there are places which are not suited to build on due to roads and cliffs. When the building is completed, a completion inspection application ^{かんりょうけんさしんせい} 完了検査申請 is required.

Contact: Ichinoseki City Hall City Management Division

建物を建築する場合は、あらかじめ建築確認申請を提出して確認を受けなければなりません。なお、増・改築、移転で床面積が 10 m² 以下の場合は提出の必要はありません。ただし、準防火地域内は 10 m² 以下でも申請が必要です。また、プレハブ物置や車庫なども申請が必要です。道路・がけなどの状況により建築できない場所がありますので注意してください。また、建物が完成した場合には、完了検査申請が必要となります。問 本庁都市整備課

Demolition 建物^{たてもの}を解体^{かいたい}などするとき

When demolishing a building, recycling and the separation of materials are obligatory.

When demolishing a floor area of 80 m² or more, or when building a new building or adding an extension of more than 500 m², please submit a notification form 7 days before the start of construction.

Construction materials that need sorting and recycling are as follows

- Concrete
- Construction materials made of concrete and iron
- Wood
- Asphalt Concrete

Contact: Ichinoseki City Hall City Management Division

建築物を解体等するときは「分別」と「リサイクル」が義務付けられています。建築物の場合、延床面積が 80 m² 以上の解体や 500 m² 以上の新築・増築をするときなどは、工事着手の 7 日前までに届出書を提出してください。分別とリサイクルが必要な建設資材は次のとおりです。●コンクリート ●コンクリートおよび鉄から成る建設資材 ●木材 ●アスファルト・コンクリート
問 本庁都市整備課

Moving into Municipal Housing 市営住宅^{しえいじゅうたく}に入居^{にゅうきょ}したいとき

Municipal housing and subsidized rental properties are available to those who meet the following conditions:

▷ occupancy conditions for municipal housing:

- ① for the most part, the housing is aimed for people living together (families, married couples), but there are apartments for singles.
- ② low household income
- ③ in need of housing
- ④ having not evaded city tax

⑤ is not a member of organized crime

*special conditions apply to foreign residents concerning Visas.

▷ Occupancy conditions for subsidized rental properties:

Recruitment processes differ from those of public housing; please inquire.

Contact: Ichinoseki City Hall Management Division, Construction/Agriculture/Forestry Center Construction and Management Division, Industrial Construction Division at branch offices

市内には市営住宅と特定公共賃貸住宅があります。入居条件は次のとおりです。入居募集は市広報と市ホームページでお知らせします。▷入居条件。市営住宅 ①現に同居し、または同居しようとする親族（婚約者を含む）の人がいること（単身用もあり） ②世帯の収入が基準以下であること ③住宅に困っていること ④市税などの滞納をしていないこと ⑤暴力団員でないこと。特定公共賃貸住宅 入居条件は公営住宅と異なりますのでお問い合わせください。問 本庁都市整備課、建設農林センター建設整備課、各支所産業建設課

Relocation rent subsidy いじゅうていじゅうやちんほじょきん 移住定住家賃補助金

Subsidies available for rental housing to those who move to Ichinoseki.

Main conditions are as follows.

- Two or more household members move to the city after January 1, 2023.
- Prior to moving to Ichinoseki, you must have lived outside of the city for at least three years.
- Have a lease contract in place for resident housing.

Inquiries: Ichinoseki City Hall Community Interaction Division

本市に転入した人が入居する賃貸住宅の一部を補助します。主な条件は次の通りです。

- 令和 5 年 1 月 1 日以降、市内に 2 人以上の世帯員での転入であること。
- 転入以前は 3 年以上市外に住居登録していること。
- 居住用の住宅の賃貸借契約を行っていること

制度の利用を希望する場合は、申請前にご相談ください。

問 本庁交流推進課

Newly-weds living support subsidy けっこんしんせいかつしえんほじょきん 結婚新生活支援補助金

Ichinoseki assists married heads of households with a portion of the cost of purchasing a new home, paying rent, or relocating.

Main conditions are as follows.

- Marriage registered between January 1, 2023 and March 31st, 2024.
- Both or one of the couples must live in the city at the time of application.
- The age of the couple on the day of marriage is 39 years or younger, and the household income is less than 5 million yen.

If you wish to use the system, please contact us before applying.

Inquiries: Ichinoseki City Hall Community Interaction Division

結婚した世帯に新居の購入費、家賃住宅のリフォーム費用または引っ越し費用の一部を補助します。

主な条件は次のとおりです。

- ・令和 5 年 3 月 1 日から令和 6 年 3 月 31 日までに婚姻届けを提出し、受理された夫婦であること。
- ・申請時に夫婦又の双方又は一方が市内に住んでいること。
- ・婚姻日における夫婦の年齢が 39 歳以下で、世帯所得が 500 万円未満であること。

制度の利用を希望する場合は、申請前にご相談ください。

問 本庁交流推進課

Information on Akiya (vacant houses) あ や かん そうだん 空き家などに関する相談

Match with organizations that work with the city to provide expert guidance on how to manage and use unoccupied houses.

Inquiries: Ichinoseki City Hall Lifestyle and Environment Division

空き家などの管理や活用方法について、専門的なアドバイスを受けられるよう、市と連携している団体を紹介します。

問：本庁生活環境課

Housing acquisition subsidy for those moving to Ichinoseki

いじゅうしゃじゅうたくしゅとくほ じょきん 移住者住宅取得補助金

A subsidy will be issued when a person who has moved to Ichinoseki develops or purchases a home worth a certain amount and settles down.

The following are the main requirements.

- Must have been a registered resident outside of the city for at least three years prior to transfer.
- Purchasing a home in the name of the individual who moved in.

Please consult before signing the contract if you intend to use the system. (You must apply before building begins.)

本市に転入した人が一定の金額以上で住宅を建設 または購入して定住する場合に補助金を交付します。 主な条件は次のとおりです。 ◦転入日から起算して市外に 3 年以上住民登録をしていること。 ◦転入した人の名義で住宅を取得すること。 制度の利用を希望する場合は、契約締結前に相談してください。（着工前の申請が条件です）

問 本庁交流推進課

What to do if you'd like to use the Akiya Bank あ や りよう 空き家バンクを利用したいとき

If a non-resident who plans to move to Ichinoseki does not enter a contract for a property registered in the Akiya Bank within six months, it will be made available to citizens. You can check the properties available to citizens on Abain Ichinoseki 「あばいん一関」.

Contact: Ichinoseki City Hall Community Interaction Division

空き家バンクに登録された物件が 6 カ月を経過しても移住者との契約に至らない場合は、市民も利用できます。市民が利用できる物件は、「あばいん一関」のホームページで確認できます。問 本庁交流推進課

Akiya Bank registered house renovation subsidy あ や とうろくじゅうたくかいしゅうとう ほ じょ きん 空き家バンク登録住宅改修等補助金

Subsidies are provided to those who move to Ichinoseki and repair the vacant house that they move into utilizing Ichinoseki's Akiya Bank system. The main conditions are as follows.

- Applications are made after the lease or sales contract is concluded.
- It can only be used once per vacant house.

If you wish to use the system, please consult us before signing a contract for something like repair work.

市の空き家バンク制度を利用して本市に転入し、入居する空き家の改修工事などを行う場合に補助金を交付します。主な条件は次のとおりです。

- 賃貸借または売買契約の成立後に申請すること。
- 空き家 1 件につき 1 度だけの利用であること。

制度の利用を希望する場合は、改修工事などの契約締結前に相談してください。

問 本庁交流推進課

Akiya demolition work fund interest subsidy

あ や とうかいたいこうじしきん り し ほきゅうほ じょ きん 空き家等解体工事資金利子補給補助金

A subsidy will be provided on interest when getting a loan from a financial institution as funds for demolition work.

The main conditions are as follows.

- ・ To receive a loan from a financial institution that has a head office or branch office in Ichinoseki.
- ・ Demolition work is to be carried out by a business operator who has a head office or branch office in Ichinoseki.

Inquiries: Ichinoseki City Hall Lifestyle and Environment Division

解体工事のための資金として金融機関から貸付けを受けた場合における利子に対し、補助金を交付します。

主な条件は次の通りです。

- ・ 市内に本店又は支店を有する金融機関から貸付けを受けること。
- ・ 市内に本店又は支店等を有する事業者が解体工事を行うこと。

問 本庁生活環境課

Road Safety こうつうあんぜん 交通安全

Mutual Aid Traffic Accident Plan こうつうさいがいきょうさい かにゅう 交通災害共済に加入を

This system provides quick aid to victims and their family assistance in the event of a serious traffic accident.

Anyone in the Basic Resident Register (including foreign residents, elderly citizens, and babies) can enroll. The annual premium is 400 yen.

Contact: Ichinoseki City Hall City Lifestyle and Environment Division, Civic and Welfare Division at any branch

交通事故でケガをしたり、死亡したとき、被災者やその家族にすばやく救済の手を差し伸べる、相互扶助制度です。住民基本台帳に登録している人や外国人登録をしている人は、赤ちゃんからお年寄りまで加入できます。掛金は1人400円（年額）です

本庁生活環境課、各支所市民福祉課

Voluntary surrender of senior driver's license support project

こうれいしゃうんてんめんきょしょうじ しゅへんのう 高齢者運転免許証自主返納サポート事業

For people aged 65 and over who voluntarily surrendered their driver's license, a portion of the bus or taxi fare will be subsidized or a gift certificate issued.

Bus ticket: 12,000 yen Gift certificate, etc.: 10,000 yen

Contact: Ichinoseki City Hall Lifestyle and Environment Division and Civic and Welfare Division at any branch office.

運転免許証を自主返納した 65 歳以上の高齢者に対して、バスまたはタクシー料金の一部を助成もしくは商品券等を交付します。乗車券 12,000 円 商品券など 10,000 円
問 本庁生活環境課、各支所市民福祉課

Subsidies for installation of retrofitted safe driving support devices

あとづ あんぜんうんてんし えん そうち せ っ ち ひ ほ じょ き ん 後付け安全運転支援装置設置費補助金

Subsidies for the installation costs of retrofitting safe driving support devices will be offered to prevent serious accidents caused by senior drivers.

Contact: Ichinoseki City Hall Lifestyle and Environment Division, Civic and Welfare Division at any branch office.

高齢ドライバーによる重大事故を防止するため、後付け安全運転支援装置の設置費用に対し補助を行います
問 本庁生活環境課、各支所市民福祉課

Bus バス

To meet daily transportation needs, we provide various bus services and on-demand taxi services that run in areas where private bus lines do not operate.

Contact Ichinoseki City Hall Community Development Division, Regional Promotion Division at any branch office

通学、通院やお出かけなどの日常生活に必要な交通手段を確保するため、民間の路線バスが走っていない地域を中心に、市営バス、廃止路線代替バス、デマンド型乗合タクシーを運行しています。問 本庁まちづくり推進課、各支所地域振興課

Municipal Buses 市営バス

▷Ichinoseki, 7 courses operate through Ichinoseki Station, Iwai/Nanko Hospital

Hanaizumi, Daito, Senmaya, Murone, Kawasaki/Yasakae, Fujisawa

▷Hanaizumi: 14 routes

▷Daito: 18 routes

▷Senmaya: 7 routes

▷Fujisawa: 3 routes that run through central Fujisawa

市が運行するバス。▷一関地域 一ノ関駅前、磐井・南光病院前などを經由する 7 コースを運行。▷花泉地域 花泉支所を中心に 14 コースを運行。問 花泉支所地域振興課 (TEL 82-2211) ▷大東地域 摺沢駅、大東バスセンターなどを經由する 18 コースを運行。問 大東支所地域振興課 (TEL 72-4073) ▷千厩地域 千厩支所千厩病院など經由する 1 コースを中心に 7 コースを運行。問 千厩支所、地域振興課 (TEL 53-2111) ▷藤沢地域 藤沢地域中心地を經由する 3 コースを運行。問 藤沢支所地域振興課 (TEL 63-2111)

Discontinued Route, Alternative Bus はいしろ せんだいがえ 廃止路線代替バス

A bus service that Toban Kotsu (Co., Ltd) operates on behalf of regular bus routes that were discontinued. There is one route in the Ichinoseki area and four routes in the Higashiyama area (one route is operated on demand).

定期路線バスが廃止になった路線を東磐交通㈱が代替で運行するバス。一関地域で 1 コース、東山地域 で 4 コース運行 (うち 1 コースはデマンド運行) しています。

On Demand Taxi Service がたのりあい デマンド型乗合タクシー

A taxi sharing service that operates when reservations are made in advance. The taxis operate in Maikawa and Takkodai districts in the Ichinoseki area, Yushima and Hikata districts in the Hanaizumi area, Nagasaka area in the Higashiyama area to Sarusawa area in the Daito area, Okutama in the Senmaya area, Konashi, Kiyota, Murone, Kawasaki and the entire Fujisawa area.

Please contact each operator for operating dates, and reservation methods.

Maikawa / Takkodai → Ichinoseki District Taxi Industry Cooperative

0191-23-9722)

Yushima / Hikata → Hanaizumi Taxis (0191-82-2541)

Nagasaka / Sarusawa → Toban Kotsu Co., Ltd. (0191-47-3434)

Okutama → Senmaya Taxi (0191-53-2220)

Konashi → Nisso Taxi (0191-52-3131)}

Kiyota → Iwai Taxi (0191-52-2205)

Murone → Murone Taxi (0191-64-2062)

Kawasaki → Kawasaki Taxi (0191-43-2340)

Fujisawa → Gun-nanTaxis (0191-63-2411)

利用者からの事前予約を受けて運行する乗合型のタクシー。一関地域の舞川地区および達古袋地区、花泉地域の油島地区および日形地区、東山地域の長坂地区から大東地域の猿沢地区、千厩地域の奥玉地区、小梨地区および清田地区、室根地域の全域、川崎地域の全域、藤沢地域の全域で運行しています。

舞川地区および達古袋地区は一関地区タクシー業協同組合が、油島地区および日形地区は㈱花泉タクシーが、奥玉地区は㈱千厩タクシーが、小梨地区は㈱西宗タクシーが、清田地区は㈱磐井タクシーが、室根地域は㈱室根タクシーが、川崎地域は㈱川崎タクシーが、藤沢地域は㈱郡南タクシーが運行しています。

利用方法、運行日、予約方法については、各運行事業者へ問い合わせください。

問 舞川・達古袋→一関地区タクシー業協同組合 (TEL 23-9722)

油島・日形→㈱花泉タクシー (TEL 82-2541) 長坂・猿沢→東磐交通㈱ (TEL 47-3434) 奥玉→㈱千厩タクシー (TEL 53-2220)

小梨→㈱西宗タクシー (TEL 52-3131) 清田→㈱磐井タクシー (TEL 52-2205) 室根→㈱室根タクシー (TEL 64-2062)

川崎→㈱川崎タクシー (TEL 43-2340) 藤沢→㈱郡南タクシー (TEL 63-2411)

Fees りょうきんたいけい 料金体系

Fares for Municipal Buses, Discontinued Route/Alternate Buses

Adults: (junior high school students and older): 300 yen

Elementary school students: 100 yen

Children 6 years-old and under (excluding elementary school students): free

On Demand Taxi

Adults (19 years old and over): 300 yen

Middle school students (junior high school students, high school students, or 12 to 18 years old or younger excluding elementary school students): 200 yen

Child (elementary school student): 100 yen

6 years old or younger (excluding elementary school students): Free

▷市営バス、廃止路線代替バス

大人（中学生以上）：300円/1回 小学生：100円/1回 6歳以下（小学生を除く）：無料

▷デマンド型乗合タクシー

大人（中人を除く19歳以上）：300円/1回 中人（中学生、高校生。又は小学生を除く12歳～18歳以下）：200円/1回 小人（小学生）：100円/1回 6歳以下（小学生を除く）：無料

Operating times, operating routes うんこうじこく うんこう 運行時刻、運行ルート

Check out the city homepage ⇒ Living/Environment ⇒ Rail/Bus information for operating times and dates of municipal buses and on demand taxis. Check the Toban Kotsu website for the operation timetable of discontinued route alternative buses (Toban Kotsu).

*For matters other than the above, please contact the Community Development Promotion Division (TEL 21-2111) of Ichinoseki City Hall.

市営バス、デマンド型乗合タクシーの運行時刻、運行日は、市ホームページ⇒生活・環境⇒鉄道・バス情報を確認してください。なお、廃止路線代替バス（東磐交通）の運行時刻表は、東磐交通のホームページを確認してください。※上記以外のことについては、本庁まちづくり推進課（TEL 21-2111）に問い合わせてください

Private Buses (Sendai and Morioka) みんかん 民間バス

▷Route Buses that operate in Ichinoseki City

Iwate Kenkotsu Ichinoseki Office (0191-23-4250)

Iwate Kenkotsu Senmaya Bus Terminal (0191-52-3167)

▷Highway Bus to Sendai area

Higashi Nippon Bus Ichinoseki->Sendai (022-218-3131)

▷一関市内を運行する路線バス

問 岩手県交通(株)一関営業所 (TEL 23-4250) 問 岩手県交通(株)千厩バスターミナル (TEL 52-3167)

▷仙台方面へ的高速バス 問 東日本急行(株) 一関～仙台 (TEL 022-218-3131)

Hiraizumi design license plates ずがらい ひらいずみ 図柄入り平泉ナンバープレート

Hiraizumi design license plates serve as ‘running billboards’ that convey the appeal of the region to the whole country. In addition to the issuance fee below, by paying a donation (1,000 yen or more), you can install a full-color license plate with a pattern.

▷ Issuance fee:

Regular car: 7,840 yen

Kei car: 8,490 yen

It can be installed not only on a new car, but on your current car.

▷ Procedure inquiry: [Regular car] Iwate Transportation Branch Office TEL 050-5540-2010

[Kei car] Light Motor Vehicle Inspection Association Iwate Office TEL 050-3816-1833

図柄入り平泉ナンバープレートは「走る広告塔」として、地域の魅力を全国に発信することができます。下記の交付手数料のほか、寄付金（1千円以上）を納入することで、フルカラーの図柄入りナンバープレートを取り付けられます

▷ 交付手数料…【普通自動車】7,840円【軽自動車】8,490円 ※新車、中古車購入時だけでなく、現在乗っている車にも取り付けることができます

▷ 手続問合せ…【普通自動車】岩手運輸支局 TEL 050-5540-2010【軽自動車】軽自動車検査協会岩手事務所 TEL 050-3816-1833

Consultation そうだん 相談

Administrative Consultation ぎょうせいそうだん 行政相談

Issues concerning public administration, such as requests and complaints will be addressed by an administrative counselor commissioned by the Minister of Internal Affairs and Communications.

Days and times vary from district to district so please double check.

Inquiries: Ichinoseki City Hall Lifestyle and Environment Division, Civic and Welfare Division of any branch office

行政への要望、苦情など、行政に関する問題について総務大臣から委嘱を受けた行政相談委員が相談に応じています。詳細 本庁生活環境課、各支所市民福祉課

Free Legal Consultations むりょうほうりつそうだん 無料法律相談

Consult with lawyers and receive advice in fields such as real estate, money lending, consumer finance, inheritance and divorce.

Consultation Days: Every Thursday 10: 00-15: 00

▷ You must reserve an appointment for free legal consultation

Reservations can be made at Ichinoseki City Hall (Lifestyle and Environment Division or Citizen) and by telephone (TEL 21-8342).

※ To ensure that many can use this service, consultations per person are limited to a total of four times within the same year and no more than once per month.

Contact: Ichinoseki City Hall Lifestyle and Environment Division

不動産、金銭貸借、消費者金融、相続、離婚などの問題について市内の弁護士が相談に応じ、アドバイスを行います。▷相談日 毎週木曜日 10時～15時
▷申込受付 無料法律相談は予約制です。予約は市役所本庁1階消費生活センターまたは電話（TEL 21-8342）で受け付けます。※原則として同一月内に1回、同一年度内に4回まで相談が可能。
問 本庁生活環境課

Security ぼうはん 防犯

Special fraud damage prevention equipment installation subsidy

とくしゅさぎとうひがいぼうしたいさくききせっちひほじょきん 特殊詐欺等被害防止対策機器設置費補助金

A subsidy will be issued when an elderly person aged 65 or over purchases a phone with fraud prevention functions such as automatic recording. The subsidy amount is within half of the purchase amount (rounded down to the nearest thousand yen); the upper limit is 8,000 yen.

Contact: Ichinoseki City Hall Lifestyle and Environment Division

65歳以上の高齢者が、自動録音機能など特殊詐欺の被害防止対策機能がついている電話機などを購入する場合に、補助金を交付します。補助額は、購入金額の2分の2以内（千円未満切捨）で上限は8千円です。問 本庁生活環境課

Consumer Affairs しょうひせいかつ 消費生活

Consumer consultation しょうひせいかつ かん そうだん 消費生活に関する相談

Consult on things such as malicious commercial laws, fictitious claims and product defects. When in doubt, please consult the following: Ichinoseki City Consumer Lifestyle Center Consultation Office 0191-21-8342

悪質商法や架空請求、商品トラブルなどの消費生活に関する相談に、専門の相談員が対応します。困った時は、ひとりで悩まず、下記までご相談ください。一関市消費生活センター TEL21-8342

Consultation concerning multiple debt consolidation たじゅうさいむせいり かん そうだん 多重債務整理に関する相談

For consultation concerning multiple debts accrued by borrowing from consumer finances, credit card debt, loans, banks and other financial institutions, please contact the Ichinoseki City Hall Lifestyle and Environment Division. We can direct you to legal consultation, credit cooperatives and consumer debt relief consultation resources.

Contact: Ichinoseki Consumer Center 0191-21-8342

消費者金融、クレジット、カードローン、銀行その他の金融機関からの借入れによる多重債務等に関する相談については、本庁生活環境課へお問い合わせください。多重債務者弁護士相談、信用生協による多重債務整理・消費者救済資金融資相談等ご案内します。問 一関消費生活センター TEL21-8342

Worker Livelihood Stability Fund Loan System

きんろうしゃせいかつあんていしきんかしつけせいど
勤労者生活安定資金貸付制度

A loan system is available for workers who urgently need funds.

- ▷ Loan amount up to 1 million yen
- ▷ Repayment period within 7 years

Contact: Tohoku Rodou Kinko Ichinoseki Branch: 0191-23-4540

緊急に生活資金を必要とする勤労者のための融資 制度があります。▷融資金額 100 万円以内 ▷返済期間 7 年以内 詳細 東北労働金庫一関支店 TEL23-4540

Dog Registration and Rabies Vaccinations 犬の登録と狂犬病

Dog registration 犬の登録について

Please be sure to register your dog if you haven't already.

Registrations can be done online.

▷ Notify any changes of registered content:

- ① Death of the dog
- ② Change in the dog's address
- ③ Change of ownership
- ④ Change of owner's address.

Inquiries: Ichinoseki City Hall Lifestyle and Environment Division, each Civic and Welfare Division

生涯に一度、登録しなければなりません。登録をしていない犬は必ず登録してください。オンラインでも届けできます。

▷登録内容の変更届け出 ①飼い犬の死亡 ②犬の所在地の変更 ③犬の所有者の変更 ④犬の所有者の住所変更。本庁生活環境課又は各支所市民福祉課へ届け出てください。

Rabies Vaccination 狂犬病予防注射について

Dogs over 91 days of age must have an annual preventative rabies injection.

To get your dog vaccinated:

- 1) The city holds group vaccinations at designated areas during the spring and autumn (dog owners will receive a notification in the mail)
- 2) Vaccinations can be administered by a veterinarian.

Inquiries: City Hall Lifestyle and Environment Division, each branch office's Civic and Welfare Division

狂犬病の予防接種 生後 91 日以上の子犬は、年 1 回の狂犬病予防注射が義務付けられています。春、秋の市内各会場での集合注射又は、市内の動物 病院で接種してください（集合注射の日程は、犬の所有者へ案内ハガキを送付します）。問本庁生活環境課、各支所市民福祉課

6) Health けんこう 健康

The following services are provided by Ichinoseki city, but consultation will be in Japanese. For further assistance in the Ichinoseki area, consult one of the services on page 3. Iwate Prefectural Iwai Hospital is the only hospital in Ichinoseki that can provide a medical interpreter.

For Medical Emergencies call 119

Check this link to see medical institutions in and around Ichinoseki that have foreign language support
<http://www.med-info.pref.iwate.jp/imin/kikan/show-search-form-eng.do?by=eng>

Hospitals scheduled to be open on holidays きゅうじつとうばん い 休日当番医

- ▷ Days: Sunday, public holidays, the end of the year and New Year
- ▷ Hours: 9 o'clock - 17 o'clock

The schedule can be found in the monthly I-Style newsletter, daily newspapers or on the seki-med website (schedule changes do occasionally occur). To double check which hospitals/clinics are available on that day, call the city hall on 0191-21-2111.

In the case of a consultation, make sure to call the institution in advance and take your insurance card and medication notebook.

For the English calendar, which is updated monthly, check here:

<https://www.city.ichinoseki.iwate.jp/index.cfm/33,123574,217,html>

休日当番 ▷診療日： 日曜日・祝日・年末年始 ▷診療時間： 9時～17時 ・ 当番医は、市広報及び市ホームページでお知らせしています。 当日の当番医は、市役所本庁 TEL21-2111、消防本部 TEL25-0119 で確認できます。 受診する場合は、事前に当番医療機関に電話連絡の上、保険証とお薬手帳を持参してください。

Hospitals scheduled to be open at night や か ん きゅうきゅうとうばん い 夜間救急当番医

- ▷ Monday - Friday (except 8/13 ~ 16, 12/29 ~ 1/3 and holidays)
- ▷ Hours 18:00 to 20:00

The schedule can be found in the monthly I-Style newsletter, daily newspapers or on the seki-med website (schedule changes do occasionally occur). To double check which hospitals/clinics are available on that day, call the city hall on 0191-21-2111.

Make sure to call the institution in advance and take your insurance card and medication notebook.

For the English calendar which is updated monthly, check here:

<https://www.city.ichinoseki.iwate.jp/index.cfm/33,123574,217,html>

夜間当番

▷診療日 月曜日～金曜日 (8/13～16、12/29～1/3 及び祝日を除く) ▷診療時間 18時～20時 当番医は、市広報及び市ホームページでお知らせしています。 当日の当番医は、市役所本庁 TEL21-2111、消防本部 TEL25-0119 で確認できます。 受診する場合は、事前に当番医療機関に電話連絡の上、保険証とお薬手帳を持参してください。

What to take when visiting a clinic びょういん い ば あ い も もの 病院に行く場合の持ち物

- Residence Card
- Health Insurance Card
- Cash
- List of current medications and dosage

*if you have been to other clinics previously, you may have been given an くすりてちょう お薬手帳 (okusuri techou) medication handbook, bring that too.

Courtesy of Iwate International Association:

> Medical Questionnaire in English:

This sheet is for internal medicine: the digestive system, the heart, the respiratory system, the nervous system, or urinary problems.

>Medicine Usage Guide in English:

This document lists phrases often used when explaining the effectiveness and dosage instructions for internal, external and single dosage medications. You or a professional can fill out the document to suit your purposes.

>Flu-Shot Form in English:

This is a medical questionnaire for the flu shot. You or a professional can fill out the document to suit your purposes.

For multilingual documents <https://iwate-ia.or.jp/?p=3-2-living&l=en>

Health and Medical Examinations けんしん 検診

Screening schedules can be found on the Ichinoseki public newsletter and the city homepage. On some days, multiple examinations can be performed (simultaneous examinations). There are exams performed on holidays, and evenings after 17:00 as well. If you would like to have a checkup, please contact the Health Promotion Division or the Eastern/Northern Health Promotion Office.

成人検診の日程などは市広報や市ホームページでもお知らせしています。複数の検診を一日で受診できる日（同時受診）、休日、17時以降の夜間の日程も設けています。検診の受診を希望する人は、健康づくり課、東部・北部健康推進室へ問い合わせてください。

Basic medical checkup 基本健診 (ages 19-39)	Physical tests, blood pressure, blood tests, urine tests
Specific medical checkup 特定健診 (National Health Insurance Subscribers ages 40-74)	Abdominal/physical tests, blood pressure, blood tests, urinalysis
Medical examinations for the elderly 後期高齢者 (aged 75 or older - or those who are 65 and over with Iwate Prefecture later-stage medical insurance)	Physical exams, blood pressure, blood test, urinalysis
Stomach cancer checkup 胃がん検診 (over 40's)	x-ray photography (must drink barium and foaming agent for screening)
Colon cancer screening 大腸がん検診 (over 40's)	Fecal samples taken over two days to check for the presence of blood
Lung cancer screening 肺がん検診 (over 40's)	Chest x-ray, septum examinations are performed to eligible persons.
TB medical examination 結核検診 (over 65's)	Chest x-ray
Cervical cancer screening (over 20's) 子宮がん検診	Cells collected from the mucosa of the cervix
Breast cancer screening 乳がん検診 (women over 40)	Mammogram
Hepatitis examination 肝炎ウイルス検診 (over 40's)	Blood samples are taken to test for hepatitis B and C.
One day medical checkup 一日人間ドック (over 30s – those who apply for this checkup cannot apply for other screenings)	Cardiovascular examinations, cancer checkups
Health examinations for adults 成人歯科検診 (people aged 40, 50, 60, 70、 people who turned 75 within the last year)	Dental checkup
H.Pylori test junior high school 3rd grade to adults (20-year-olds to 39-year-old non-examined patients, etc.) ピロリ菌検査	Check for H. Pylori

▷基本健診 19歳～39歳の人を対象に身体・血圧測定、血液検査、尿検査を行います。▷特定健診 40歳～74歳の市の国保加入者を対象に腹囲・身体・血圧測定、血液検査、尿検査を行います。▷後期高齢者の健診 75歳以上の人および65歳以上で岩手県後期高齢者医療保険加入者を対象に身体・血圧測定、血液検査、尿検査を行います。▷胃がん検診 40歳以上の人を対象にバリウムと発泡剤を飲みX線撮影を行います。▷大腸がん検診 40歳以上の人を対象に採便した2日分の便を検査し、血液の有無を調べます。健康 健康 健康 ▷肺がん検診 40歳以上の人を対象に胸部のX線撮影を行います。基準該当者には喀痰検査も行います。▷結核健診 65歳以上の人を対象に胸部のX線撮影を行います。▷子宮がん検診 20歳以上の女性を対象に子宮頸部の粘膜から採取した細胞の検査や診察を行います。▷乳がん検診 40歳以上の女性を対象にマンモグラフィ検査（乳房をはさんでX線撮影をする検査）を行います。▷肝炎ウイルス検診 40歳以上の人を対象に採血してB型、C型肝炎ウイルスの感染を調べます。▷一日人間ドック 30歳以上の人を対象に循環器系健診、その他がん検診などを行います。（一日人間ドックを申し込んだ人は、歯科健診以外の市の検診は受診できません。）▷歯科健診 40、50、60、70歳および前年度75歳になった人を対象に、歯科健診を行います。▷ピロリ菌検査 中学3年生および成人（20歳および39歳の未受診者など）を対象に、ピロリ菌の感染の有無を調べます。

Health and Nutrition Consultation けんこうそうだん えいようそうだん 健康相談、栄養相談

Consultations are available for you and your family concerning health and nutrition.

▷ Internal Consultation: Telephone consultation with a nurse or dieticians

⇒ Consultation Monday - Friday 8:30 to 17:15

⇒ Venue: Ichinoseki Health Center and Eastern/Northern Health Promotion Office.

本人や家族の健康や栄養に関する相談に応じています。▷ 所内相談・電話相談 保健師、看護師、栄養士が相談に応じています。⇒ 相談日 月曜日～金曜日 8:30～17:15 ⇒ 会場 一関保健センター、東部・北部健康推進課

Mental Health Consultation けんこうそうだん こころの健康相談

Mental health consultations for issues including, dementia, alcoholism, social withdrawal.

▷ Consultation with a licensed psychologist: City public relations will inform you of the date and venue.

Please apply in advance to the Health Promotion Division or the Eastern/Northern Health Promotion Office if you wish to consult.

こころの悩みやアルコールの問題、認知症、ひきこもりなどのこころの相談に応じています。▷ 公認心理師相談 市広報で相談日、会場をお知らせします。相談を希望する人は、健康づくり課、東部・北部健康推進室に事前に申し込みください。

Ichinoseki 21 Health Mileage Project

けんこう 健康 じぎょう いちのせき 21 マイレージ事業

Points can be collected by undergoing medical examinations or participating in health promotion projects.

When 10 points have been accrued, they can be exchange for benefits. Point sheets are be distributed at the Health Promotion Division or the Civic and Welfare Division of each branch and can be downloaded from Ichinoseki City homepage.

ポイント対象の検診を受けたり健康づくり事業に参加することで、ポイントを集めることができ、10ポイント貯まると特典と交換できます。ポイントシートは、健康づくり課または各支所市民福祉課で配布、市ホームページからダウンロードができます。

Subsidy for purchasing correction tools for cancer patients

がん かんじゃ いりょう ようほう せいぐ とうにゅうじょせい がん患者医療用補正具購入助成

Subsidies are available for the partial cost of medical wigs and breast correction devices purchased by those who have undergone hair loss or mastectomy for cancer treatment.

Contact: Health Promotion Division, Civic and Welfare Division of any branch office

がん患者医療用補正具購入助成

がんの治療による脱毛や乳房切除術を受けた方が購入した医療用ウィッグ、乳房補正具の購入費の一部を助成しています。問：健康づくり課、各支所市民福祉課、東部・北部建設推進室

Medical Expense Subsidy いりようひじよせい 医療費助成

The following individuals or families are eligible for partial payment when receiving medical treatment at medical institutions. Those who want to receive grants are required to get a medical expenses claimant certificate (医療費受給者証).

(With the exception of infants, elementary and junior high school students, high school students, there may be cases where you may not receive subsidies due to income restrictions).

- ▷ Infants from birth to pre-school
 - ▷ Elementary school children: Children who have their 6th birthday on or before April 1st to the first March 31st after turning 12.
 - ▷ Junior high school students: the first April 1st after turning 12 to the first March 31st after reaching the age of 15
 - ▷ High school students: the first April 1st after turning 15 years old to the first March 31st after reaching 18 years old.
 - ▷ Maternal: women from the first day of their 5th month (16th week) into pregnancy to the end of the following month after childbirth
 - ▷ Persons with severe physical or mental disabilities: physical disability certificate grade 1 and 2, Special Needs Child Rearing Allowance (grade 1), Basic Disability Pension (grade 1), those accredited Rehabilitation Handbook A
 - ▷ Single Parent Family
- ① A family with a (mother / father) without a spouse and a child under 18 years old
 - ② Children under 18 years without parents

次の人または家庭が医療機関などで診療を受けたときに支払う一部負担金を助成します。助成を受けたい人は医療費受給者証の交付を受ける必要があります。

なお、妊産婦・乳幼児・小中学生・高校生など以外は所得制限により助成を受けられない場合があります。

▷乳幼児 出生から就学前までの乳幼児

▷小学生 6歳に達する日後の最初の4月1日から12歳に達する日以後の最初の3月31日までの児童

▷中学生 12歳に達する日後の最初の4月1日から15歳に達する日以後の最初の3月31日までの生徒

▷高校生など15歳に達する日後の最初の4月1日から18歳に達する日以後の最初の3月31日までの人

▷妊産婦 妊娠5か月目（16週目）に達した月の初日から出産の翌月末日までの妊産婦

▷重度心身障害者 身体障害者手帳1・2級、特別児童扶養手当1級、障害基礎年金1級（特別障害給付金1級）、療育手帳Aのいずれかの認定を受けている人

▷ひとり親家庭など①配偶者のいない母（父）と18歳以下（18歳に達する日以後の最初の3月31日まで）の子がいる家庭②父母のいない18歳以下の人

問 本部国保年金課、各支所市民福祉課

Infertility Treatment Expenses Subsidy ふにんちりょうひじよせい 不妊治療費助成

Subsidized treatment costs for couples undergoing assisted reproductive technology such as in vitro fertilization and micro-insemination (including male infertility treatment) and general infertility treatments, including treatment for repeated miscarriages are available.

Inquiries: Children and Domestic Affairs Division

体外受精・顕微授精などの生殖補助医療（男性不妊治療を含む）、一般不妊治療など（反復流産などの治療を含む）を受ける夫婦に対し、治療費を助成しています。

問 こども家庭課

Vaccinations よ ぼ う せ っ し ゅ 予防接種

Various vaccinations are carried out according to the Immunization Act and the Tuberculosis Prevention Act. Vaccination notification methods and contracted medical institutions differ depending on the type of vaccination, so please confirm in advance.

Inquiries: Children and Domestic Affairs Division, Health Promotion Division, Eastern/Northern Health Promotion Office

Infants

Type	Who	Vaccine Type	Dose
Rotavirus	Rotarix® (monovalent vaccine): Those who are between 6 weeks and 0 days after delivery and 24 weeks and 0 days after delivery RotaTeq® (5-valent vaccine) Those between 6 weeks and 0 days after delivery and 32 weeks and 0 days after delivery	oral vaccine	Rotarix®: 2 shots at intervals of 27 days RotaTeq®: 3 shots at intervals of at least 27 days.
BCG	Up to 1yr of age	live vaccine	once
Hib	Between 2 to 60(postnatal) months of age	inactivated vaccine	Initial vaccination: 3 shots at intervals of at least 27 days. Booster shot: once, at an interval of at least 7 months after the initial vaccination *The number of times varies depending on the age at which vaccinations were first administered.
pediatric pneumococcal vaccine	Between 2 to 60(postnatal) months of age	inactivated vaccine	Initial vaccination: 3 shots at intervals of at least 27 days. Booster shot: once with an interval of at least 60 days after the initial vaccination (vaccination over the age of 1) *The number of times varies depending on the age at which vaccinations were first administered.
4-in-one DPT-IPV Diphtheria Pertussis Tetanus inactivated polio vaccine	Between 2 to 90 (postnatal) months of age	inactivated vaccine	Initial vaccination: 3 shots at intervals of at least 20 days. Booster shot: once with an interval of at least 6 months after the initial vaccination
measles-rubella (phase 1)	Between 12 to 24 (postnatal) months of age	live vaccine	once
measles-rubella (phase 2)	From age 5 by less than age 7 – before school starts	live vaccine	once
Japanese encephalitis (phase 1)	From age 3 to 90 months of age Persons under the age of 20 who were born by April 1, 2007 and have not completed the first three doses of vaccination.	inactivated vaccine	Initial vaccination: 2 shots at intervals of at least 6 days. Booster Shot: once with an interval of at least 6 months
Varicella and herpes zoster	From 12 months to 36 months of age	live vaccine	2 shots at intervals of at least 3 months
Hepatitis B	By the age of 1	inactivated vaccine	Between the first two shots, leave an interval of at least 27 days, For the third, leave an interval of at least 139 days.

Mumps	12 to 24 months of age	live vaccine	once
Pediatric influenza	1 up to 15 years of age (Junior High School 3 rd grade)	inactivated vaccine	- Ages 1 to 12 years old have two shots at intervals of 2 to 4 weeks -Ages 13 to 15 years old (third grader in junior high school) have one shot

Children

Type	Who	Vaccine Type	Dose
Japanese encephalitis (phase 2)	Ages 9 up to <13 (grade 4/5 elementary school) Persons under the age of 20 born by April 1, 2007 who have completed phase 1	inactivated vaccine	once
DT Diphtheria Tetanus	Elementary school grade 6 to <13	inactivated vaccine	once

Interval between vaccinations

- After being vaccinated with a live vaccine injection (BCG, measles, varicella, mumps), it's necessary to wait at least 27 days before receiving other vaccinations.
- There are no restrictions on receiving other vaccinations after live oral vaccine or inactivated vaccine.
- In the case of receiving the same vaccination multiple times, it's necessary to follow the determined interval between vaccinations.

Students

Type	Who	Vaccine Type	Dose
Cervical cancer	Equivalent to first grade of junior high school to first grade of high school	inactivated vaccine	Cervarix (bivalent) After the initial shot leave a 1 month period for the second shot, the final shot is administered 6 months later · Gardasil (tetravalent) Sylgard 9 (9 valent): After the initial shot leave a 2-month period before the second shot, the final shot is administered 6 months later
	Females born between April 2, 1997 and April 1, 2007 who have not completed the 3 doses of vaccination.		

Those under 15 who vaccinate with Silgard 9 (9 valent), get two doses 6 months apart.

Adults

Type	Who	Vaccine Type	Dose
Adult rubella vaccine	Vaccination applicants born between April 2, 1974 to April 1, 2000 Excludes persons who have already been vaccinated in the 3rd and 4th MR phase, those subject to rubella (5th	live vaccine	once

	phase), or those who have been subsidized in previous years.		
Rubella (phase 5)	Men born between 1962 Apr 2nd ~ 1979 Apr 1st	Live vaccine	If you take an antibody test and the result is negative, inoculate once

Senior citizens

Type	Who	How you'll be notified	Vaccination ticket
(Elderly) Influenza	Applicants over the age of 65	By the city's public newsletter (from Oct-Jan every year)	Issued at a contracted medical institution
Elderly pneumococcus	Persons who'll be 65, 70, 75, 80, 85, 90, 95, 100	Eligible persons will be notified individually	Sent in the post to eligible persons
Shingles vaccination	Persons who'll be 65, 70, 75, 80, 85, 90, 95, 100 (Including those aged 101 and over only in 2023) Those who have never received a subsidy in the past	Eligible persons will be notified individually	Sent in the post to eligible persons

*Vaccinations for those aged 60 to 65 and those with specific disabilities may also be eligible for vaccination, so please inquire at the Health Promotion Division or the Eastern/Northern Health Promotion Office.

COVID-19 Vaccine

Who	Flow	Vaccination Ticket
Citizens over the age of 6 months	① Receive a vaccination ticket ② Make a reservation by phone or online ③ Receive vaccination at the reserved venue	Apply online or issued by the Health Promotion Division or Northern/Eastern Health Promotion Divisions

*To issue vaccine tickets, a vaccine certificate from your previous address is necessary.

For more information, please check the Ichinoseki City Homepage.

National Health Insurance, Medical Insurance for the Elderly (Aged 75+), National Pension System 国民健康保険・後期高齢者医療

What is National Health Insurance 国民健康保険とは

A system in which members contribute money according to their income to mutually help each other to lessen economic burden in the case of illness or injury. Medical expenses are covered by NHI tax and government contribution.

国民健康保険加入者が、病気やけがをした際に、経済的な負担を軽くし、平等に医療を受けられるよう収入に応じてお金を出しあい、助け合うという医療の相互扶助制度です。医療費は皆さんが負担する国民健康保険税と国の負担金などで賄われています。

Entering National Health Insurance 国民健康保険の加入

Those who live in Ichinoseki are required to join National Health Insurance.

However, the following persons are excluded.

- Persons covered by other insurance (workplace health insurance, mutual aid association, seamen's insurance, *Medical system for the elderly, etc.) *If you are 65 years old or older and have certain disabilities, you can apply to join the Medical Care System for the Advanced Elderly.
- People who receive public assistance

市内に住所を有する人は、国民健康保険への加入が必要です。ただし、次に該当する人は除かれます。◦ 他の保険に入っている人（職場の健康保険、共済組合、船員保険、※後期高齢者医療制度など） ※65歳以上の人で、一定の障がいがある場合、申請により後期高齢者医療制度に加入できます ◦ 生活保護を受けている人

Withdrawal of National Health Insurance 国民健康保険の脱退

You must complete withdrawal procedures from the National Health Insurance if you enroll in another insurance plan or move out of the city,

他の保険に加入した場合や市外へ転出するときは、国民健康保険を脱退する手続きが必要です。

National Healthcare System 国民健康保険の医療制度

People insured are separated into the categories of 'general' and 'senior' coverage. Among those insured under National Health Insurance as sick or injured, the following medical expenses apply:

国民健康保険の医療制度

国保の被保険者は、「一般被保険者」「高齢受給者」に区分され、国保被保険者が病気やけがで医療機関にかかったときは、下表のとおり医療費を自己負担することになります。

	Out of pocket expense	Remarks
general	30%	Present your insurance card at medical institution (those who are 70 to 74 years of age, bring NHI Elderly Recipient Certificate.)
senior (70-74 y/o)	20, 30%	
prior to compulsory education	20%	

Insurance card 被保険者証

When you join National Health Insurance, you will be issued a card. If the insured person's address, name, head of household, have changed, you must notify the National Health Insurance and Pension Division or Civic and Welfare Division within 14 days.

被保険者証：国民健康保険に加入すると、1人ずつ被保険者証が交付されます。被保険者証の住所、氏名、世帯主など記載内容が変わった場合は、14日以内に国保年金課または各支所市民福祉課に届け出なければなりません。

Reimbursement of Medical Expenses いりようひ はら もど 医療費の払い戻し

In the following cases, your medical fee will be paid in full to the medical institution.

However, if you apply later, it will be regarded as self-payment.

- When you receive medical treatment from a healthcare provider that doesn't accept NHI, or must receive treatment when not in possession of your NHI card
- When you incur expenses for medical equipment (orthosis)
- Fees incurred during overseas visits to a medical institution (must be an emergency)
- Expenses incurred when urgently transferred
- When you paid for blood used in a blood transfusion

医療費の払い戻し: 次のような場合は医療機関に治療費を全額支払い することになります。ただし、後で申請すれば審査の上、自己負担分を除いた額が支給されます。

- 急病などでやむを得ず保険証を持たずに診察を受けたとき ◦ 治療用装具を購入したとき ◦ 海外滞在中に医療機関にかかったとき ◦ 緊急な転院などのため移送されたとき
- 輸血のため生血代を支払ったとき

Benefits received with National Health Insurance

こくみんけんこうほけん う きゅうふ 国民健康保険で受けられる給付

In addition to receiving medical payment benefits due to illness or injury, the following benefits also apply:

- ▷ Childbirth allowance: when an insured person gives birth, a lump-sum childbirth allowance of 500,000 yen or 488,000 yen will be paid.
- ▷ Payment of funeral expenses: 30,000 yen will be paid for funeral expenses when the insured dies.

病気やけがで医療機関にかかったときの医療費の 給付のほか、次のような給付もあります。

- ▷ 出産育児一時金の支給 被保険者が出産したとき、出産育児一時金 500,000 円または 488,000 円が支給されます。
- ▷ 葬祭費の支給 被保険者が死亡したとき葬祭費が 3 万円支給されます。

In the case of a traffic accident こうつうじ こ 交通事故などにあったとき

If injured by a third party, such as by being in a traffic accident, you can go to a medical institution on

National Health Insurance. However, you will need to submit a 'Notification of Injury/illness by Third-Party'

だいさんしゃこうい しやうびやうとどけ
「第三者行為による 傷 病 届」.

> Those who are not eligible to use National Health Insurance

- If you have completed a private settlement
- Illegal activities (drinking driving, unlicensed driving)

交通事故など、第三者から傷病を受けた場合も、国民健康保険で医療機関にかかることができますが、「第三者行為による傷病届」の提出が必要です。

▷ 国民健康保険が使えないものは

- 示談を済ませてしまった場合
- 不法行為（飲酒運転・無免許運転）

When you cannot use your insurance card

ほけんしょう つか
保険証が使えないとき

- When a condition is not considered an illness

For example: health checkups, vaccinations, cosmetic surgery, orthodontics

- When the case is covered by work injury insurance

- 病気とみなされないとき
人間ドック、予防接種、美容整形、歯列矯正など
- 労災保険の対象となるとき

Latter-stage Elderly Healthcare System

こう き こうれい しゃ いりょう
後期高齢者医療

▷Latter-stage Elderly Healthcare System: medical benefits for those over 75 years of age and people who are 65 years and over who have applied and have accredited disability status.

▷Insurance Card: from the day you turn 75, you will be insured under the latter-stage elderly healthcare system and be issued a card. Those insured will only have to pay 10% or 30% of their bill. The levels are: 10%, 20% and 30%. In addition, there are benefits towards medical expenses and high-cost medical expenses.

▷Latter-stage Elderly Insurance Premium: premiums are determined for each individual and paid to all insured persons.

▷Latter-stage Elderly Medical Insurance Premium: premiums are determined for each individual and paid to all insured persons. Insurance premiums are reduced for low-income earners and those who are dependent on employee's health insurance (social insurance).

▷後期高齢者医療制度とは 75 歳以上の人と、一定の障がいがあり申請により認定を受けた 65 歳以上の人が医療の給付を受ける制度です。医療費は、皆さんが負担する後期高齢者医療保険料と国の負担金、現役世代からの支援などで賄われます。▷被保険者証 75 歳の誕生日（認定日）当日から後期高齢者医療制度の被保険者となります。被保険者 1 人に 1 枚、保険証が交付されます。▷医療費の給付 医療機関などの窓口で保険証を提示することで、医療の給付が受けられます。一部負担金の割合は、1 割、2 割、3 割の 3 段階となります。ほかに、療養費、高額療養費などの給付があります。▷後期高齢者医療保険料 保険料は、個人ごとに決まり、被保険者一人ひとりに納めていただきます。保険料は被保険者全員で負担する「均等割額」と被保険者の所得に応じて負担する「所得割額」の合計となります。所得の低い人や被用者保険（社会保険）の被扶養者であった人などは保険料が軽減されます。

High-cost Medical Care

いりょうひ こうがく ばあい こうがくりょうようひ
医療費が高額の場合（高額療養費）

When the out-of-pocket cost of medical treatment becomes high, the amount exceeding the out-of-pocket limit will be paid as 'high-cost medical treatment'. The limit is different for people under 70 years old and people over 70.

医療費が高額の場合（高額療養費）
療養費の自己負担が高額になったとき自己負担限度額を超えた分が「高額療養費」として支給されます。70 歳未満の人と 70 歳以上の人では限度額が異なります。

Those under the age of 70 さいみまんひと 70歳未満の人

1※ Income	Out-of-pocket limit (monthly)	
	Up to three times	After the 4th time 2※
A: More than 9.01 million yen	252,600 円 When medical expenses exceed 842,000yen, add 1% of the excess amount	140,100yen
B: More than 6 million yen ~ To less than 9.01 million yen	167,400 When medical expenses exceeded 558,000 yen Add 1% of the excess amount	93,000yen
C: More than 2.10 million yen ~ less than 6 million yen	80,100 yen	44,400yen
D: less than 2.10 million yen	57,600yen	
E: resident tax exemption 3※	35,400 yen	24,600yen

1※ Payment of the same medical expenses at one medical institution is subject to totaling of 21,000 yen or more.

2※ Total household income minus the basic deduction (430,000) from all income of all members of the National Health Insurance.

3※ If you have paid 4 or more high-cost medical expenses in the past 12 months

4※ when there is no residence tax imposed on the head of the household and all members within the Household have National Health Insurance.

(注1) ひとつの医療機関において同じ月の医療費の支払いが、21,000円以上のものが合算対象となります。※1 国保加入者全員の所得からそれぞれ基礎控除（43万円）を差し引いた世帯合計所得※2 過去12カ月間に高額療養費の支給が4回以上ある場合 ※3 世帯主と世帯内の国保加入者全員に、住民税の課税がない場合

7) Welfare 福祉

Public Assistance 生活保護

Japan guarantees a minimum standard of living and provides support to those who have lost their income due to sickness or an accident and are struggling to support themselves, with the goal of helping them to become independent. This support is a guaranteed right as a citizen, but to receive it, it is a requirement to work according to your abilities.

▷ Type of Protection

Lifestyle Assistance ・ Housing Assistance ・ Educational Aid ・ Long-term Care Assistance Medical Aid ・ Birth assistance ・ Occupational Aid ・ Funeral Assistance

Protection Procedures: to attain livelihood protection, certain guidelines must be met.

The application can be filled out by the person themselves, a dependent or relative living with him/her.

Welfare Division staff will consult in the problems you are experiencing in your daily life.

The staff responsible are required to keep the matters discussed private and confidential.

Upon application, the city will investigate the living conditions of the family, income and assets, assistance from dependents etc.

The minimum living expenses of households are calculated according to certain criteria and compared with the income of the entire household; the deficit is paid as a welfare payment.

Contact: Ichinoseki City Hall Welfare Division – Welfare Assistance Section 1 and 2, Civic and Welfare Divisions and District Welfare Commissioners

病気や事故などで収入が無くなったり、生活に困っている人に対して、国が最低限度の生活を保障し、その人の自立を助長する制度です。この制度は、国民の権利として保障されていますが、これを受けるには、自分の能力に応じて働いたり、持っている資産、その他あらゆるものを生活に活用することが要件となっています。

▷保護の種類 ・生活扶助 ・住宅扶助 ・教育扶助 ・介護扶助 ・医療扶助 ・出産扶助 ・生業扶助 ・葬祭扶助

▷保護の手続き：生活保護は、原則として申請しなければ行われません。申請は、本人かその人の扶養義務者または同居している親族が行うことができます。生活上の問題の相談は、福祉課の担当職員が応じます。担当職員は守秘義務がありますので、内容が漏れることはありません。申請を受けて、市は家族の生活状況、収入や資産、扶養義務者からの援助などを調査します。一定の基準によって世帯の最低生活費を計算し、その世帯全体の収入と比較して、不足する額が保護費として支給されます。

本庁福祉課生活福祉第一係、第二係、支所市民福祉課、各地区民生委員

Welfare Commissioner/Child Welfare Officers 民生委員・児童委員

Welfare commissioners strive to improve the welfare of struggling children, senior citizens, and people with physical and mental disabilities. They are professionals who specialize in children's welfare.

Contact the Social Welfare Division, or Health and Welfare Division of any branch office.

民生委員は、生活に困っている人や児童、お年寄りの問題、身体や精神に障がいのある人などの福祉の向上に努めています。また、児童福祉に関し専門的に担当する主任児童委員がいます。担当区域の委員に気軽に相談ください。お住まいの区域の委員についての問い合わせは、長寿社会課福祉企画係、各支所市民福祉課へ。

Council of Social Welfare しゃかいふくしきょうぎかい 社会福祉協議会

The Social Welfare Council provides welfare services that are useful for residents' livelihoods, such as welfare for the elderly, welfare for the disabled, child-rearing support, long-term care insurance, and short-term loans. For details on the social welfare council's operations, please contact one of the following branches.

社会福祉協議会では、高齢者の福祉、障害者の福祉、子育ての支援、介護保険の実施、短期の貸付金など住民の暮らしと生活に役立つ福祉サービスを提供しています。社会福祉協議会事業の詳細な内容は、下記の各支部にお問い合わせください。

Branch	Address	Phone
Ichinoseki branch	城内 1-36 一関市総合福祉センター内	23-6020
Hanaizumi branch	花泉町老松字水沢 193-1 花泉総合福祉センター内	82-4002
Daito branch	大東町洪民字大洞地 55-8 大東保健センター内	71-1177
Senmaya branch:	千厩町千厩字町浦 97-1 千厩農村勤労福祉センター内	53-2885
Higashiyama branch:	東山町長坂字西本町 139-1 東山保健センター内	47-3238
Murone branch:	室根町折壁字八幡沖 116 室根保健センター内	64-3983
Kawasaki branch	川崎町薄衣字諏訪前 137 川崎農村環境改善センター内	43-4323
Fujisawa branch	藤沢町藤沢字町裏 55	63-5122

Welfare for mother and child ぼしふくし 母子福祉

Single Mothers and Widows Welfare Association ぼしかふふくしれんごうかい 母子寡婦福祉連合会

This private, voluntary organization aims to promote welfare of women who do not have a spouse and who support their children.

Contact: Iwate Single Mothers and Widow Welfare Association TEL 019-623-8539 (or contact Iwate International Association)

配偶者のない女性で児童を扶養している人などの福祉増進を目的とした民間の自主団体です。
問 一般社団法人 岩手県母子寡婦福祉連合会 TEL 019-623-8539

Single-parent Living Support おやかていとうにちじょうせいかつしえんじぎょう ひとり親家庭等日常生活支援事業

Project to support the daily lives for single-parent homes. When single-parent households and widows face major obstacles in their daily lives, people to assist are dispatched to provide living assistance and child-rearing support.

Children and Domestic Affairs Division

ひとり親家庭、及び寡婦の方が、日常生活を営むのに大きな支障が生じたときに、家庭生活支援員を派遣し、生活援助と子育て支援を行います。
問 こども家庭課

Single mothers/fathers welfare fund ぼしふしかふふくししきん 母子父子寡婦福祉資金

A system that lends funds to people who are:

Those without a spouse supporting a child/children younger than 20 years old, a child who is under 20 years old without parents, a former mother of a single-mother household and also women without a spouse over the age of 40 who do not support children.

Contact: Children and Domestic Affairs Division

20歳未満の児童を扶養している配偶者のない女性または男性、20歳未満の父母のない児童、かつて母子家庭の母であった人および40歳以上の配偶者のない女性で、児童を扶養していない人に資金を貸し付ける制度です。問 こども家庭課

Family independence support benefit ぼしかていとうじりつしえんきゅうふきんじぎょう 母子家庭等自立支援給付金事業

When a single parent attends a course to acquire qualifications necessary for employment, this system covers part of the expenses and aims to promote independence through employment.

Contact: Children and Domestic Affairs Division

母子家庭の母または父子家庭の父が就労に必要な資格習得の講座などを受講する場合に、その経費の一部を支給し、就職による自立促進を目的とする制度です。問 こども家庭課

Family Support Center Project じぎょう ファミリー・サポート・センター事業

A membership-based childcare support network that connects those who need childcare support and those who want to assist with childcare. When help is needed due to circumstances such as work or family, members carry out mutual support activities.

Contact: Ichinoseki City Council of Social Welfare 0191-23-6020

子育ての手助けが必要な人と、子育てのお手伝いをしたい人を結ぶ会員制の子育て支援ネットワークです。仕事の都合や家庭の事情で手助けが必要なとき、会員相互で支援活動を行います。一関市社会福祉協議会 TEL 23-6020

Women's consultation じょせいそうだん 女性相談

Guidance and consultation for women who have troubles or worries. A female counselor will provide consultation.

Contact: Family and child consultation room (within the Children and Domestic Affairs Division).

女性が抱える様々な問題や悩みについて婦人相談員が相談に応じます。家庭児童相談室（こども家庭課内）

Daycare, child institutions, local childcare

保育所・こども園・地域型保育事業

Daycares are places that provide care to children on behalf of parents under circumstances such as when parents go to work or are ill. There are 12 municipal daycare centers and 4 private ones. ‘Kodomoen’ are facilities that have both a kindergarten that takes care of children over 3 years old regardless of the working conditions of parents and a daycare department that looks after children of parents who need childcare services. There are 4 municipal kodomoen and 15 private ones. Regional childcare is a facility that can provide childcare for a smaller number. They can facilitate for children up to 2 years old. There are 4 private small-scale daycare facilities and 5 home-based daycare facilities in operation. (As of April 1, 2023). Some daycare centers, children’s institutes, kodomoen and community-based childcare businesses offer extended childcare, holiday childcare, and temporary childcare.

保育所は、乳幼児の保護者が働いている・病気にかかっているなど、保育を必要とする場合に、保護者に代わって保育するところです。市立の保育所は 12 か所、私立は 4 か所あります。こども園は、保護者の就労状況に関わらず 3 歳児以上の子どもを預かる幼稚園部門と、保育を必要とする保護者の子どもを預かる保育部門を兼ね備えた施設です。市立のこども園は 5 か所、私立は 15 か所あります。地域型保育事業は、より少人数の定員で保育を受けられる施設です。利用できるのは 2 歳児までとなります。私立の小規模保育事業は 5 か所、家庭的保育事業は 5 か所あります。(令和 5 年 4 月 1 日現在)

保育所・こども園・地域型保育事業では、延長保育、休日保育、一時預かりを行っているところもあります。

Child-rearing short-term support 子育て短期支援

If raising a child at home becomes difficult due to a guardian's work or illness, the child will be raised and protected at the facility ‘Fuji-no-en’ for a period of time.

Inquiries: Children and Domestic Affairs Division

保護者の仕事・病気などにより、家庭で児童の養育が一時的に困難となった場合、児童を児童養護施設「一関藤の園」で一定期間養育保護します。

問 こども家庭課

Free childcare fees for second and subsequent children

第2子以降の保育料無償化

The childcare fees for second and subsequent children who are dependent on their parents are free of charge in Ichinoseki.

Inquiries: Childcare Division

第2子以降の保育料無料化 一関市では、保育施設に通う子どものうち、保護者が扶養する、年齢順に上から2番目以降の子どもの保育料を無料としています。)

問 児童保育課

Developmental Support はったつしえん 発達支援

Appropriate support is arranged for each child based on consultations on child-rearing and development. Child-rearing support in Ichinoseki has four functions: consultation, developmental support, open space for child-rearing support, and offering information.

Telephone consultations are also available. Please feel free to contact us about anything.

Information on child-rearing is also posted on Facebook.

Account name: kodomokatei

Inquiries: Children and Domestic Affairs Division

子育てや子どもの発達に関する相談から、子ども一人ひとりに応じた適切な支援をコーディネートします。主に、「相談」、「発達支援」、「子育て支援 ひろば」、「情報発信」の4本柱で子育てを応援します。電話相談にも応じています。電話相談にも応じています。なんでも気軽に相談ください。フェイスブックでも子育てに関する情報を発信しています。アカウント名: kodomokatei 問 こども家庭課

Oyako Public Space ひろば おやこ広場

This is a place where parents with infants under the age of 3 can gather. In addition to holding seasonal events and birthday parties every month, we also offer consultations on child-rearing.

For more: Ichinoseki Area Oyako Public Space: TEL 26-6401

Senmaya Area Oyako Square “Tette” 0191-48-5781

おおむね3歳以下の乳幼児とその保護者が気軽に集うことができる交流の場です。毎月季節のイベント、誕生会などを開催するほか、子育てに関する相談にも応じています。問 一関地域おやこ広場 TEL 26-6401 千厩地域おやこ広場“てって” TEL 48-5781 児童発達支援事業

Karugamo classroom じどうはったつしえんじぎょう 児童発達支援事業 きょうしつ かるがも教室

Karugamo aids in the development of infants by giving adequate medical care and training to parents who are concerned about their child's mental and physical development.

Karugamo Class 0191-21-2142

心身や言葉の発達が気になる乳幼児に対し、早期に適切な療育・訓練を行うことにより、乳幼児の発達を促すため開設しています。かるがも教室 TEL 21-2142

Children allowance じどうてあて 児童手当

This allowance is provided to those who are raising children until they graduate from junior high school. Depending on the situation such as income, no payment, or special benefits (5,000 yen per child per month) may be provided.

▷ Monthly allowance (as of 2023)

- 15,000 yen, 0 to 3 years old until birth month
- 10,000 yen, from the following month of 3rd birthday to graduation from elementary school
- 15,000 yen from third child onward • 10,000 yen for junior high school students

*support is given until graduation of junior high school, however, children who can be part of the three child count includes children up to the first March 31 after their 18th birthday.

Contact: Childcare Division

児童手当

中学校卒業までの児童を養育している人に支給する手当です。所得などの状況によっては、特例給付（児童 1 人につき月額 5,000 円）または支給なしとなることがあります。▷手当月額（令和 5 年度現在）・0～3 歳の誕生月まで 15,000 円・3 歳の誕生月の翌月～小学校卒業まで 10,000 円・第 3 子以降 15,000 円・中学生 10,000 円※ 実際支給されるのは、中学校卒業までですが、児童数のカウントには 18 歳の誕生日後の最初の 3 月 31 日までの児童も含まれます

問 児童保育課

Child-rearing allowance じどうふようてあて 児童扶養手当

This allowance is paid to single-parent families who are raising children (single-parent households, or households in which one of the parents is effectively absent). Allowances will be given to those raising children until the last day of the fiscal year (March) in which the child turns 18, If the child has a disability, the age will be raised to those under 20.

▷ Monthly allowance (from April 2023)

- Full payment: 44,140 yen
- Partial payment: 44,130 yen to 10,410 yen
- Second child addition: 10,420 yen (maximum)
- Third child and subsequent addition: 6,250 yen (maximum) * There are income restrictions

Contact: Childcare Division

児童扶養手当

父母の離婚などにより、父または母と生計を同じくしていない児童を養育しているひとり親家庭などの人に支給される手当です。対象となる児童は 18 歳の 3 月までですが、障がいがある場合は 20 歳の誕生月まで延長されます。▷手当月額（令 5 年 4 月～）・全部支給：44,140 円・一部支給：44,130 円～10,410 円・第 2 子加算：10,420 円（最大）・第 3 子以降加算：6,250 円（最大）※所得制限があります

問 児童保育課

Special child-rearing allowance とくべつじどうふようてあて 特別児童扶養手当

This allowance is paid to parents or caregivers who are raising children under the age of 20 who have a mental or physical disability.

▷ Monthly allowance (April 2023)

1st grade (severe): 53,700 yen

2nd grade (moderate): 35,760 yen

Contact: Childcare Division, Civic and Welfare Division of any branch office.

精神または身体に障がいのある 20 歳未満の児童を養育している父母または養育者に支給される手当です。▷手当月額（令和 5 年 4 月～）1 級（重度）：53 700 円 2 級（中度）：35,760 円 問 児童保育課

After-school children's club ほうかごじどう 放課後児童クラブ

An after-school children's club to foster the healthy development of children who are in elementary school and have absent parents during the day.

Contact: Childcare Division, Civic and Welfare Division of any branch office.

昼間家庭に保護者がいない、小学校に就学している児童の健全育成を行うため、放課後児童クラブを設置しています。
問 児童保育課、各支所市民福祉課

Family guidance room かていじどうそうだんしつ 家庭児童相談室

If you have any concerns regarding family problems or child abuse, a family counselor is available to give assistance.

Details: Family Guidance Room (inside the Children and Domestic Affairs Division) 0191-21-2173

子供が健やかに育つように、子供と家庭の問題や児童虐待について心配なことがあった場合、家庭児童相談員が相談に応じます。家庭児童相談室はこども家庭課内にあります。気軽に利用ください。
問 家庭児童相談室（こども家庭課内） TEL 21-2173

Ichinoseki Children's Counseling Center, Iwate Prefecture

いわてけんいちのせきじどうそうだんじょ
岩手県一関児童相談所

Doctors and psychologists offer advice on preventing child abuse and issues pertaining to kids who have trouble being raised at home, children who don't have any relatives, children who are physically frail, children who have intellectual disabilities, children who have physical disabilities, children who have bad behavior and more. Expert assessments and measures, such as determining whether the child is eligible to enter facilities, can also be given.

Details: Ichinoseki Children's Counseling Center 0191-21-0560

家庭で養育が困難な児童や、身寄りのない児童、体の弱い児童、知的障害の児童、体の不自由な児童、性行不良の児童などに関することや児童虐待防止の相談に応じ、医師や心理判定員による専門的な判定、他施設への入所措置などを行います。
問 一関児童相談所 TEL 21-0560

Foster parenting さとおや 里親

Unaccompanied children and children raised in unsuitable environments are protected by this system, which provides a suitable environment for children to be raised. Short-term foster care is for less than a year, and long-term foster care is for children to be raised until they are 18 years old.

Details: Ichinoseki Children's Counseling Center 0191-21-0560

保護者のいない児童や保護者に監護させることが不適当な児童を、家庭的な雰囲気の中で保護し健全に養育する制度です。短期里親は 1 年未満、長期里親は 18 歳になるまで養育します。
問 一関児童相談所 TEL 21-0560

Orphanage じどうようごしせつ 児童養護施設

A facility where children over the age of 1 who have no parents, abused children, and other children who need care are admitted. As a general rule, admission is for children of up to 18 years old (20 years old in some cases). Elementary and junior high schools can be attended in the same way as children in ordinary households, and the children can also go on to high school. Within Ichinoseki, there is a facility called Ichinoseki Fuji no En (Yamanome Tate 2-5 0191-23-1544).

満 1 歳以上で保護者のいない児童や、虐待されている児童、その他環境上養護を要する児童が入所する施設です。入所は原則として 18 歳（場合によって 20 歳）までで、小・中学校へは一般家庭の児童と同様に通学し、高等学校への進学も可能です。市内には「一関藤の園（山目字館 2-5 TEL 23-1544）」があります。

Monetary support for Birth and child-rearing

しゅっさん こそだ おうえんきん
出産・子育て応援金

With the aim of creating an environment in which all pregnant women and families raising children can have peace of mind, support is provided from pregnancy to the child-raising period, as well as comprehensive economic support through the provision of childbirth and child-rearing support funds. Those who submitted application forms, participated in interviews, and answered questionnaires and notifications of pregnancy and birth after April 1, 2022, are eligible. The application method will be disclosed at the time of pregnancy notification and birth notification.

Inquiries: Children and Domestic Affairs Division, Eastern/Northern Health Promotion Office

全ての妊婦、子育て家庭が安心して出産・子育てができる環境整備を図ることを目的に妊娠期から育て期までの切れ目のない支援および出産・子育て応援金の給付による経済的支援を一体的に実施します。対象は、令和4年4月1日以降に妊娠届・出生届を提出し、申請書の提出および面談やアンケートへ回答した人です。
申請方法は、妊娠届・出生届出時にお知らせします。
こども家庭課、東部・北部健康推進室

Infant clinic

にゅうじいん
乳児院

This facility raises infants due to abandonment or bereavement of parents, and when parents cannot be in custody due to mental illness or tuberculosis, up to the age of 1 (up to 2 years old).

Contact Ichinoseki Children's Counseling Center 0191-21-0560

父母からの遺棄、父母との死別、父母が精神病や結核などのため監護されることができなくなった乳児を、原則として満1歳（最高満2歳）まで養育する施設です。
問 一関児童相談所 TEL 21-0560

Child independence support facility

じどうじりつしえんしせつ
児童自立支援施設

A facility that provides education and daily life guidance by the admission of children who commit a delinquent act, or you fear may do so.

Details: Ichinoseki Children's Counseling Center 0191-21-0560

不良行為をしたり、または行う恐れのある児童を入院させて、教育、日常生活指導を行う施設です。
問 一関児童相談所 TEL 21-0560

Parenting center

こそだ
子育てサロン

This is a place where preschool children, their parents, and local volunteers gather and interact with each other to dispel anxieties about child rearing.

Contact: Ichinoseki City Council of Social Welfare 0191-23-6020

就学前の子供とその保護者や地域のボランティアが、育児不安の解消などのため、集まり交流する場です。
問 一関市社会福祉協議会 TEL 23-6020

Daycare for sick children びょうじほいくしつ 病児保育室

A facility where nurses and early childhood educators temporarily take care and monitor the health conditions of children who cannot go to a nursery school due to illness.

Contact: Claris Daycare (nursery room for sick children phone line) 080-1013-1389

Certified Children's Center Hanaizumi Daycare TEL: 0191-82-2167

病気のため保育所などに登園できない子供を保育士と看護師が健康状態を確認しながら、一時的に預かる施設です。

【病児保育室】 問 クラリス保育所（病児保育室専用電話）080-1013-1389

認定こども園花泉保育園 82-2167

Welfare for people with disabilities しょうふくし 障がい福祉

Physical Disability Certificate しんたいしょうがいしゃてちょう 身体障害者手帳

A necessary document for people with physical disabilities to receive various welfare services.

Grades range from grade 1 (most severe) to grade 6 (mild) depending on the degree of disability.

身体に障がいのある人が各種の福祉サービスを受けるために必要な手帳で、障がいの程度によって 1 級（最重度）から 6 級（軽度）までの等級があります。

Medical Rehabilitation Handbook りょういくてちょう 療育手帳

This is issued to people with intellectual disabilities. Notebooks will be issued depending on the degree of disability; A (severe) or B (moderate/mild).

知的障がいのある人に発行するもので、障がいの程度によって A（重度）または B（中・軽度）の手帳が交付されます。

Mental Disability Certificate せいしんしょうがいしゃほけんふくしてちょう 精神障害者保健福祉手帳

A document necessary for people with mental disabilities to further their independence in participating in society and to receive various welfare services. There are grades 1 to 3 depending on the degree of disability.

精神障害者保健福祉手帳

精神に障がいのある人が社会参加の促進と自立を図り各種の福祉サービスを受けるために必要な手帳です。障がいの程度に応じて、1 級から 3 級までの等級があります。

Welfare allowance for children with disabilities しょうがいじふくしてあて 障害児福祉手当

This allowance is provided to people under the age of 20 who have severe disabilities and are in constant need of long-term care in their daily lives.

Monthly payment of 15,220 yen

障害児福祉手当 20 歳未満で重度の障がいがあり、日常生活で常に介護を必要とする在宅の人に支給される手当です。月額 15,220 円

Special disability allowance とくべつしょうがいしゃであて 特別障害者手当

This allowance is provided to people over the age of 20 who have severe disabilities and need special care in their daily lives.

Monthly payment of 27,980 yen

特別障害者手当 20歳以上の重度の障がいのある人で、日常生活で常に特別の介護を必要とする在宅の人に支給される手当です。月額 27,980 円

Mobile prosthesis consultation for persons with physical disabilities

しんたいしょうがいしゃほそうぐじゅんかいそうだん 身体障がい者補装具巡回相談

For the convenience of people with physical disabilities, we assist by making necessary decisions to deliver assistive devices. (By appointment only)

▷ Orthopedics

Determining necessity/compatibility of assistive devices

Inquiries: Ichinoseki City Hall Welfare Division, Civic and Welfare Division of any branch office

身体障がい者の利便を図ることを目的として、補装具の交付に必要な判定を行っています。（完全予約制）

▷ 整形外科 補装具の要否・適合判定

問 本庁福祉課

Visiting consultation for people with intellectual disabilities

ちてきしょうがいしゃじゅんかいそうだん 知的障がい者巡回相談

New assessments, re-assessment, and medical assessments for the Medical Rehabilitation Handbook (complete reservation system). For people over 18 years old.

* People under the age of 18 will be assessed at the child guidance center.

療育手帳の新規判定や再判定・医学判定を行います（完全予約制）。18歳以上の人が対象です。

※18歳未満の人は児童相談所で判定を行います

問 本庁福祉課、各支所保健福祉課

Benefits for delivery and repair of assistive devices

ほそうぐこうふしゅうりきゅうふ 補装具の交付・修理への給付

For persons (children) with physical disabilities, we will provide a part of the purchase and repair costs of assistive devices to improve employment and daily life. These include hearing aids, prosthetic limbs, orthoses, wheelchairs, canes, artificial eyes, and eyeglasses. Equipment that is covered by long-term care insurance and that overlaps with assistive devices for persons (children) with physical disabilities is covered

by the long-term care insurance system.

▷ Cost: Partial out-of-pocket expense depending on the tax status of the household

身体障がい者（児）に対して、職業その他日常生活の能率向上を図るため、補装具の購入修理費用の一部を給付します。補装具には補聴器、義肢、装具、車いす、盲人安全つえ、義眼、眼鏡などがあります。介護保険による貸与適用用具で身体障がい者（児）の補装具と重複しているものについては、介護保険制度の対象となります。▷費用 世帯の課税状況に応じて経費の一部自己負担があります 問 本庁福祉課、各支所保健福祉課

Benefits for daily living equipment costs にちじょうせいかつ ようぐひ きゅうふ 日常生活用具費の給付

Equipment costs provided to facilitate daily life for people (children) with severe disabilities and patients with incurable diseases.

Equipment that is loaned under the long-term care insurance system and overlaps with daily life equipment for people with physical disabilities is covered by the long-term care insurance system.

▷ Types: Stoma equipment, special beds, bathing aids, watches for the blind, signal devices for the hearing impaired, etc.

▷ Expenses: Partial out-of-pocket expense depending on the tax status of your household.

重度障がい者（児）および難病患者に対し、日常生活を容易にするための用具費用を給付するものです。介護保険制度による貸与適用用具などで身体障がい者の日常生活用具と重複しているものについては、介護保険制度の対象となります。▷種類 ストーマ用装具、特殊寝台、入浴補助用具、盲人用時計、聴覚障害者用信号装置など。▷費用 世帯の課税状況に応じて費用の一部自己負担があります。 問 本庁福祉課、各支所保健福祉課

Financial Aid for Medical Treatment Aimed at Improving Independence (Medical Services and Financial Supports for Persons under 18 years with Disabilities) じりつしえんいりょう いくせいりりょう 自立支援医療（育成医療）

The system's goal is to reduce the difficulties experienced by people with physical disabilities and to make daily life easier by getting around the disability.

Limited to eligible disabilities and designated medical facilities.

▷ Eligibility: Children with physical disabilities (under 18 years old)

▷ Expenses: In principle, 10% of medical expenses are borne, but there is an upper limit depending on household income and other factors.

Inquiries Children and Domestic Division, Civic and Welfare Division at any branch office

身体障害者の障がいの程度を軽くしたり、障がいを取り除いて日常生活を容易にすることを目的に、医療費を公費で負担するものです。対象となる障がい、指定医療機関に限られます。▷対象 身体に障がいのある児童（18歳未満）▷費用 原則として医療費の1割負担ですが、世帯の所得などにより上限額があります。問 こども家庭課、各支所市民福祉課

Financial Aid for Medical Treatment Aimed at Improving Independence (rehabilitation care) じりつしえんいりょう こうせいいりょう 自立支援医療（更生医療）

Medical expenses are borne by public funds for the purpose of alleviating the degree of disability of the physically challenged and facilitating daily life by treating disability.

Limited to medical benefits for persons with disabilities listed in the certificate of the physically disabled. However, it is limited to designated medical institutions.

▷ Expenses: Generally, 10% of medical expenses are borne, however there is an upper limit depending on household income.

身体障害者の障がい程度を軽くしたり、障がいを取り除いて日常生活を容易にすることを目的に、医療費を公費で負担するものです。

身体障害者手帳に記載の障がい名に対する医療給付に限られます。また、指定医療機関に限られます。▷費用 原則として医療費の1割負担ですが、世帯の所得などにより上限額があります。

Financial Aid for Medical Treatment Aimed at Improving Independence (system to reduce medical cost for people with mental disabilities)

じりつしえんいりょう せいしんつういんいりょう
自立支援医療（精神通院医療）

This is a system to reduce medical expenses for continued medical care (outpatient/outpatient medication, hospital day care, home-visit nursing) necessary for mental illness.

▷ Target: Those who need to make continuous hospital visits for the treatment of mental illness.

▷ Costs: Generally, 10% of the medical expenses for going to the hospital are borne, however there is an upper limit depending on household income.

精神疾患に必要な医療（外来・外来での投薬・病院デイケア・訪問看護）を継続して受けられるよう医療費の軽減をはかる制度です。

▷対象 精神疾患の治療のため、継続した通院を必要とする人。▷費用 原則として通院の医療費の1割負担ですが、世帯の所得などにより上限額があります。

Dependent Mutual Aid System for those with Physical/Mental Disabilities

しんしんしょうがいしゃふようきょうさいせいど
心身障害者扶養共済制度

By paying a fixed premium to the guardian of the physically/mentally disabled person during their life, in the unlikely event that the guardian has an accident, the disabled person will be provided with a fixed life pension.

▷ Enrollment qualification

a person under the age of 65 who resides in the prefecture, is in good physical and mental health, and is caring for a person with one of the following disabilities: people with physical disabilities in grades one through three, people with intellectual disabilities, and people with comparable mental illnesses.

▷ Benefit amount

Monthly pension of 20,000 yen (in the case of one unit, 40,000 yen for two units)

心身障がい者の保護者が生存中に一定額の掛金を納付することにより、保護者に万一のことがあった場合、後に残された心身障がい者に終身一定の年金を給付します。▷加入資格 県内に居住している 65 歳未満の心身ともに健康な人で次の障がいを持っている人（身体障害者手帳 1 ～ 3 級、知的障がい者、これらと同程度の精神障がい者）を扶養していること。▷給付額 年金額 2 万円（1 口の場合、2 口加入は 4 万円）

Subsidy for obtaining a driver's license for the physically disabled

身体障害者運転免許取得費助成

▷ Benefit requirements: partial subsidy of the expenses required to obtain a license for those who have job prospects or are planning to take part in community activities which require a driver's license and who have been issued a certificate of physical disability from grade 1 to 4.

▷ Benefit amount: Within two-thirds of the cost required to obtain a license; the limit is 100,000 yen.

▷ 給付要件: 自動車運転免許取得により就労や社会参加などが見込まれる人で 1 級から 4 級までの身体障害者手帳の交付を受けている人に対し、免許の取得に要した経費の一部を助成します。▷ 給付額 免許取得に要した費用の 3 分の 2 以内、10 万円が限度となります。

Subsidy for car remodeling costs for persons with physical disabilities

身体障害者用自動車改造費の助成

Partial subsidy for people with a physical disability of grade 1 or 2 who need car modifications.

▷ Benefit amount

Up to half the cost of remodeling a car; the limit is 100,000 yen. However, there are restrictions according to income.

身体障害者手帳 1、2 級の肢体に障がいがある人で、自動車の改造が必要な場合、経費の一部を助成します。▷ 給付額 自動車の改造に要した費用の 2 分の 1 以内、10 万円が限度となります。ただし、所得制限があります。問 本庁福祉課

Oxygen concentrator subsidy for home oxygen therapy patients

在宅酸素療法患者酸素濃縮器使用助成

Partial subsidy of the electricity charges for using the equipment for those who use an oxygen concentrator at home.

Contact: Ichinoseki City Hall Welfare Division, Health and Welfare Division at each branch

在宅で酸素濃縮器を使用している人に対し、その機器の使用にかかる電気料金の一部を助成します。問 本庁福祉課

Disability welfare service しょう ふうし 障がい福祉サービス

The following are types of home/facility services for people with disabilities.

▷ Long-term care benefits

Home care (home help), visiting care for people with severe disability, behavioral support, comprehensive support for persons with severe disabilities, short-term admission (short stay), long-term care, life care, facility admission support, community transition support, community settlement support

▷ Training benefits

Trainings on how to be independent, employment transition support, employment continuation support, communal living support (group home)

*In addition to the doctor's assessment, it is necessary to receive a disability support classification assessment by the accreditation examination committee in order to receive services by long-term care benefits.

▷ Usage fee

As a general rule, the amount borne is a fixed rate of 10%, but there is an upper limit depending on the income of the household.

▷ Consultation counter

Ichinoseki City Hall Welfare Division, Eastern and Northern Health Promotion Offices, Civic and Welfare Division at each branch office

障がい者の在宅・施設サービスは、下記のような種類があります。▷介護給付 居宅介護（ホームヘルプ）・重度訪問介護・行動援護・重度障害者包括支援・短期入所（ショートステイ）・療養介護・生活介護・施設入所支援・地域移行支援・地域定着支援▷訓練等給付 自立訓練・就労移行支援・就労継続支援・共同生活援助（グループホーム）※ 介護給付によるサービスを受けるには、医師意見書のほか、認定審査会による障害支援区分の判定を受ける必要があります▷利用料 原則として 1 割の定率負担ですが、世帯の所得などにより上限額があります。

▷ 本庁福祉課障、各支所市民福祉課、東部・北部健康推進室

NHK reception fee reduction and exemption じゅしんりょう げんめん NHK 受信料の減免

▷ Full exemption

In the case of a household on welfare, a household with a Physical Disability Certificate, those with a Medical Rehabilitation Handbook, or Mental Disability Certificate, and the entire family is not subject to residence tax.

▷ Half price exemption

The contractor is the head of the household and is issued with a Physical Disability Certificate (visual, hearing, and other types of grade 1 and 2), a Medical Rehabilitation Handbook A, and a Mental Disability Certificate.

▷ Procedure

Fill out the application form at the Welfare Division or the Health and Welfare Division of each branch, and after confirming things such as the household situation, income, taxation, the city will send the application form directly to NHK.

NHK 受信料の減免

- ▷全額免除 生活保護世帯、身体障害者手帳・療育手帳・精神障害者保健福祉手帳のいずれかを持っている人がいる世帯で、家族全員が住民税を課税されていない場合。
- ▷半額免除 契約者が世帯主で身体障害者手帳（視覚、聴覚、その他種別の 1・2 級）・療育手帳 A・精神障害者保健福祉手帳 1 級を交付されている人。
- ▷手続き 福祉課または各支所保健福祉課にある申請書に記入し、世帯の状況や所得・課税などの確認後、市から直接 NHK へ申請書を送付します。

Rail fare discount てつどううんちんわりびき 鉄道運賃の割引

For those with a physical or intellectual disability of grade 1 and one caregiver board the train, the price will be halved, regardless of the distance. For those with physical or intellectual disabilities of Grade 2 the price will be halved for distances that exceed 100 kilometers one way (if a person with a grade 1 disability boards the train alone, the conditions of grade 2 apply).

▷ Procedure

Please purchase a discount ticket at the station window before boarding.

- 第 1 種の身体または知的障がい者と、介護者 1 人が乗車する場合、距離に関係なくそれぞれ半額。2 種の身体または知的障がい者で、片道 100 キロメートルを超える場合は半額（第 1 種の障がい者本人が 1 人で乗車する場合は 2 種と同じ）。
- ▷手続き:乗車前に駅窓口などで割引乗車券を購入してください。

Welfare ticket for people with disabilities しょう しゃふくしじょうしゃけん 障がい者福祉乗車券

Tickets that can be used for buses and taxis operating within Ichinoseki are issued for up to 1,000 yen per month (12,000 yen per year).

▷ Target

- Physical Disability Certificate grade 1 and 2
- Medical Rehabilitation Handbook A
- Mental Disability Certificate grade 1 or persons mentally disabled with Disability Pension grade 1

市内を運行するバス・タクシーで利用できる乗車券を月額 1,000 円（年額 12,000 円）を上限に交付しています。

- ▷対象:身体障害者手帳 1、2 級の人。療育手帳 A の人。精神障害者保健福祉手帳 1 級または精神障がい障害年金 1 級の人

Discounts on toll roads for people with disabilities

ゆうりょうどうろ しょう しゃわりびき 有料道路における障がい者割引

If a person with a disability travels on a toll road, they will receive a half-price discount on the toll.

The ETC system is also available.

▷ Those eligible

- 《In the case of driving by yourself》 Persons who have been issued a Physical Disability Certificate.
- << In the case of a caregiver driving >> Persons who have been issued with grade 1 Physical Disability Certificate or A of the Medical Rehabilitation Handbook

障がいのある人が有料道路を通行する場合に、通行料金の半額割引が受けられます。ETC も利用できます。

▷対象:《本人運転の場合》身体障害者手帳を交付されている人:

《介護者運転の場合》身体障害者手帳の第 1 種または療育手帳の A を交付されている人

Bus fare discount ^{りょうきん わりびき} バス料金の割引

Bus fares are discounted for those who fall under the following:

- (1) Persons receiving a Physical Disability Certificate/Medical Rehabilitation Handbook
- (2) Caregiver of a person receiving a Physical Disability Certificate (grade 1) / Medical Rehabilitation Handbook (A)
- (3) Caregiver of a child under 12 years old has a Physical Disability Certificate
- (4) Persons who have received a Mental Disability Certificate (limited to those who have a photo attached)

Discounted buses and discount rates

◦Prefectural bus

For persons who fall under (1)(2)(3), 50% of regular tickets and 30% of commuter passes are discounted.

For persons who fall under (4), 50% of the regular ticket is discounted only for Iwateken Kotsu, Iwateken Kita Motor, and JR Bus Tohoku general route buses.

◦Municipal bus, etc.

For persons who fall under (1)(2)(3)(4), 2/3 of the regular ticket, coupon ticket, and commuter pass will be discounted.

▷ Procedure: Present your certificate/handbook at the ticket sales counter when paying the fare or purchasing a commuter pass. If you do not attach the photo, you will not be able to receive the discount.

以下に該当する人は、バス料金が割引されます。(1)身体障害者手帳・療育手帳を受けている人(2) 身体障害者手帳（第 1 種）・療育手帳（A）を受けている人の介護者
(3) 身体障害者手帳を受けている 12 歳未満の小児の介護者(4) 精神障害者保健福祉手帳を受けている人（手帳に写真の貼付がある人に限る）

割引対象となるバスおよび割引率

◦県内バス(1)(2)(3)の人は、普通乗車券の 5 割・定期乗車券の 3 割が割引されます。

(4)の人は、岩手県交通・岩手県北自動車・ジェイアールバス東北の一般路線バスに限り、普通乗車券の 5 割が割り引きされます。

◦市営バスなど (1)(2)(3)(4)の人は、普通乗車券・回数券・定期券の 2/3 が割引されます。

▷手続き 運賃を支払うときまたは定期乗車券を購入する時に、手帳を乗車券発売窓口に提示してください。写真の貼付がない場合は割り引きを受けられません。

Respite service (temporary care) ^{いちじかいごじぎょう} レスパイトサービス (一時介護事業)

If a person receiving a Medical Rehabilitation Handbook (A) uses a care service, a part of the usage fee will be subsidized. A voucher will be issued upon application.

療育手帳（A）を受けている人などが一時介護事業を利用した場合、利用料の一部を助成します。申請により利用券を交付します。

Sports competition for people with disabilities しょう しゃ たいかい 障がい者スポーツ大会

There are wheelchair gate-ball tournaments (May), prefectural sports tournaments (June, first Saturday), and contact sports tournaments (late June to early July).

車いすゲートボール大会（5月）、県のスポーツ大会（6月、第1土曜日）、ふれあいスポーツ大会（6月下旬～7月上旬ごろ）があります。

Sun Abilities Ichinoseki いちのせき サン・アビリティーズ一関

Sun Abilities Ichinoseki is for people with disabilities to improve their health, enjoy cultural activities, sports, and recreation activities. It's open to anyone, although free of charge for people with disabilities. Please contact us directly for details.

Inquiries; Sun Abilities Ichinoseki 36-3 Sannoseki Sakuramachi TEL: 0191-21-2162

サン・アビリティーズ一関は、障がいがある方の、健康の増進、教養文化活動及びスポーツ、レクリエーション活動の場として設置しています。どなたでも利用することができますが、障がいのある方は無料です。利用の詳しい内容などについては、直接お問い合わせ下さい。

問; サン・アビリティーズ一関 三関桜町 36-3 TEL:21-2162

Ichinoseki Disability Welfare Scholarship Subsidy to Secure Human Resources いちのせきしょう ふくしじんざいかくほしょうがくきんほじょきん 一関市障がい福祉人材確保奨学金補助金

We will subsidize a part of the scholarship loan (with an upper limit) with the purpose of securing human resources who work in the disability welfare sectors in Ichinoseki.

- ▷ Edible persons: A certified person such as a certified care worker who works at a disability welfare in Ichinoseki for 30 hours or more a week.
- ▷ Eligible qualifications: certified care worker, social worker, public health worker, nurse, associate nurse, physical therapist, occupational therapist, speech therapist, nutritionist, paramedic, nursery teacher, mental health worker and Certified Psychologist
- ▷ Amount of subsidy: The scholarship to be returned in the year of application will be subsidized. However, the maximum amount per year is 144,000 yen (12,000 yen per month). In addition, the period covered by the subsidy is within 5 years (60 months). Details will be announced through city public relations. Please inquire about eligibility.

市内の障がい福祉サービス事業などで働く人材を「安定して確保することを目的に、奨学金返還額の一部（上限あり）を補助します。▷対象となる人 市内の障がい福祉サービス事業所などに週 30 時間以上勤務する介護福祉士などの資格を有する人で、資格取得のため奨学金を借り入れて修学し、現在奨学金を返還している人など

▷対象となる資格 介護福祉士、社会福祉士、保健師、看護師、准看護師、理学療法士、作業療法士、言語聴覚士、栄養士、救急救命士、保育士、精神保健福祉士および公認心理師

▷補助金の額 申請した年度に返還すべき奨学金を補助します。ただし、1 年あたりの上限額は 144,000 円（1 月あたり 12,000 円）です。また、補助対象期間は連続して返還する 5 年（60 月）以内です。詳しくは、市広報などによりお知らせします。対象者の範囲、対象となる奨学金など詳しくは問い合わせてください。

Welfare for the elderly こうれいふくし 高齢福祉

Food distribution and lunch service はいしょく きゅうしょく 配食・給食サービス

We regularly provide meal distribution services to elderly people who live alone at home and who are unable to cook. (There is a partial fee.)

Details:

Ichinoseki area - Ichinoseki Council of Social Welfare

Other areas - Civic and Welfare Division at any branch office

在宅で暮らすひとり暮らし、虚弱などの理由で調理を十分に行えない高齢者に対して、定期的に配食サービスを行っています。（本人の一部負担があります。）問 一関地域……
一関市社会福祉協議会 その他の地域…各支所市民福祉課

Elderly welfare ticket issuance delivery program

こうれいしゃふくしじょうしゃけん こうふじぎょう 高齢者福祉乗車券の交付事業

A monthly ticket that can be used for buses and taxis operating in Ichinoseki for people aged 70 and over and living alone in households exempt from municipal tax or households with only elderly people aged 70 and over. Tickets of 1000yen will be issued from the month of application up to the maximum amount (12,000 yen per year).

However, you must be registered as a resident in Ichinoseki for over a year.

市民税非課税世帯の 70 歳以上の一人暮らし高齢者または 70 歳以上の高齢者だけ世帯の人などを対象に、市内を運行するバス・タクシーで利用できる乗車券を月額 1,000 円（年間 12,000 円）を上限に申請月から交付しています。ただし、市に住民登録をしてから 1 年以上経過していることが条件となります。

Emergency call system きんきゅうつうほう 緊急通報システム

For elderly people living alone, we rent a terminal that can report to the fire department with the touch of a button in the event of an emergency such as a disaster, accident, or sudden illness. There is a partial cost such as telephone charges.

ひとり暮らしの高齢者などを対象に、災害、事故、急病などの非常時に、消防署にボタン一つで通報できる端末機を貸与しています。電話料など、本人の一部負担があります。

Family care product supply business かぞくかいごようひん しきゅうじぎょう 家族介護用品の支給事業

We will provide nursing care products such as disposable diapers to people in households who are bedridden at home and who are certified as requiring long-term care 4 and 5. (Issuance of payment ticket)

要介護度 4・5 の認定を受けた在宅寝たきり高齢者と同居し、介護している市民税非課税世帯の人に対し、紙おむつなどの介護用品を支給します。（支給券の交付）

Silver Human Resources Center シルバー^{じんざい}人材センター

The Silver Human Resources Center is working to promote the employment of the elderly in order to realize a healthy and rewarding life for the elderly and to revitalize the local community. As a general rule, anyone over the age of 60 who is healthy and motivated to work can become a member. We also hold briefing sessions, so please contact the City Silver Human Resources Center for details.

Contact: Public Interest Incorporated Association Ichinoseki Silver Human Resources Center

0191-26-3760

シルバー人材センターは、高齢者の健康で生きがいのある生活の実現と地域社会の活性化を図るため、高齢者の就業の促進に取り組んでいます。健康で働く意欲のある原則 60 歳以上の人であれば、誰でも会員となります。説明会も行っていますので、詳しくは市シルバー人材センターへ連絡してください。

問 公益社団法人一関市シルバー人材センター TEL 26-3760

Ichinoseki Long-term Care Human Resource Securing Loan Subsidy

いちのせきしかいごじんざいかくほしょうがくきんほじょきん
一関市介護人材確保奨学金補助金

Part of the student loan (with an upper limit) will be subsidized with the purpose of securing care workers at long-term care services in Ichinoseki.

▷ Eligible persons

Persons with qualifications such as certified care workers who work 30 hours or more a week at nursing care services in Ichinoseki, who have borrowed a scholarship to study and are currently returning it.

▷ Eligible qualifications

Certified care worker, social worker, public health nurse, nurse, associate nurse, physiotherapist, occupational therapist, speech therapist, nutritionist, and paramedic

▷ Amount of subsidy

The loan to be returned in the year of application will be subsidized. However, the maximum amount per year is 144,000 yen (12,000 yen per month). In addition, the period covered by the subsidy is within 5 years (60 months).

Details will be announced through city public relations.

Please inquire for details of eligibility.

Inquiries: City Hall Elderly Society Division

市内の介護サービス事業所などで働く介護人材を安定して確保することを目的に、奨学金返還額の一部（上限あり）を補助します。

▷ 対象となる人

市内の介護サービス事業所などに週 30 時間以上勤務する介護福祉士などの資格を有する人で、資格取得のため奨学金を借り入れて修学し、現在奨学金を返還している人 など

▷ 対象となる資格

介護福祉士、社会福祉士、保健師、看護師、准看護師、理学療法士、作業療法士、言語聴覚士、栄養士および救急救命士

▷ 補助金の額

申請した年度に返還すべき奨学金を補助します。ただし、1 年あたりの上限額は 144,000 円（1 月あたり 12,000 円）です。また、補助対象期間は連続して返還する 5 年（60 月）以内です。

詳しくは、市広報などによりお知らせします。

対象者の範囲、対象となる奨学金など詳しくは問い合わせてください。

問 本庁長寿社会課

Ichinoseki Care Staff Employment Incentive

いちのせきしかいごしょくいんしゅうしょくしょうれいきん
一関市介護職員就職奨励金

Employment incentives to secure and retain personnel working at care service establishments in the city.

▷ Those applicable

Persons who fall under the following are eligible.

- ① People who have never worked at a nursing facility etc. in the past
- ② People whose first job is at a nursing care service establishment in Ichinoseki and engages in work based on the target qualification or nursing care work and works 30 hours or more a week at the establishment
- ③ At the time of application, a full-timer who has been working continuously for one year or more from the day of employment and intends to continue working at their place of employment.
- ④ Those who have not received this employment incentive in the past
- ⑤ People who have no non-payments of city tax
- ⑥ Those who have an address in Ichinoseki

▷ Eligible qualifications

- ① Nursing care worker
- ② Social worker
- ③ Public health nurse
- ④ Nurse
- ⑤ Associate nurse
- ⑥ Physical therapist
- ⑦ Occupational therapist
- ⑧ Speech therapist
- ⑨ Dietitian
- ⑩ Paramedic
- ⑪ Entry level long-term care staff training graduates
- ⑫ Practitioner training graduates

▷ Subsidy amount

The subsidy amount is 300,000 yen. There is an addition for those who fall under the following.

- ① Addition of transferees: 50,000 yen (people who have moved to Ichinoseki to work at an enterprise here and more than one year has passed at the time of application)
- ② New graduate addition: 50,000 yen (people who graduated from high school, university, etc. in March of the year they were employed)

市内の介護サービス事業所などで働く介護人材の確保と定着を図るために、就職奨励金を交付します。

▷対象となる人 次のいずれにも該当する人が対象となります。① 過去に介護サービス事業所などに就職したことがない人 ② 対象となる市内の介護サービス事業所などに初めて就職した人で、その事業所で週 30 時間以上勤務する職員として、対象となる資格に基づく業務または介護業務に従事する人 ③ 申請時点において、就職した日から起算して 1 年以上継続して勤務している常勤の人で、今後も継続して就職した事業所で就業する意思がある人 ④過去にこの就職奨励金の交付を受けていない人 ⑤市税を滞納していない人 ⑥市内に住所を有している人
▷対象となる資格 ①介護福祉士 ②社会福祉士③保健師④看護師⑤准看護師 ⑥理学療法士 ⑦作業療法士 ⑧言語聴覚士 ⑨栄養士 ⑩救急救命士 ⑪介護職員初任者研修修了者 ⑫実務者研修修了者

▷補助金の額補助額は 30 万円です。また、以下に該当する人には加算があります。① 転入者加算：5 万円（市内の事業所で就業するために市内に転入した人で、転入後、申請時点で 1 年以上経過している人）② 新卒者加算：5 万円（就職した年の 3 月に高校、大学などを卒業した人）

Family care allowance payment project

家族介護手当の支給事業

An allowance will be provided to those who live and care for bedridden elderly citizens who have been certified as requiring long-term care 4 or 5.

家族介護手当の支給事業 要介護度 4・5 の認定を受けた在宅寝たきり高齢者などと同居し介護している人に対し、介護手当を支給します。

Housing development promotion project that is elderly and disability friendly

高齢者及び障がい者にやさしい住まいづくり推進事業

Subsidies provided for part of the cost of barrier-free renovation work (installation of handrails, elimination of steps, western toilets, etc.) of houses where people with physical disabilities and the elderly require assistance to live. [Applicants and application period is limited]

身体に障がいのある人や要支援高齢者などが居住する住宅のバリアフリー改修工事（手すりの設置、段差の解消、トイレの洋式化など）を行う場合に、その費用の一部を補助します。
[申請期間（募集期間）に限りがあります。]

Life support house

生活支援ハウス

Housing is provided for a certain period of time to those who have left a facility or who live alone and are worried about living at home because of their age.

In general, it is intended for people who can prepare their own meals without needing long-term care in their daily lives and will be responsible for expenses such as usage fees and utilities according to their income.

Contact: Elderly Society Division, Elderly Welfare Section, 0191-21-8370

Elderly Life Welfare Center Midori no Sato 0191-23-7448

Ichinoseki Life Support House Murone En 0191-61-2002

施設の退所者やひとり暮らしの人などで、高齢のため居宅で生活することに不安のある人に対し、一定期間の住居を提供します。原則として日常生活において介護を必要とせず、自炊ができる人が対象で、収入に応じた利用料と光熱水費などの実費を負担いただきます。問 本庁長寿社会課高齢福祉係 TEL 21-8370
高齢者生活福祉センター「みどりの里」TEL 23-7448 一関市生活支援ハウス「むろね苑」TEL 61-2002

Senior Citizens Club

老人クラブ

The senior citizens' club is engaged in various activities for the elderly, and also holds senior sports competitions and exhibitions of works by the elderly. If you would like to join the Senior Citizens Club, please contact the president of the nearest club, or if you do not know the contact information, contact the Senior Citizens' Club Federation Secretariat.

Contact: City Senior Citizens' Club Association Secretariat

(Inside the General Welfare Center) 0191-21-4133

老人クラブは、高齢者が生きがいを持って、さまざまな活動に取り組んでおり、シニアスポーツ大会や高齢者の作品展示会なども行っています。老人クラブへ入会を希望する人は、最寄りのクラブの会長へ、連絡先が分からない場合は、老人クラブ連合会事務局へ連絡してください。問 市老人クラブ連合会事務局
(総合福祉センター内) TEL 21-4133

Care prevention (frailty prevention) かいごよぼう 介護予防

Long-term care prevention classes and meet-ups in each district for the elderly aged 65 and over.

If you would like to participate, please contact the Elderly Society Division or the Civic and Welfare Division of each branch.

65 歳以上の高齢者を対象に介護予防教室やサロン活動を各地区で行っています。参加を希望する人は、長寿社会課または各支所市民福祉課に連絡してください。

Welfare Center for the Elderly ろうじん ふくし 老人福祉センター

Entertainment rooms, training rooms, a place for the elderly to relax. It is free for people over the age of 60 in Ichinoseki. Applications can be accepted by both senior citizens' clubs and individuals. There are two facilities, Daito and Senmaya.

Contact: Welfare Center for the Elderly

Daito 5-2 Ohara Kawauchi, Daito-cho 0191-72-2282

Senmaya 54-1 Senmaya-cho Senmaya Maeda 0191-52-4573

娯楽室、研修室などがあり、高齢者の生きがいと憩いの場です。市内の 60 歳以上の人は無料で利用できます。申し込みは老人クラブでも個人でも受け付けます。大東、千厩の 2 施設があります。問 老人福祉センター大東 大東町大原字川内 5-2 TEL 72-2282 千厩 千厩町千厩字前田 54-1 TEL 52-4573

Elderly Learning こうれいしゃだいがく 高齢者大学

At the civic center in the city, classes for the elderly has been established as part of lifelong learning.

The content is mainly about self-development.

Contact: Each civic center

市内の市民センターでは、生涯学習の一環として高齢者大学が開設されています。自己の能力開発が主体の内容で、多様な学習が行われています。問 各市民センター

Senior Activities Plaza かつどう シニア活動プラザ

The Senior Activities Plaza is a general contact point that supports the social participation of the senior generation and activities of the elderly to create a sense of purpose. Various seminars and lectures, consultation services, and group activity support are provided.

Details: Senior Activities Plaza 4-29 Nano Hana Plaza 3rd floor

0191-31-8118

シニア活動プラザは、シニア世代の社会参加、社会貢献活動へのきっかけづくりを支援する総合窓口です。
問 シニア活動プラザ 大町 4-29 なのはなプラザ 3 階 TEL 31-8118

Long-Term Care Insurance かいごほけん 介護保険

What is long-term care insurance? かいごほけん 介護保険とは

Japan has one of the longest life expectancies in the world, and the number of elderly people are increasing. As family members who care for them are also aging, it is becoming difficult for them to provide sufficient care. For this reason, the long-term care insurance system commenced in April 2000 as a way to provide long-term care services and support society as a whole comprehensively and integrally.

わが国は、世界一の長寿国となり、高齢化の進展に伴って、介護を必要とする高齢者が増加しています。また、介護する家族の高齢化などにより、家族による介護は十分な対応が困難となってきています。このようなことから、介護サービスを総合的・一体的に提供し、社会全体で介護体制を支えるしくみとして、介護保険制度が平成 12 年 4 月から始まりました。

Beneficiary (person who can receive long-term care service)

じゅきゅうけんじや 受給権者 かいご (介護サービスを受けられる人) う ひと

If an insured person who falls under any of the following needs long-term care, he/she can receive long-term care services if certified as requiring it.

▷ Primary insured (Person 65 years or older)

◦ People who are certified as needing long-term care. The reason behind the need for long-term care is not evaluated.

▷ Secondary insured (people aged 40 to 64)

◦ People who are recognized as needing long-term care due to aging-related illnesses (specific illnesses) such as presenile dementia and cerebrovascular disease.

被保険者の方が、要介護認定を受けて要支援または要介護と認定されると、介護サービスを受けることができます。

▷ 第 1 号被保険者 (65 歳以上の人)

◦ 介護が必要であると認定された人。介護が必要となった原因は問われません。

▷ 第 2 号被保険者 (40 歳から 64 歳までの人)

◦ 初老期における認知症、脳血管疾患など老化が原因とされる病気など (特定疾病) により介護が必要であると認定された人。

Main types of long-term care services

おも かいご しゅるい 主な介護サービスの種類

Long-term care benefits

- ▷ Home-based services: Home-visit care (home help), home-visit nursing care, outpatient long-term care (day service), short-term care (short stay), rental of welfare equipment, purchase of specific welfare equipment, payment of housing repair costs
- ▷ Facility service: Long-term care welfare facility (special nursing home for the elderly), Geriatric Health Services Facilities, Long-term Care Health Facility
- ▷ Community-based services: Community-based outpatient care (small-scale day service), community-based long-term care welfare facilities for the elderly (small-scale special nursing homes for the elderly), dementia-friendly communal living care (group homes)

Services in preventive benefits

- ▷ Long-term care prevention service: Home service for long-term care prevention
- ▷ Community-based long-term care prevention service: Community-based service for long-term care prevention

▷ 居宅サービス 訪問介護（ホームヘルプ）、訪問看護、通所介護（デイサービス）、短期入所生活介護（ショートステイ）、福祉用具の貸与、特定福祉用具購入、住宅改修費の支給など
▷ 施設サービス 介護老人福祉施設（特別養護老人ホーム）、介護老人保健施設（老人保健施設）、介護医療院
▷ 地域密着型サービス 地域密着型通所介護（小規模デイサービス）、地域密着型介護老人福祉施設（小規模特別養護老人ホーム）、認知症対応型共同生活介護（グループホーム）など
予防給付におけるサービス
▷ 介護予防サービス 介護予防に対応した居宅サービス
▷ 地域密着型介護予防サービス 介護予防に対応した地域密着型サービス

To receive long-term care services かいご サービスを受けるには

To receive long-term care services, one must apply for a long-term care certification. When the application is submitted, use the following steps will be taken.

Submission of application

(application window: City Hall Elderly Society Division, Civic and Welfare Division of each branch)



Visiting inspection/written opinion of the attending physician



Primary examination



Nursing care certification examination committee (secondary examination)

* As a result of the examination, those who are certified as requiring long-term care level 1 to 5 will have a long-term care service plan, and services will be provided based on that plan. A request for forming a long-term care service plan can be made at the designated home care support office. There is no out-of-pocket expense for the creation of the plan. * As a result of the examination, those who are certified as requiring support 1 or 2 need to create a long-term care preventive service plan in order to use the long-term care preventive service. The Regional Comprehensive Support Center plays a central role in creating assessments and preventive care service plans, free of charge.

介護サービスを受けるためには、要介護認定の申請が必要です。申請書が出されますと次のような方法で審査判定が行われます。

※審査の結果、要介護1～5と認定された人は、介護サービス計画を作成し、その計画に基づきサービスが提供されます。介護サービス計画の作成は、指定居宅介護支援事業所に依頼することができます。作成費用の自己負担はありません。

※審査の結果、要支援1・2と認定された人は、介護予防サービスを利用するために介護予防サービス計画の作成が必要です。地域包括支援センターが中心となってアセスメントや介護予防サービス計画の作成を行います。作成費用の自己負担はありません。

Regional Elderly Care Management Center ち い き ほう かつ し え ん 地域包括支援センター

An institution that serves as a point of contact for various consultations so that the elderly can remain in their familiar surroundings.

- We will work to avoid frailty in the elderly so that they can live freely at home.
- Allow local residents to participate in consultations on how to offer long-term care.
- We will work with a variety of organizations to develop a system that will allow elderly people to live in the community with peace of mind.
- We will provide assistance to protect the elderly's rights, such as preventing abuse and consumer harm.

高齢者が住み慣れた地域で暮らし続けることができるように、さまざまな相談の窓口として設置されている機関です。○高齢者ができる限り在宅で自立した日常生活を継続できるように介護予防の支援を行います。○地域の人から介護などの高齢者に関する相談を受けます。○さまざまな機関と連携し、地域で高齢者が安心して暮らせる体制を作ります。

○虐待や消費者被害の防止、成年後見制度の利用支援など的高齢者の権利を守るための支援を行います。

Area	Name	Address
		Phone Number
Ichinoseki area (Ichinoseki・Mataki・Maikawa・Yasaka)	Sakuramachi area Local Elderly Care Management Center	36-3 Sakuramachi, Sannoseki (Sun Abilities Ichikannai) TEL 0191-48-3180
Ichinoseki area (Yamanome・Nakasato・Genbi・Hagisho)	Ichinoseki west Local Elderly Care Management Center	7-2 Takeyamacho (Inside Ichinoseki City Hall) TEL 0191-21-8618
Hanaizumi area	Hanaizumi area Local Elderly Care Management Center	Hanaizumicho Wakutsu Aza Ichinomachi 29 (inside Hanaizumi Branch Office) TEL 0191-36-3021
Daito/Higashiyama area	Shibutami area Local Elderly Care Management Center	Daitocho Shibutamiji Odoji 55-8 (In Daito Health Center) TEL 0191-71-0053
Senmaya/Murone/Kawasaki area	Ichinoseki east Local Elderly Care Management Center	Senmaya-cho Senmaya Aza Kitakata 174 (Inside Senmaya Branch Office) TEL 0191-51-3040
Fujisawa area	Fujisawa area Local Elderly Care Management Center	Fujisawa-cho Fujisawa-jimachiura 52-2 (In Fujisawa Facility for the Elderly) TEL 0191-63-3181

Insurance Fee ほけんりょう 保険料

Insured persons who have long-term care insurance must pay the insurance premiums. The method of calculating and paying the insurance premiums differs between the primary insured person and the secondary insured person.

介護保険に加入している被保険者は、保険料を納付しなければなりません。第1号被保険者と第2号被保険者では保険料の算定・納付方法が異なります。

▷Primary insured person 2021 to 2023

Classification	Eligible persons		Annual amount Insurance premium (yen)
Stage 1	Recipient of assistance		22,200
	The individual and all household members are exempt from municipal tax.	Senior welfare pension recipient	
		Persons whose total income and taxable pension income in the previous year is 800,000 yen or less	
Stage 2	The individual and all household members are exempt from municipal tax.	Persons whose total income of the previous year and taxable pension income exceeds 800,000 yen and 1.2 million yen or less	29,600
Stage 3		Persons whose total income and taxable pension income in the previous year exceed 1.2 million yen	51,800
Stage 4		Persons whose total income and taxable pension income in the previous year is 800,000 yen or less	66,600
Stage 5	Municipal tax is levied on someone in the household, but the individual is exempt from municipal tax.	Persons whose total income and taxable pension income in the previous year exceed 800,000 yen	74,000
Stage 6		Total income amount of the previous year is less than 1.2 million yen	88,800
Stage 7	The person is taxed by the municipal inhabitant tax	Persons whose total income in the previous year was 1.2 million yen or more and less than 2.1 million yen	96,200
Stage 8		Total income amount of the previous year is 2.1 million yen or more and less than 3.2 million yen	111,000
Stage 9		Persons whose total income in the previous year was 3.2 million yen or more and less than 4 million yen	118,400
Stage 10		Persons whose total income in the previous year was 4 million yen or more and less than 6 million yen	129,500
Stage 11		Persons with a total income of 6 million yen or more in the previous year	148,000

○ How to pay insurance premiums

◦Special collection: Persons with senior (retirement) pension, survivor's pension, or disability pension of 180,000 yen or more per year will have a deduction from their pension.

◦Ordinary collection: Persons with senior (retirement) pension, survivor's pension, or disability pension of less than 180,000 yen per year will be paid individually using a payment slip. (cont.)

▷ Secondary insured person

The insurance premium is determined by the insurer of medical insurance such as workplace health insurance and national health insurance and is collected together with the medical insurance premium. Half of the calculated insurance premium will be borne by the employer.

Preventive care and daily life support operation

介護予防・日常生活支援総合事業

The long-term care prevention/daily life support comprehensive operation supports the elderly in the entire region to prevent them from needing long-term care by making the best use of their abilities. * 1 long-term care prevention/life support service provides various services according to the needs of the region and * 2 general long-term care prevention for all elderly people aged 65 and over. In addition to the conventional long-term care prevention service, this service is diversified by NPOs, private companies, volunteers, etc. according to the situation of the area to meet various needs such as living support for people requiring support 1 or 2.

介護予防・日常生活支援総合事業は、地域全体で高齢者を支え、高齢者の方も自らの持つ能力をできる限り活かして、要介護状態になることを予防するための事業です。地域の実情に応じた様々なサービスの提供を行う「※1 介護予防・生活支援サービス事業」と、65 歳以上の全ての高齢者を対象とした「※2 一般介護予防事業」を実施しています。このサービスは、要支援 1 または 2 の人の生活支援などの多様なニーズに応えるため、従来の介護予防サービスに加え、NPO や民間企業、ボランティアなど、地域の実情に応じた住民主体による多様なサービスに移行して行っているものです。

How do I go about using the above services? サービスを利用するためにはどうしたらいいですか？

A basic checklist is used to determine home-visit long-term care (home help service) and outpatient long-term care (day service) provided to people who have been certified as needing long-term care and have been certified as ‘support 1 or 2.’ Based on the result of the basic checklist that the living functions have deteriorated, you’ll be deemed eligible for long-term care prevention/living support service, but even if ineligible, anyone 65 years old or older can utilize the general long-term care prevention service such as long-term care prevention classes and health consultations.

For consultation regarding the service: Regional Comprehensive Support Center.

介護予防・日常生活支援総合事業では、要介護認定を受け「要支援1または2」と認定された人が利用していた「訪問介護（ホームヘルプサービス）」と「通所介護（デイサービス）」が、※3基本チェックリストの判定により利用できるようになりました。基本チェックリストにより生活機能が低下していると判定された場合は「介護予防・生活支援サービスの対象者」となりますが、事業対象にならなかった人でも、65歳以上の人であれば、どなたでも介護予防教室、健康相談などの「一般介護予防事業」が利用できます。サービスを希望する人は、地域包括支援センターなどに相談しましょう。

Amount borne by user 利用者負担金

Insured persons who have long-term care insurance must pay the insurance premiums. The method of calculating and paying the insurance premiums differs between primary insured persons and secondary insured persons (check table below).

▷ 居宅サービス 介護サービス費用の「1割」～「3割」を利用者が負担します。○ 利用者負担金は、サービスを提供した事業者へ直接支払います。○ 利用限度額を超えてサービスを利用した場合は、超えた分の全額が利用者負担となります。要介護度と利用限度額。

Degree of care required	Limit (monthly)
Support required 1	50,320 yen
Support required 2	105,310 yen
Long-term care required 1	167,650 yen
Long-term care required 2	197,050 yen
Long-term care required 3	270,480 yen
Long-term care 4	309,380 yen
Long-term care required 5	362,170 yen

Reducing the burden on users りようしゃふたん けいげん 利用者負担の軽減

▷ High-cost long-term care service fee

If the out-of-pocket amount when using the long-term care service exceeds the user's upper limit, the excess amount will be covered. In the case where there are multiple users in the same household, the total amount will be calculated.

Personal Cost Breakdown		Personal Cost Upper Limit
Households with taxable income of 6.9 million yen or more		140,100 yen
Households with taxable income of 3.8 million yen to less than 6.9 million yen		93,000 yen
Resident tax taxation-households with taxable income of less than 3.8 million yen		44,400 yen
Resident tax-exempt households		Household 24,600 yen
	• Persons whose total income and taxable pension income in the previous year are 800,000 yen or less	Household 24,600 yen
	• Recipients of old-age welfare pension	Individual 15,000 yen
Assistance recipient		Individual 15,000 yen
		Household 15,000 yen

▷ Specific resident long-term care service fee

When using facility services, insurance benefits will be provided up to a certain amount so that people with low-income will not have difficulty using the facilities. Those with low-income will be responsible for payment according to their income, and the difference from the remaining standard cost will be covered by the long-term care insurance

Personal cost stage classification		Status of assets such as deposits and savings	Maximum amount, living expenses (stay type)				Maximum amount, food expenses
			Unit type Private room	Unit type Semi-private room	Conventional private room	Multi-bed room	
First stage	<ul style="list-style-type: none"> The individual and the entire household Resident tax exempt, old age Welfare pensioners Livelihood protection recipient 	10 million yen or less for a single person Couple 20 million yen or less	820yen	490yen	490yen (320yen)	0yen	300yen
Second stage	Persons/households exempt from residence tax and whose total income + pension income in the previous year is less than 800,000 yen	Single person 6.5 million yen or less Couple 16.5 million yen or less	820yen	490yen	490yen (420yen)	370yen	390yen [600yen]
Stage 3-1	Persons/households exempt from residence tax and whose total income + pension income in the previous year is more than 800,000 yen and 1.2 million yen or less	Single person 5.5 million yen or less Couple 15.5 million yen or less	1310yen	1310yen	1310yen (820yen)	370yen	650yen [1000yen]
Stage 3-2	Persons/household exempt from residence tax and whose total income + pension income in the previous year exceeds 1.2 million yen	5 million yen or less for a single person Couple 15 million yen or less	1310yen	1310yen	1310yen (820yen)	370yen	1360yen [1300yen]
Standard cost amount			2006yen	1668yen	1668yen (1171yen)	377yen (855yen)	1445yen

* The amount in () is the amount when entering a nursing home or using short-term nursing care.

* The amount in [] is the amount when using short-term admission living care or short-term admission medical care.

* The standard cost is set based on the average cost of the facility.

8) Taxes/National Pension

ぜいきん こくみんねんきん 税金・国民年金

Type of taxes Administered by the City 市税の種類

City taxes include municipal/prefectural tax, property tax, light vehicle tax, city tobacco tax, mining tax, bath tax (onsens), and national health insurance tax.

Please check the Ichinoseki City homepage (<https://www.city.ichinoseki.iwate.jp/>) for a detailed explanation of city taxes.

市税には、市・県民税、固定資産税、軽自動車税のほか、市たばこ税、鉱産税、入湯税、国民健康保険税があります。
市ホームページ (<https://www.city.ichinoseki.iwate.jp/>) で市税の詳しい説明をしていますので、確認してください。

Municipal/Prefectural Tax 市・県民税

As of January 1, tax is imposed on persons who have an address in Ichinoseki and who had income during the previous year.

The tax amount consists of a per capita rate and an income rate. The per capita rate is 6,000 yen per year, and the tax rate for the income rate is 10% (standard tax rate stipulated by the Local Tax Law). Taxable income is determined by filing.

Declaration consultation is conducted from the beginning of February to March 15 every year.

In addition, those who have submitted a salary payment report to the city or who have filed a final income tax return with only salary income do not need to file a tax return.

1月1日現在、市内に住所のある人で、前年中に所得のあった人に課税されます。
税額は、均等割と所得に応じた所得割で構成され、均等割は年額6,000円、所得割の税率は10%です（地方税法に定める標準税率）。課税所得は申告によって決められます。
申告相談は、毎年2月上旬から3月15日まで行っています。
なお、給与所得だけで事業主が給与支払報告書を市に提出している人や所得税の確定申告をしている人は、申告の必要はありません。

Property Tax 固定資産税

As of January 1, tax is levied on those who own fixed assets (land, houses, depreciable assets) in Ichinoseki. The tax rate in Ichinoseki is 1.4% (standard tax rate stipulated by the Local Tax Law). Land and houses will be assessed once every three years. The valuation amount is inspected in April.

1月1日現在、市内に固定資産（土地、家屋、償却資産）を所有している人に課税されます。
当市の税率は1.4%（地方税法に定める標準税率）で、固定資産の課税標準額に1.4%を乗じた額が税額となります。また、土地、家屋は3年に1度評価替えを行います。評価額については、4月に所有者などを対象に、縦覧を行っています。

Light Motor Vehicle Tax けいじどうしゃぜい しゅべつわり 軽自動車税 (種別割)

As of April 1, tax is levied on owners of motorized bicycles, light four-wheeled vehicles, small special vehicles, and two-wheeled small vehicles. If you want to dispose of your car, change ownership, or change parking space after moving, please proceed to following:

▷ Light four-wheeled vehicle (kei)

Light Vehicle Inspection Association Iwate Office (Morioka) or Ichinoseki District Traffic Safety Association or Higashiiwai District Traffic Safety Association

▷ Two-wheeled small vehicle

Transport Branch Office (Morioka) or Ichinoseki District Traffic Safety Association or Higashiiwai District Traffic Safety Association

▷ Motorized bicycle / small special-purpose vehicle

Inquiries: Ichinoseki City Hall Municipal Tax Division or Civic and Welfare Division at any branch office

4月1日現在、原動機付自転車、軽四輪自動車、小型特殊自動車、二輪の小型自動車の所有者に課税されます。

廃車をするとき、所有者が変わるとき、転入して定置場が変わるときなどには、速やかに下記の窓口で手続きしてください。

▷ 軽四輪自動車

軽自動車検査協会岩手事務所（盛岡）または一関地区交通安全協会もしくは東磐井地区交通安全協会

▷ 二輪の小型自動車

運輸支局（盛岡）または一関地区交通安全協会もしくは東磐井地区交通安全協会

▷ 原動機付自転車・小型特殊自動車

本庁市民税課、各支所市民福祉課

National health insurance tax こくみんけんこうほけんぜい 国民健康保険税

Those who have an address in Ichinoseki and have taken out National Health Insurance are eligible.

The tax is levied on a household basis (based on the certificate of residence), and the head of the household is the taxpayer (including cases where the head of household has other health insurance.)

The tax amount consists of medical benefit expenses, support for the elderly aged 75 and over, and payment for long-term care (only for those aged 40 to 64), each of which is calculated according to the insured's previous year's income.

If the total income of the previous year is less than a certain amount, the tax amount will be reduced.

If the insured is transferred in the middle of the fiscal year (transfer, move-out, enrollment in other health insurance, etc.), the calculation will be made monthly and a tax amount determination (change) notice will be sent out the month following the notification.

市内に住所のある人で、国民健康保険に加入している人が対象です。

住民票の世帯単位での課税となり、世帯主が納税義務者となります。（世帯主が他の健康保険に加入している場合も含まれます。）

税額は、「医療給付費分」「後期高齢者支援金分」「介護納付金分（40歳から64歳までが対象）」で構成され、それぞれ被保険者の前年所得に応じて計算される所得割額、被保険者均等割額および世帯別平等割額の合計額で計算されます。なお、世帯主と被保険者の前年所得の合計が一定額以下の場合には税額が軽減されます。

年度の途中で被保険者の異動（転入・転出・他の健康保険への加入など）があった場合には、月割で計算を行い、届出の翌月に税額決定（更正）通知書を送付します。

Tax payment by convenient transfer のうぜい べんり こうざふりかえ 納税は便利な口座振替で

Payment can be made at the bank, credit union, or post office in Ichinoseki. Direct debit allows you to pay taxes automatically from your account.

口座を開いている市内の銀行、信用金庫、農協、郵便局の窓口でいつでも受け付けています。手続きは簡単です。自分の口座から自動的に納税できる便利な口座振替を利用してください。

Deadlines for major city taxes 主な市税の納期

	April	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar
Property tax	①			②					③		④	
Light vehicle tax (type discount)		all										
City / prefectural tax			①		②		③			④		
National health insurance tax				①	②	③	④	⑤	⑥	⑦	⑧	

* If the delivery deadline falls on a Saturday, Sunday, or holiday, the following day will be the delivery deadline.

National Pension こくみんねんきん 国民年金

▷ Compulsory:

Those who have an address in Japan who are aged 20 years to under 60 years. The insured are classified into the following three categories.

- Cat. (I) insured: self-employed, people working in agriculture and forestry, fishery, free traders, students, the unemployed
- Cat. (II) insured: people on Employees' Pension Insurance scheme (seamen's insurance) and are members of the Mutual Aid Association.
- Cat. (III) insured: Spouse dependent on Cat. (II) insured person.

▷ Optional

- People between 60 and 65 years of age with an address in Japan
- Japanese citizens who reside in a foreign country who are between 20 and 65 years old
- Persons under the age of 70 who do not meet the minimum qualifications

▷必ず加入する人（強制加入） 日本国内に住所がある20歳以上60歳未満の人で、次の3種類に区分されています。◦第1号被保険者 自営業者、農林漁業者、自由業者、学生、無職の人など。◦第2号被保険者 厚生年金保険（船員保険）の被保険者本人や共済組合の組合員。◦第3号被保険者 第2号被保険者の被扶養配偶者

▷希望すれば加入できる人（任意加入） ◦日本国内に住所のある60歳以上65歳未満の人。◦海外に住所をおく20歳以上65歳未満の日本人。◦受給資格期間を満たしていない70歳未満の人

Insurance Premium ほけんりょう 保険料

People insured under Category (I) Pay their insurance premium using the payment slip issued by the Japan Pension Organization or through an account transfer. The contribution amount for the National Pension is 16,520yen per month (fiscal year 2023. If you wish, you can add 400 yen per month as a supplementary insurance premium. People insured under Category (II) have their amount deducted from their salary (organized by employer) and people insured under category (III) must go through their spouse's employer.

第1号被保険者は、日本年金機構で発行する納付書または口座振替により保険料を納付します。月額 16,520 円（R4 年度）で全国一律です。希望する人は月額 400 円を上乗せすることもできます（付加保険料）。第2号被保険者は給与から天引きされ、第3号被保険者は被用者年金制度全体で負担します（ただし、第3号被保険者に該当する場合は配偶者の勤め先を通じて届け出が必要です）。

<i>Payment method</i>	<i>Annual insurance premium</i>	<i>Discount</i>	<i>Remarks</i>
Payment (Monthly)			
Cash payment	198,240yen	-	payment at the end of the following month
Account transfer	199,240yen	-	transfer at the end of the following month
Account transfer (advanced discount)	198,240yen	50yen a month	Transfer at the end of the month
Payment (Half-yearly)			
Cash payment	196,620 円	1,620 yen	Pay between April and October
Account transfer	195,980 円	2,260 yen	Pay between April and October
Payment (1 year)			
Cash payment	194,720 円	3,520 yen	Pay in April
Account transfer	194,090 円	4,150 yen	Pay in April
Payment (2 year)			
Cash payment	387,170 円 (two years' worth)	14,830 yen	Pay in April
Account transfer	385,900 円 (two years' worth)	16,100 yen	Pay in April

For more information visit Japan Pension Insurance Website:

<https://www.nenkin.go.jp/international/english/nationalpension/nationalpension.html>

*Paying in advance or using the early bird bank transfer will lower your national pension insurance premiums.

*If you cannot pay the insurance premium, it may be exempted depending on the previous year's income of the insured person/spouse/head of household (exemption system). The period of exemption is included in the period required for pension entitlement. The amount received in accordance with the exemption category will also reflect this. If repaid within 10 years, the pension amount will be reinstated.

A payment deferment system for those under 50 and a student payment exception scheme are available.

*When a primary insured person gives birth, there's a system in place that allows national pension insurance premiums to be waived both before and after childbirth for a specific amount of time. The period of exemption is four months before the month in which the birth is expected. The amount of the basic pension for senior citizens will account for the exempted time as if the premium had been paid.

※国民年金保険料は、前納や口座振替の早割を利用することで、納付する額が安くなります

※保険料の納付が困難な場合には、本人・配偶者・世帯主の前年の所得によりその納付が免除される場合があります（免除制度）。

免除期間は年金受給に必要な期間に含まれるほか、免除区分に応じて受給額にも反映されます。また、その分を 10 年以内に追納すれば年金額は元に戻ります

なお、学生については学生納付特例制度が、50 歳未満の人には納付猶予制度が設けられています。

※第 1 号被保険者の人が出産した際に、出産前後の一定期間の国民年金保険料が免除される制度があります。免除される期間は出産予定日または出産日が属する月の前月から 4 カ月間です。免除された期間は保険料を納付したものととして老齢基礎年金の受給額に反映されます

Please notify the city とど で 届け出を

When a person who was enrolled in the welfare pension/mutual aid pension retires from their company, or other reasons.

Ichinoseki City Hall National Insurance and Pension Division

厚生年金・共済年金に加入していた人が会社などを退職したとき

Payment of pension ねんきん しきゅう 年金の支給

The basic pension for the elderly is paid from the age of 65. Those who opt to, can receive it from the age of 60, but the benefits will be set for life as follows.

▷ People born after April 2, 1941

$100\% - (0.5\% \times \text{number of months from the month of early billing to the month before turning 65})$

(Example) Billing at 60 years and 0 months

→ $100\% - (0.5\% \times 60 \text{ months}) = 70\%$

* To receive the pension, you need to complete the paperwork after the day previous to your birthday of the age you are claiming.

* For those who have reached the age at which they are entitled to receive the old-age pension, the Japan Pension Service will send a pension bill, etc. three months before the age at which pension is set to be received.

老齢基礎年金の支給は65歳からです。希望により60歳から繰り上げ受給できますが、受給割合は次のとおりで生涯変わりません。

▷昭和16年4月2日以降に生まれた人

$100\% - (0.5\% \times \text{繰り上げ請求月から65歳になる前月までの月数})$

(例) 60歳0カ月での請求

→ $100\% - (0.5\% \times 60 \text{ 月}) = 70\%$

※年金を受給するには、請求しようとする年齢の誕生日の前日以降に手続きが必要です

※受給開始年齢に達し、老齢年金の受給権が発生する人には、受給開始年齢に到達する3カ月前に日本年金機構から年金請求書などが送付されます。

Disability basic pension 障害基礎年金

This will be paid when you meet requirements due to certain obstacles due to injury or illness during enrollment. It is also paid in cases of injury or illness before the age of 20.

▷ Annual amount: Level 1 disability: 993,750 yen

Level 2 disability: 795,000 yen

If there is a child whose livelihood is maintained by the recipient of the disability basic pension, the following amount will be added.

▷ 1 to 2 people 228,700 yen each

▷ 3rd and subsequent people 76,200 yen each

(All pensions are for 2023)

* A child is a child under the age of 18 or a child under the age of 20 with a 1st or 2nd grade disability.

* Please inquire about the additional calculations of the child.

加入中のけがや病気のために一定の障害となり、納付要件を満たしているときに支給されます。20歳前のけがや病気による場合にも支給されます。

▷ 年金額 1級障害…993,750円

2級障害…795,000円

障害基礎年金の受給者によって生計を維持されている子がある場合は、次の額が加算されます。

▷ 1人～2人 各228,700円

▷ 3人目以降 各 76,200円

(年金額は全て令和5年度額)

※ 子とは18歳未満か1級・2級の障害のある20歳未満の子をいいます

※ 子の加算額については、問い合わせてください

Pensioner support benefits 年金生活者支援給付金

The pensioner support benefit is paid in addition to the pension to support the livelihoods of pensioners whose income and public pensions are below a certain threshold by utilizing consumption tax rate.

Elderly pension resident benefits, disability pension resident benefits, and survivor pension resident benefits, are available to those who meet the payment requirements.

年金生活者支援給付金は、消費税率引き上げ分を活用し、公的年金などの収入や所得額が一定基準以下の年金受給者の生活を支援するため年金に上乗せして支給されます。老齢年金生活者支援給付金、障害年金生活者支援給付金、遺族年金生活者支援給付金の給付金があり、それぞれ支給要件を満たしている人に支給されます。

Basic pension for bereaved spouse 遺族基礎年金

A spouse with a child (Table 1/Table 2) whose livelihood was supported by the insured who met the payment conditions or was entitled for the old-age basic pension at the time of their death is eligible.

The additional amount for children is 228,700 yen for the first and second child, and 76,200 yen for each child after the third child.

納付要件を満たしている被保険者または老齢基礎年金の受給資格を満たした人が死亡したときに、その人によって生計を維持されていた子のある配偶者（表1）、または子（表2）に支給されます。子の加算額は、1人目と2人目の子はそれぞれ228,700円、3人目以降は1人につき76,200円となります。

▷ **Annual amount** (fiscal year 2023)

(Table 1) Pension amount paid to a spouse with a child

No. of children	Pension amount
1	1,023,700
2	1,252,400
3	1,328,600

(Table 2) Pension paid to child (when there is no parent)

Number of children	Pension amount	Payment amount per person
1	795,000 円	795,000 円
2	1,023,700 円	511,850 円
3	1,099,900 円	366,633 円

* A child is a child under the age of 18 or a child under the age of 20 with a 1st or 2nd grade disability.

Benefits unique to the national pension こくみんねんきん 独自 給付 国民年金独自の給付

▷ Additional pension

The amount calculated by multiplying the number of months of payment of the additional insurance premium (400 yen per month) by 200 yen will be added to the elderly basic pension.

▷ Widow's pension

If a husband who has paid the national pension for 10 years or more (marriage period is 10 years or more) dies without receiving the old-age basic pension, etc., it will be paid to his wife from the age of 60 to 65.

▷ Lump Sum Payment Upon Death

If a person who has paid the insurance premium for 3 years or more dies without receiving either the old-age basic pension or the disability basic pension, it will be paid to bereaved family who cannot receive the basic pension for bereaved spouse or the widow's pension.

▷ 付加年金

付加保険料（月額400円）の納付月数×200円で算出された額が老齢基礎年金に加算されます。

▷ 寡婦年金：国民年金を10年以上納付した夫（婚姻期間が10年以上）が老齢基礎年金などを受けずに死亡した場合に、60歳から65歳までの間、妻に支給されます。

▷ 死亡一時金：保険料を3年以上納付した人が、老齢基礎年金、障害基礎年金のいずれも受けずに死亡した場合、遺族基礎年金や寡婦年金を受給できない遺族に支給されます。

Insurance premium payment period	金額
3 years or more and less than 15 years	120,000円
15 years or more and less than 20 years	145,000円
20 years or more and less than 25 years	170,000円
25 years or more and less than 30 years	220,000円
30 years or more and less than 35 years	270,000円
Over 35 years	320,000円

9) Employment & Industry こよう さんぎよう 雇用・産業

Ichinoseki Free Employment Agency いちのせきむりようしよくぎようしょうかいじょ 一関市無料職業紹介所

As support for job seekers and returnees, we have set up a free employment agency at the Industrial Labor Policy Division on the 5th floor of city hall to introduce and mediate job offers and job seekers.

We are working to support early employment in collaboration with Hello Work and vocational training associations. ▶ City hall hours (Monday to Friday 8:30 to 17:15)

求職者やリターン就職希望者などへの支援として、求人情報の紹介、あっせんを行う「無料職業紹介所」を市役所本庁舎5階の工業労政課窓口に開設しています。
ハローワークや職業訓練協会と連携しながら、早期就職の支援に取り組んでいます。▶開設時間 市役所開庁時間（月曜日から金曜日 8時30分～17時15分）

Improving skills for job hunting きゅうしよくかつどう む おうえん 求職活動に向け、スキルアップを応援します

▶ Hello training (public vocational training/job seeker support training)

The Ichinoseki Vocational Training Association and the Toban Vocational Training Association carry out training to help job seekers acquire the vocational skills and knowledge necessary to get their desired job.

◦Ichinoseki Vocational Training Association (8-2 Maikawa Nishihira 8-2 Ichinoseki Vocational Training Center), Toban Vocational Training Association (inside the Ryoban Regional Vocational Training Center, 360-4 Kamikomaba, Senmaya-cho)

◦Eligible persons

①Public vocational training: People who mainly receive employment insurance (unemployment insurance)

Job seeker support training: Mainly those who cannot receive employment insurance (unemployment insurance) or those who have finished receiving it

◦Departments

① Creative web course, Nursing Care Computer Course, General Affairs/Accounting Business Course

② OA office work

Inquiries: Hello Work Ichinoseki 0191-23-4135 Or Ichinoseki Vocational Training Association 0191-31-7030, Toban Vocational Training Association 0191-52-2879

ハロートレーニング（公共職業訓練・求職者支援訓練）

一関職業訓練協会および東磐職業訓練協会では、求職者が希望する仕事に就くために必要な職業スキルや知識などを習得するためのハロートレーニングを実施しています。◦実施者 一関職業訓練協会（舞川字西平8-2一関市職業訓練センター内）東磐職業訓練協会（千厩町千厩字上駒場360-4両磐地域職業訓練センター内）。対象① 公共職業訓練：主に雇用保険（失業保険）を受給している人② 求職者支援訓練：主に雇用保険（失業保険）を受給できない人、または受給が終了した人。科目 ① webクリエイティブ科、介護パソコン科、総務・経理実務科など ②OA事務科など

問 ハローワーク一関 TEL 23-4135 または 一関職業訓練協会 TEL 31-7030 東磐職業訓練協会 TEL 52-2879

Loan refund subsidy しょうがくきんへんかんほじょきん 奨学金返還補助金

Part of the student loan amount will be subsidized for the purpose of establishing young people in the local area, securing human resources and establishing leaders at business sites.

▼ Eligible persons

Persons who fall under the following are eligible.

- ① Persons whose age at the end of the fiscal year to which the application date belongs is between the ages of 18 and 39
- ② Persons who have an address in Ichinoseki and who will continue to live in Ichinoseki until the last day of the year to which the application date belongs.
- ③ Those who have studied at a school, etc. with a loan that is obligatory to be returned
- ④ Persons who fall under any of the applicable occupations and who continue to work at businesses/continue to do business in the city until the last day of the year to which the application date belongs, or those who continue to do business in the area
- ⑤ Persons without outstanding city tax and loan refund
- ⑥ Persons who have not received other assistance related to the return of loans
- ⑦ Persons who are not civil servants (however, the city's fiscal year appointed staff and temporarily appointed staff are excluded)

▼ Eligible occupations

Persons who were hired or engaged in business establishments in the city after April 1, 2019, and who fall under any of the following occupations are eligible.

- ① Nursery teacher, kindergarten teacher
- ② Medical staff (nurse, associate nurse, midwife, health nurse, dental hygienist)
- ③ Agriculture and forestry workers
- ④ Entrepreneur / business successor

▼ Eligible loans

- ① Japan Student Services Organization Scholarship (loan)
- ② Ashinaga Ikueikai Scholarship (loan)
- ③ Scholarship for orphans who lost their parents in a traffic accident (loan)
- ④ Scholarships lent by municipalities
- ⑤ Other loans approved by the mayor

▼ Amount of subsidy

- Subsidies up to half of the scholarship to be returned in the year of application.
- The maximum amount per year is 120,000 yen (10,000 yen per month).
- The period covered by the subsidy is up to 5 years (60 months).

Inquiries: Policy planning division

若者の地元定着と市内事業所の人材や担手の確保を図ることを目的に奨学金返還額の一部を補助します。

▼対象となる人 次のいずれにも該当する人が対象となります。① 申請する日の属する年度末時点の年齢が18歳～39歳までの人 ② 一関市に住所を有し、申請する日の属する年度の末日まで継続して居住する人 ③ 返還義務のある奨学金の貸与を受け学校などで修学した人 ④ 対象となる職種のいずれかに該当する人で、申請する日の属する年度の末日まで継続して市内事業所などに勤務する人、または継続して事業を行う人 ⑤ 市税および奨学金返還金の滞納のない人 ⑥ 奨学金の返還に係る他の補助を受けていない人 ⑦ 公務員でない人（ただし、市の会計年度任用職員および臨時的任用職員は除く）

▼対象となる職種

平成31年4月1日以後に市内の事業所に雇用された人、若しくは従事された人で、次のいずれかの職種に該当する人が対象となります。①保育士、幼稚園教諭

② 医療従事者（看護師、准看護師、助産師、保健師、歯科衛生士） ③農林業従事者 ④起業家・事業承継者

▼対象となる奨学金

①独立行政法人日本学生支援機構奨学金 ②あしなが育英会奨学金 ③交通遺児育英会奨学金 ④市町村が貸与する奨学金 ⑤その他市長が認める奨学金

▼補助金の額

申請した年度に返還すべき奨学金の2分の1以内の額を補助します。ただし、1年あたりの上限額は120,000円（1月あたり10,000円）です。また、補助対象期間は、最長5年（60月）以内です。問 政策企画課

Support system for those who left their jobs due to the circumstances of the business owner 事業主の都合により離職した人への支援制度について

▷ Ichinoseki Displaced Worker Countermeasure Fund Interest Subsidy

Those who obtained a loan from the Iwate Prefecture Displaced Worker Measures Fund will have their interest compensated.

◦Eligible persons: Those who have received a loan from Iwate Prefecture Displaced Worker Measures Fund and has an address in the city.

◦Interest compensation rate: Same rate as the loan interest rate (including credit guarantee fee)

◦Period: Loan period of Iwate Prefecture Displaced Worker Measures Fund.

◦Interest compensation amount: The total amount of interest and credit guarantee fees paid from January to December every year.

▷一関市離職者対策資金利子補給補助金

「岩手県離職者対策資金」の貸し付けを受けた人へ利子補給します。

- 対象者 岩手県離職者対策資金の貸し付けを受けた人で、市内に住所を有する人
- 利子補給率 貸付利率と同率（信用保証料を含む）
- 期間 岩手県離職者対策資金の貸付期間
- 利子補給額 毎年1月から12月までに支払った利息および信用保証料の合計額

Iwate Prefecture Displaced Worker Measure Fund (as of January 2021)	
Eligible persons	<ul style="list-style-type: none"> ○ Persons who are actively looking for a job (application for a job at Hello Work) within one year after leaving the job ○ As a general rule, people who have lived in the prefecture for over a year ○ Persons who worked for more than one year at the time of leaving the job ○ Persons who have been issued employment insurance qualification certificate
Purpose of which money is spent	<ul style="list-style-type: none"> ○ Living funds required during job
Conditionality	<ul style="list-style-type: none"> ○ Loan limit 1 million yen ○ Loan interest rate 1.25% per year (guarantee fee is borne by labor) ○ Repayment period: Within 10 years (deferment period of up to 1 year can be set) ○ Repayment method: Monthly installment repayment of principal and interest (repayment of interest only during the deferment period) ○ Guarantor / Collateral: The conditions specified by the Tohoku Rokin Service. ○ Credit Guarantee In principle, the credit guarantee of the Japan Workers Credit Fund Association

Handling financial institution

Tohoku Rokin Service Ichinoseki Branch TEL 23-4540

Inquiries: Tohoku Rokin Service Iwate Prefecture Headquarters

Toll-free number TEL 0120-1919-62

Or each branch of Tohoku Rokin Service

市内の求職者支援施設について

<p>▷ Hello Work Ichinoseki</p> <p>As a comprehensive employment service organization in the region, providing employment consultation and measures.</p> <ul style="list-style-type: none"> ◦ Business hours: Mon-Fri 8: 30-17: 15 ◦ Location: 13-3 Maeta, Yamanome, Ichinoseki-shi ◦ 0191-23-4135 	<p>▷ Job Cafe Ichinoseki</p> <p>We offer employment consultations and employment seminars.</p> <ul style="list-style-type: none"> ◦ Business hours: Mon-Fri 10: 00-17: 00 1st Sunday 10: 00-16: 00 ◦ Location: 4-29 Omachi, Ichinoseki City Nano Hana Plaza 4F ◦ Telephone: 0191-34-5970
<p>▷ Ichinoseki Furusato Hello Work</p> <p>Ichinoseki City and Hello Work collaborate to provide employment agencies and employment consultations.</p> <ul style="list-style-type: none"> ◦ Business hours Mon-Fri: 9: 30-17: 00 ◦ Location: Inside the Senmaya Branch Office ◦ 0191-53-2099 	<p>▷ Ichinoseki Youth Support Station</p> <p>Through consultations, workplace tours, and experiences, we assist persons aged 15 to 49 who are unemployed until they find work and establish themselves.</p> <ul style="list-style-type: none"> ◦ Business hours Mon-Fri 10: 00-17: 00 ◦ Location 4-29 Omachi, Ichinoseki City Nano Hana Plaza 4F ◦ Telephone 48-4467

Industrial Development さんぎようしんこう 産業振興

Small/Medium-sized Enterprise Promotion Loan System

ちゅうしょうきぎようしんこうしきんかしつけせいど 中小企業振興資金貸付制度など

A low interest financing system that supports working capital, equipment funds, management of stable funds, and start-up funds for small to medium-sized enterprises in Ichinoseki.

▷ Loan amount: Operation・Equipment・Management of stable funds of up to 25 million yen

Start-up funds up to 12.5 million yen. The city supplies part of the interest / credit guarantee fee. For other loan conditions etc., please consult the following financial institutions.

▷ Additional support funds: Even while taking advantage of the funds listed above, there are some funds which supplement some of interest and credit guarantee fees.

◦ (Iwate Prefecture) Small business funds (Limited to small scale funds)

◦ (Iwate Prefecture) Iwate Entrepreneur Development Fund

For details consult: Iwate Ginko, Tohoku Ginko, Kitanihon Ginko, Ichinoseki Shinyokinko Honten

市内の中小企業者の運転資金・設備資金・経営安定資金・開業資金を支援する低利の融資制度があります。

▷ 融資金額

運転・設備・経営安定資金 2,500 万円以内 開業資金 1,250 万円以内 利子・信用保証料の一部を市が補給します。

その他融資条件などについては、下記金融機関に相談ください。

▷ その他制度資金利用者への支援

下記の制度資金利用の場合も、利子・信用保証料の一部について補給する制度があります。

◦ (岩手県) 小口事業資金

(小規模小口資金に限る)

利子・信用保証料の一部を市が補給します。

◦ (岩手県) いわて起業家育成資金

信用保証料の全部を市が補給します。

問 岩手銀行・東北銀行・北日本銀行

一関信用金庫の市内本店・各支店

Entrepreneur management stabilization support

きぎようしゃけいえいあんていかしえんじぎょう 起業者経営安定化支援事業

▷ Subsidy rate and limit

- ・ Office/administration building/store rent, etc.: Within 2/10 of monthly rent (up to one year)
- ・ Office/administration, store interior/exterior construction costs, equipment purchase costs, office equipment lease fees: within 1/2

・ It's possible to combine subsidies, but the maximum limit is 400,000 yen or less.

・ For those who have made UIJ turn and for women and men under 50, those who have received support from specific start-up support projects, the subsidy rate other than for rent of offices and stores is within 3/4, and the limit is 600,000 yen or less.

▷ Target: Citizens and corporations that started a business in the city within three years

▷ To set up: determined by examination. Please consult below for the application period and other requirements.

Inquiries: Ichinoseki City Hall Entrepreneurial Support Division

市内で起業される人に、補助する制度があります。

▷補助率、限度額

・事務所：店舗等の家賃：賃貸料月額の2/10以内/・事務所：店舗の内外装工事費、備品購入費、事務機器リース料：1/2以内

・対象項目を組み合わせでの申請も可能ですが、限度額は40万円以内です。・UIターンした人、女性、50歳未満の男性は、特定創業支援等事業による支援を受けた人は、事業所・店舗等の家賃以外の補助率が3/4以内、限度額が60万円以内になります。

▷対象：3年以内に市内で起業した市民および法人

▷決定方法 審査により決定します。申請期間やその他の要件については下記に相談してください。

問 本庁起業支援室

Subsidies for those opening shops in shopping districts

しょうてんが いあ てんぽにゆうきよし えんじぎょう
商店街空き店舗入居支援事業

▷ Assistance Rate: up to 50% of the exterior and interior construction expenses required for opening the store (up to 1 million yen)

◦ Up to 20% of the monthly rental fee of the store (limit of 50,000 yen per month) but only up to one year after opening.

▷ Persons who move into empty stores including the first floor of target shopping districts and who want to operate retail business etc. should consult the following resource.

Inquiries: Ichinoseki Chamber of Commerce 0191-23-3434

商店街へ出店する人に、補助する制度があります。

▷補助率 ◦開店に要する内外装工事費の1/2以内（限度額100万円） ◦店舗の賃貸料月額の2/10以内（限度額1ヶ月5万円以内）ただし、開店後1年間に限る
対象 商店街の1階を含む空き店舗に入居し、小売業などを営もうとする人その他の要件については、下記に相談ください。

問 一関商工会議所 0191-23-3434

Establishment Support Window 起業支援窓口

Consultations on the various support systems are provided to those who are thinking of starting a new business.

◦ Hours: Monday - Friday from 8:30 to 17:15

For details: Ichinoseki City Hall Entrepreneurial Support Division/Ichinoseki Chamber of Commerce (main office or branch office)

▷新たに起業を考えている方の、企業に関する各種支援制度や悩み事など相談に応じます。

◦時間 月曜～金曜 8時30分～17時15分 問 本庁起業支援室・一関商工会議所本所、会議所各支所

10) Education/Sports きょういく 教育・スポーツ

Kindergarten ようちえん 幼稚園

Ichinoseki has 4 public kindergartens and 2 private kindergartens. Applications start in mid-November. For private kindergartens, please contact them directly.

市内には市立幼稚園が4園と私立幼稚園が2園あります。11月中旬に園児を募集します。私立幼稚園は、各園にお問い合わせください。

Reduction of Kindergarten Fees ようちえんほいくりょう 幼稚園保育料

Kindergarten childcare is free of charge. Furthermore, individuals who have received Certification of the Necessity for Childcare will be eligible for free childcare.

Please contact kindergartens directly for details.

幼稚園の保育料は、無料となっています。また「保育の必要性の認定」を受けた方は、預かり保育料についても無料となります。詳しくは各園にお問い合わせください。

For those struggling with compulsory education expenses

ぎむきょういくひようこま 義務教育費用に困ったとき

We offer partial assistance of schooling expenses to people who are in need of help with school supply fees, school lunch fees, school trip expenses etc. Please consult with the elementary/junior high school directly.

学用品代、給食費、修学旅行費などの費用で困っている人に、就学費用の一部を援助しています。各小学校・中学校に相談してください。

Student loan しょうがくきん 奨学金

Students are given to those who find it difficult to study due to economic reasons.

The scholarship's monthly allotted amount is as follows:

- ▷ High school etc. 12,000 yen
- ▷ College of technical colleges' 20,000 yen
- ▷ University etc. 45,000 yen

The money will need to be returned every month starting 12 months after the end of the loan.

- ▷ High school etc. 4,000 yen
- ▷ Technical college 8,000 yen
- ▷ University etc. 12,000 yen

Student loans are offered from mid-December for a about a month every year. In some cases, a secondary offering period will take place.

Inquiries: Board of Education General Affairs (Hanaizumi Branch Office)

経済的な理由により修学が困難と認められる人に、奨学金の貸与を行っています。奨学金の貸与月額は、次のとおりです。▷高等学校など 12,000 円
▷高等専門学校など 20,000 円 ▷大学など 45,000 円 奨学金の返還は、貸与満了後、12 カ月を経過した月から次の金額を毎月納付していただきます。（無利子）▷
高等学校など 4,000 円 ▷高等専門学校など 8,000 円 ▷大学など 12,000 円奨学生の募集は、毎年 12 月からおおむね 1 カ月行います。（場合によっては、2 次募集
を行います。）詳しくは、市広報などによりお知らせします。貸与の範囲など詳しくは問い合わせてください。問 教育総務課(花泉支所)

Education Consultations きょういくそうだん 教育相談

At the Municipal Education Research Institute (within the Board of Education), consultations for children and their guardians are available for those who are having difficulties adapting to school life and those who cannot go to school even if they want to.

Inquiries: the School Education Division (Hanaizumi Branch Office)

市教育研究所（教育委員会内）では、学校に行きたくても行けない、学校生活にうまく適応できないなどで悩んでいるお子さんやその保護者を対象に相談に応じています。
問 学校教育課（花泉支所内）

Consultation and Guidance Regarding Speech ことば そうだん しどう「言葉」の相談・指導

▷ Consultation and guidance for children who have trouble and anxiety regarding the pronunciation of words when speaking, an unclear way of speaking, etc.

Inquiries: the School Education Division (Hanaizumi Branch Office)

▷幼児の「ことば」の相談・指導 ことばを話す時に正しく発音できない、はっきりしない話し方をする、ことばがつかえてしまうなどの悩みや不安を持つお子さんのための相談・指導を行っています。学校教育課（花泉支所内）

Long-distance school commute subsidy えんきよりつうがくひ ほじょきん 遠距離通学費補助金

We will provide a commuter pass or a subsidy to help children and students who travel a considerable distance to schools in Ichinoseki. Please contact each school for more information.

▷ Criteria for long-distance commuting

(One-way school distance from home to school)

Elementary school: 4km or more, Junior high school, 6km or more

一関市立学校に遠距離通学する児童および生徒の通学に要する費用の負担軽減を図るため、定期乗車券または補助金を交付します。詳しくは各学校に相談してください。

▷遠距離通学の基準

(自宅から学校までの片道の通学距離)

小学校…4km 以上 中学校…6km 以上

Lifelong learning/Cultural arts しょうがいがくしゅう ぶん かげいじゅつ 生涯学習・文化芸術

Civic center しみん 市民センター

The civic center is a base for community development, as well as social education projects on liberal arts, health, culture, lifelong learning, community projects and more.

For details, please contact any civic center.

市民センターは地域づくりの拠点施設であるとともに、市民の皆さんの日常生活に役立つ教養、健康、文化等に関する生涯学習、地域コミュニティに関する事業などを実施しています。詳しくは、各市民センター（58 ページ、施設一覧）にお問い合わせください。

Ichinoseki Library としょかん 図書館

There are eight libraries in the city. We lend books, magazines, CDs and DVDs. In addition, we hold research activities, storytelling, and special exhibitions. In addition, we also offer the Ichinoseki Digital Library service that can be used anytime, anywhere. Please contact each library for details regarding the hours and how to borrow books.

Ichinoseki Library Homepage : <http://www.library.city.ichinoseki.iwate.jp/>

市内には 8 つの図書館があり、図書や雑誌、CD、DVD の貸し出しをおこなっています。また、調べものお手伝いや「おはなし会」、企画展などを実施しています。そのほか、いつでもどこでも利用可能な「いちのせき電子図書館」サービスも行っています
休館日や本の貸借方法など、詳しくは各図書館にお問い合わせください。一関市立図書館ホームページ <http://www.library.city.ichinoseki.iwate.jp/>

Ichinoseki Museum いちのせきしはくぶつかん 一関市博物館

Exhibitions such as the 'History of Ichinoseki', 'Mokusa and Swords', 'Gentaku and Rangaku', 'Fumihiko and Genkai', 'Ichinoseki and Wazan' are located next to Genbi Roadhouse and are displayed to familiarize visitors with the characteristics and history of the Ichinoseki area. In addition, themed exhibitions are held several times a year, as well as various courses, and experiential learning opportunities.

Admission fee: free for elementary and junior high school students, people with disabilities and their caretakers, and citizens of Ichinoseki over 65 years old.

<https://www.city.ichinoseki.iwate.jp/museum>

道の駅蔵美深に隣接し、一関地方の歴史や文化の特色に親しめるよう、「一関のあゆみ」「舞草刀と刀剣」「玄沢と蘭学」「文彦と言海」「一関と和算」のテーマで展示しています。また年数回、企画展とテーマ展を開催し、さらに、各種講座、体験学習なども多く開催しています。入館料は小中学生や障がい者・介護者の方、一関市民 65 歳以上の皆さんは無料です。

Culture Centers ぶんか 文化センター

Ichinoseki Cultural Center and Fujisawa Cultural Center are places that contribute to the creation and exchange of arts and culture. In addition to the appreciation of art, there are halls and conference rooms that can be rented out.

文化センター 市内には芸術文化の創造と交流の場として、一関文化センターと藤沢文化センターがあります。芸術鑑賞等の事業のほか、ホールや会議室等の貸出しを行っています。

Ichinoseki Kenko No Mori けんこう もり いちのせき健康の森

A training and lodging facility with a total site area of about 51 hectares including a seminar house, slopes, multipurpose grounds, and campgrounds among other facilities. In winter you can also enjoy skiing at Maturube Snow Land. Enjoy Maturube's nature with friends.

Inquiries: Genbi-cho Maturube 251 TEL : 0191-39-2020

研修宿泊施設であるセミナーハウスを中核とし、ゲレンデ、多目的グラウンド、キャンプ場などの施設を含む総敷地面積約 51 ヘクタールの施設です。冬には「祭時（まつるべ）スノーランド」として、スキーなどを楽しむこともできます。祭時の自然と触れ合いながら仲間と楽しむことができます。

蔵美町字祭時 251 TEL : 0191-39-2020

Kamu Paru かむ 花夢パル

Please feel free to stay overnight to promote personal and community development through a variety of exchanges, experiences, and training with locals and visitors to Ichinoseki, leveraging local resources such as blessed nature, culture, history, and industry. Train and learn while staying in the facility. The venue can be used for training camps by utilizing the sports facilities at the athletic park.

For details on usage, please contact us. Tel: 0191-82-1086

恵まれた自然や文化、歴史、産業などの地域資源を活用し、市民や一関市を訪れた人などの各種交流、体験、研修を通して、人づくりやまちづくりを進めるために、宿泊をしながら気軽に交流研修、学習ができる施設です。また、隣接する運動公園のスポーツ施設を活用した合宿などにも利用することができます。

利用に係る詳細については、お問い合わせください。

花泉町花泉字伊勢沢 14-3 TEL 82-1086

Other た その他

Community Centers, Ichinoseki Gakushu Exchange Center, Ichinoseki Culture and Tradition Hall, Ichinoseki Work Youth Home, Women's Center, Senmaya Minami Exchange Center, Ishi to Kenji Museum, Ashitozan Memorial Hall, Senmaya Street Corner Museum, Okago Christian Martyrdom Memorial Park, Honederamura Exchange Center, Ichinoseki Civic Museum etc.

コミュニティセンター、一関学習交流館、一関文化伝承館、勤労青少年ホーム、女性センター、千厩みなみ交流センター、石と賢治のミュージアム、芦東山記念館、大籠キリシタン殉教公園、せんまや街角資料館、骨寺村荘園交流館、一関市民俗資料館などさまざまな施設が学習の場として利用でき、人生を豊かにするためのお手伝いをしています。

Sports スポーツ

About the use of sports facilities. スポーツ施設^{しせつ りょう}の利用について

There are many indoor and outdoor sport facilities that you can enjoy in the Ichinoseki. Availability of facilities can be checked by calling each facility or by checking via PC or smartphone (Ichinoseki City Public Facility Reservation System: User registration is required when making a reservation; availability can be confirmed without registration)

市内には多くのスポーツ設備があり、屋内外でスポーツを楽しむことができます。ご自身のライフスタイルなどに合わせて、ぜひご利用ください。

施設の空き状況の確認、利用予約は、各施設への電話連絡のほかパソコンやスマートフォンなどから行うことができます。（一関市広共施設予約システム：利用予約の際には利用者登録が必要です。空き状況は登録をしなくても確認できます。）

Opening of school physical education facilities 学校体育施設^{がっこうたいいくしせつ かいほう}の開放

The schoolyards and gymnasiums of elementary and junior high schools in the city are open to citizens to play sports. To borrow a facility for the first time, you will need to register with the school you'd like to use and be someone who lives or works in the city. Please apply to the school at least 7 days before the date of use to receive a usage permit.

Inquiries: School Education Division (Hanaizumi Branch Office)

市民のみなさんが気軽にスポーツができる身近な場所として、市内小中学校の校庭や体育館を開放しています。初めて利用する時は、市内に住んでいる人や勤務している人などが、利用を希望する学校への登録が必要です。利用の際は、利用日の7日前までに学校へ申請書を提出し、利用許可証の交付を受けてください。教育総務課（花泉支所）

Junior Sport-club スポーツ少年団^{しょうねんだん}

Several sports activities are organized through junior sport-clubs to promote cooperation and creativity, as well as learn the rules of society and the spirit of compassion, in addition to increasing physical strength and interacting through sports.

Contact: Ichinoseki Athletic Association

25-3 Ishinose, Kozenji, Ichinoseki-shi

(Ichinoseki Gymnasium) 0191-31-3111

* Closed on Tuesdays (the next business day if Tuesday is a holiday)

市内では、さまざまな競技のスポーツ少年団が活動しています。スポーツを通じて体力づくりや交流を行っているほか、協調性や創造性を養い、社会のルールや思いやりの心を学ぶ場にもなっています。

活動団体や加入などについては、一関市体育協会に問い合わせてください。

問 一般社団法人一関市体育協会

一関市狐禅寺字石ノ瀬 25-3

（一関市総合体育館内） TEL 31-3111

※火曜休館日（火曜日が休日の場合は翌営業日）

◆ Ichinoseki International Half Marathon

いちのせきこくさい
一関国際ハーフマラソン大会

Runners from across Japan compete in the Ichinoseki International Half Marathon, which takes place every Sunday in the second half of September. We also intend to send outstanding athletes and lottery-selected athletes to marathon championships in Japan and abroad.

Runners highly regard the tournament management, which is aided by many citizen volunteers.

◆ Sports classes スポーツ教室

Ichinoseki Sports Association offers sports classes such as yoga and aerobics in various parts of the city. It's a great opportunity to exercise and interact with the locals.

Contact: Ichinoseki Athletic Association

25-3, Ichinoseki Kozenji, Ichinoseki Gym

0191-31-3111* Closed on Tuesdays (the next business day if Tuesday is a holiday)

スポーツイベントやスポーツ教室に参加してみませんか

市内では、さまざまなスポーツイベントやスポーツ教室などが開催されています。市の広報誌やホームページ、一関市体育協会のホームページなどで随時情報をお知らせしていますので、ぜひ参加してください。

◇一関国際ハーフマラソン大会 毎年、9月後半の日曜日に開催され、全国各地から多くのランナーが参加しています。優秀選手や抽選で選ばれた選手を国内外のマラソン大会に派遣する企画も行っています。多くの市民ボランティアに支えられている大会運営はランナーから高く評価されています。

◇スポーツ教室 一関市体育協会では、市民を対象にヨガやエアロビクスなどのスポーツ教室を市内各地域で開催しています。運動のきっかけづくりや地域の皆さんとの交流の場として、時間や好みに合わせてぜひ参加してください。問 一般社団法人一関市体育協会一関市狐禅寺字石ノ瀬25-3（一関市総合体育館内） TEL 31-3111※火曜休館日（火曜日が休日の場合は翌営業日）

For a list of all sport facilities in Ichinoseki, please use this link



<https://www.city.ichinoseki.iwate.jp/index.cfm/31,25937,141,html>

11) Tourism かんこう 観光

Kurikoma くりこまこくていこうえん 栗駒国定公園

Rich in alpine plants and virgin forests Mt. Kurikoma spans across three prefectures: Iwate, Akita and Miyagi. At the foot of the main peak there are many hot springs discharging a large amount of water. In autumn, the whole surface of the mountain is covered in red and yellow. Especially beautiful are the leaves around the Nagorigahara area and the summit. During peak season, cars line up heading toward Sukawa Kogen with crowds of families and travel groups eager for autumn scenery and hot springs. From Sukawa hot spring to the flower field, it takes 20mins on foot, and to Ubunuma, around 90 mins. The best time to see the autumn leaves is from late September to mid-October.

Approximately 1.5hrs by car from JR Ichinoseki Station.

岩手・秋田・宮城の3県にまたがる国定公園で、高山植物や原生林など豊かな自然が保たれ、その主峰の栗駒山（須川（すかわ）岳）の中腹や山麓にはたくさんの温泉が湧出しています。一面に赤や黄に色づく栗駒山の秋。特に、名残ヶ原周辺や山頂周辺の紅葉は見事です。紅葉狩りと温泉をめぐって、休日には須川高原への車が列をつくり、団体旅行や家族連れでにぎわいを見せます。須川温泉から名残ヶ原まで徒歩約20分、産沼まで徒歩約90分。紅葉の見頃は、例年9月下旬から10月中旬までとなります。JR一ノ関駅から車で約1時間30分。

Genbikei げんびけい 厳美溪

The Iwai River which flows from Mt. Kurikoma erodes large rocks to transform them into potholes, waterfalls, and ravines which make up the beauty of the approximately 2 km long valley. Here you can also enjoy ‘flying dango’ which are sent over the gorge by rope. Close-by are Ichinoseki Museum, Genbikei Roadside Station, and the Natural Recreation Management Center. Housing from the Edo era has been restored and is open to the public for free.

Approximately a 20 min drive from JR Ichinoseki Station.

栗駒山を源に流れる磐井川が巨岩を浸食し、甌穴（おうけつ）・滝・深淵（しんえん）と表情を変え約2kmにわたり溪谷美を見せます。対岸からロープを伝って届く「空飛ぶだんご」も名物です。また、厳美溪周辺には、一関市博物館、道の駅・厳美溪などがあり、自然休養村管理センター敷地内には江戸時代の民家が復元され農林漁業資料館として無料で一般公開されています。JR一ノ関駅から車で約20分。

Hot Springs おんせん 温泉

Sukawa Onsen (Sukawa Kogen Onsen), Shinyu Onsen (Shinyu Onsen Center), Maturube Onsen (Kamikura Bettei Yuzannosho), Sannozan Onsen (Zuisenkyo), Genbikei Onsen (Itsukushien), Houryu Onsen (Kamenoi Hotel Ichinoseki, Yamazakura (Momonoyu)

須川温泉 須川高原温泉 TEL23-9337 真湯温泉 真湯温泉センター TEL39-2713 祭時温泉 かみくら 別邸游山の庄 TEL39-2877 山王山温泉 瑞泉郷 TEL39-2031 厳美溪温泉 いづし園 TEL29-2101 亀の井ホテル一関 TEL29-2131 山桜 桃の湯 TEL33-1118

Geibikei げいびけい 猯鼻溪

A tributary of the Kitakami River, the Satetsu River eroded limestone to create the 2 km long Geibi Valley. The impressive 100m high cliffs are a natural wonder. Fresh leaves and wisteria can be seen in spring, feel the cool breeze in summer, see maple leaves reflecting in the water in the autumn and in winter, drift through a world that resembles an ink painting. Briefly escape reality, find your inner peace as the boatman sings the 'Geibi Oiwake' as he skillfully maneuvers the boat through the steep cliffs of the weaving gorge. A 5min walk from JR Geibikei Station

北上川支流の砂鉄川が石灰岩を浸食してきた全長約 2km にわたる渓谷です。高さ約 100mの断崖絶壁は見る人を圧倒する自然の芸術。若葉と藤の花香る春、涼風そよぐ夏、川面に紅葉映える秋、そして水墨画の世界が漂う冬。四季折々の風情を舟下りで楽しめます。奇岩絶壁の間を縫うように流れる渓谷を、船頭がさ お一本で巧みに舟を操りながらうたう「げいび追分」に、身も心も癒されます。JR 猯鼻溪駅から徒歩 5 分。

Festivals and Events まつり・イベント

Month	Name of event	Date	District
April	春の花泉互市 Spring Hanaizumi Market	April 1 st -3rd	Hanaizumi
	室根山山開き Murone Yamabiraki (mountain opening)	April 16th	Murone
	一関春まつり Ichinoseki Spring Festival	Late April	Ichinoseki
	せんまや夜市 Senmaya Night Markets	April-October, second Saturday of the month (August is on the 14 th)	Senmaya
	花と泉の公園「ばたん・しゃくやく祭り」 Hana to Izumi Park 'Peony Festival'	Late April ~ Early June	Hanaizumi
	岩手県南・宮城県北神楽大会 Southern Iwate/Northern Miyagi Kagura Tournament	April 29 th	Ichinoseki
	栗駒山山開き Kurikoma Mountain Open	Mid May	Ichinoseki
May	室根山つつじまつり Murone Azalea Festival	May 20 th to June 4 th	Murone
	室根山スカイフェスティバル Murone Sky Festival	May 27 th to 28 th	Murone
	V-Rally in Fujisawa 2023	Late May	Fujisawa
June	「森は海の恋人」植樹祭、こっこん・水車まつり The Sea is Longing for the Forest, tree planting and water wheel festival	June 11 th	Murone
	館ヶ森ハーブフェスタ Tategamori Herb Festa	June 24 th to 25 th	Fujisawa
	みちのくあじさいまつり Michinoku Hydrangea Festival	Late June - late July	Ichinoseki
July	千厩夏祭り Senmaya Summer Festival	Late July	Senmaya
	いちのせき賑わい「ど市」 Ichinoseki Buzzying Food Stands	July to Oct, first Saturday of the month	Ichinoseki
	室根夏祭り Murone Summer Festival	Late July	Murone
August	一関夏まつり Ichinoseki Summer Festival	First Friday, Saturday, Sunday of August	Ichinoseki

	磐井川開き花火大会 Iwai River Fireworks Festival	First Friday of August	Ichinoseki
	花泉夏祭り Hanaizumi Festival	1st Sunday in August and the day before	Hanaizumi
	藤沢野焼祭 Fujisawa Noyaki (open burning) Festival	Second Sunday of August and the day before	Fujisawa
	摺沢水晶あんどん祭り Surisawa Crystal Andon (paper lantern) Festival	Every year on August 13- 15 th	Daito
	せんまや夜市（燈立） Senmaya Night Market	Annually on August 14 th	Senmaya
	大原だるま祭り Ohara Daruma Festival	Annually on August 15 th	Daito
	かわさき夏まつり花火大会「おらが自慢のでっかい花火」 Kawasaki Fireworks Festival	Annually on August 16	Kawasaki
	全国地ビールフェスティバル in 一関 Ichinoseki's National Craft Beer Festival	August 18 th -20 th	Ichinoseki
September	北上川流域交流 E ボート大会 Kitakami River E boat Tournament	Early September	Kawasaki
	金沢八幡神社祭（大名行列） Kazawa Hachiman Shrine Daimyo Procession	Mid-September	Hanaizumi
	Murone Highlands Ranch Festival 室根高原牧場まつり	Mid-September	Daito
	唐梅館絵巻 Karaumedate Picture Scroll	Late September	Higashiyama
	一関国際ハーフマラソン大会 Ichinoseki Half Marathon	Late September	Ichinoseki
October	みちのくせんまや赤ちゃん相撲大会 Michinoku Senmaya Baby Sumo Tournament	Early October	Senmaya
	館ヶ森収穫祭 Tategamori Harvest Festival	Early Oct to Mid-Oct	Fujisawa
	一関・平泉バルーンフェスティバル Ichinoseki-Hiraizumi Balloon Festival	Mid October	Ichinoseki
	いちのせき産業まつり 農業祭・商工祭 Ichinoseki Industrial, Agricultural, Commercial Festival	Mid-late October	Ichinoseki
November	秋の花泉互市 Hanaizumi Autumn Market	Every year on November 1 st -3 rd	Hanaizumi
	全国もちフェスティバル National Mochi Festival	Early November	Ichinoseki
	一関市むろね産業文化祭 Murone Industry and Culture Festival	November 11 th -12 th	Murone
January	磐井清水若水送り Iwai Shimizu Wakamizu Okuri	Annually on January 1 st	Higashiyama
	興田神社蘇民祭 Okita Shrine Festival	Early January	Daito
February	一関市大東大原水かけまつり Daito Ohara Water Festival	Annually on February 11	Daito
	館ヶ森風祭り Tategamori Festival of the Wind	Early to mid-February	Fujisawa
	せんまやひなまつり Senmaya Girls Day	Mid-February to March	Senmaya

Events may be cancelled or postponed due to COVID-19

More info: Ichinoseki Tourism Division website: <https://www.ichitabi.jp/>

Ichinoseki website English (Tourism, food, lifestyle by the Internationalization Coordinator): ichinoseki-life.com

12) Disclosure of Information

じょうほうこうかい 情報公開

Information Disclosure じょうほうこうかいせいど 情報公開制度

Ichinoseki works to promote a fair and open municipal administration by encouraging citizen's understanding of and participation in municipal administration, as well as making information held by the city public by allowing citizens the right to demand disclosure of public documents.

Public documents are disclosed in principle, but personal information, etc. may not be disclosed.

- ▷ Public documents subject to disclosure request: Documents, drawings, etc. created or acquired by city officials while carrying out their duties
- ▷ Disclosure request window: consult document officers at the Ichinoseki City Hall, General Affairs Division or an administration officer at each Community Development Division ward office.
- ▷ Request method: Identify the official documents you want to request and submit the request form/items directly to the disclosure request desk or mail/E-mail it. For the identification of official documents, please consult officials at the counter.
- ▷ Duration until publication: Decisions such as disclosure will be made within 15 days from the date of receipt (a decision notice will be sent from the department in charge).
- ▷ Cost: Documents are free to browse, but a fee will incur if you wish to have a copy printed or delivered.

公文書の公開を請求する権利を定めることなどにより、市の保有する情報の公開を図るとともに、市民の市政に対する理解を深め、市政への参加を促し、公正で開かれた市政を推進することを目的としています。

なお、公文書は原則開示ですが、個人情報に関する情報などは、不開示になる場合もあります。

▷開示請求の対象となる公文書 市の職員が職務上作成または取得した文書、図面など

▷開示請求窓口 本庁総務課法規文書係または各支所地域振興課総務管理係で受け付けています。

▷請求方法 請求したい公文書を特定し、必要な事項を記載した請求用紙を開示請求窓口を持参するか郵送またはメールで提出してください。公文書の特定については、窓口の職員に相談してください。

▷公開されるまでの期間 通常請求書を受理した日から起算して 15 日以内に、開示などの決定がなされます(担当部局から決定通知書が送られます)。

▷費用 閲覧の場合は費用はかかりませんが、写しの交付や郵送を希望される場合は実費をお支払いいただきます。

Individual Information Protection System こじんじょうほうほごせいど 個人情報保護制度

To manage and protect citizen's private information, the city revises or suspends the use of personal information within official documents. For requests regarding personal information, please submit a request form that describes the details of your request for disclosure. In addition, submit or present the necessary documents (driver's license, power of attorney, family register, etc.) to prove your identity, the bereaved family, or their representative. Claims by mail are only possible if the claimant is unwell or lives in a location where filing at the counter is difficult or impossible, or if it is unavoidable.

For further information, please contact us. Submit or present necessary documents (driver's license, legal documents, etc.) to prove your identity or that you are qualified to represent someone on their behalf. A decision on disclosure is usually made within 30 days from the date of receipt of the request (a notice will be sent from the department in charge).

Other procedures are the same as the information disclosure system.

市が保有する公文書に記載されている個人情報を本人の請求に応じて開示、訂正、もしくは利用停止をすることにより、市民の個人情報を適正に管理し、その権利や利益を保護することを目的としています。個人情報に関する請求は、開示を求める内容を記載した請求書を提出してください。また、本人もしくは遺族などまたはその代理人であることを証明するために必要な書類（運転免許証、委任状、戸籍謄本など）をあわせて提出または提示してください。個人情報の特定については、窓口の職員に相談してください。公開されるまでの期間については、通常請求書を受理した日から起算して30日以内に、開示などの決定がなされます（担当部局から決定通知書が送られます）。開示にかかる費用は情報公開制度と同様です。

Public Relations and Communications こうちようこうほう 広聴広報

Ichinoseki Public Newsletter こうほう 広報いちのせき

Issued once a month and delivered to your door.

The newsletter can be viewed online (<https://www.city.ichinoseki.iwate.jp/>), or via smartphone app Machihiro and the Internet distribution service My Public Relations Newsletter.

For English, Chinese and Yasashi Nihongo versions, check the Ichinoseki International Association Homepage on the 1st of every month.



毎月1回発行し、皆さんの家庭に行政区長を通じて届けています。市広報は市ホームページ（<https://www.city.ichinoseki.iwate.jp/>）やスマートフォンアプリ「マチヒロ」とインターネット配信サービス「マイ広報紙」でもご覧になれます。

Ichinoseki's Homepage 一関市ホームページ

Access administrative information such as announcements from the city hall and branch offices, living guides, download applications and so on. <https://www.city.ichinoseki.iwate.jp/>

市役所・支所からのお知らせ、くらしの情報、申請書ダウンロードなど行政情報がご覧になれます。 <http://www.city.ichinoseki.iwate.jp/>

Ichinoseki Twitter and Facebook 一関市公式フェイスブック・ツイッター

Municipal administration information is transmitted on the city's official Facebook page. You can browse without registering. [Account name: 岩手県一関市]

Municipal administration information and disaster information are updated on the official city Twitter. [Account name: @ichinoseki_city]

市公式フェイスブックでは、市政情報を発信しています。登録せずに閲覧可能です。【アカウント名：岩手県一関市】

市公式ツイッターでは、市政情報、災害情報を発信しています。【アカウント名：@ichinoseki_city】

A word to the mayor 市長へひとこと

Please send us your thoughts, notices, suggestions, and other city administration-related information by message form or e-mail. Message forms are available at the city hall main office and branch offices.

Inquiries: City Hall Secretarial Division

市政に関することや身近なことで、日ごろ感じて いることや気づいたこと、提言などをメッセージ用 紙や電子メール（市ホームページ <https://www.city.ichinoseki.iwate.jp/>を確認してください）でお寄せください。メッセージ用紙は市役所本庁や各支所などに 置いています。問 本庁秘書課

FM ASMO Radio FM あすも専用ラジオ

Ichinoseki Community FM's (FM ASMO) frequency is 79.5 MHz. The city distributes a radio to every resident that can receive this broadcast. This radio will automatically turn on (even when it's switched off) and send urgent information, when a disaster occurs.

◎Preparing the radio

1 Open the battery compartment and insert 4 AA batteries (batteries not included).

2 Insert the plug of the provided AC adapter into the external power terminal of the radio unit. Plug the AC adapter plug into a socket.

※ You can usually listen to the radio using household electricity but keep spare batteries in case of a power outage during an emergency.

一関コミュニティ FM（FM あすも）の周波数は 79.5 メガヘルツです。市は、同 FM 放送を受信できる専用ラジオを事業所を含む市内全戸へ貸与しています。

専用ラジオは、災害発生時などに緊急に情報を発信する際、スイッチが入っていない状態でも、自動で起動する機能を備えています。

◎ラジオを聞くための準備をしましょう 1 電池入れのふたを開けて、単三形電池を 4 本入れてください（電池は各世帯で用意してください）。

2 付属の AC アダプターのプラグをラジオ本体の外部電源端子に差し込みます。3AC アダプターのプラグをコンセントに差します。※普段は家庭用電源でラジオを聞くことができますが、非常時の停電に備えて乾電池を準備しておきましょう。

Other information た その他

▷ FM ASMO Municipal Information Program

FM tomorrow municipal information program: broadcasts useful information for your daily life.

Broadcast time	Monday-Friday	Sunday
7:00~7:20	●	—
8:20~8:30	●	—
9:20~9:30	●	—
12:00~13:00	— *Monday: 'Radio Mayor's office in asmo' broadcast (12: 15-12: 30)	●
12:20~12:30	●	—
14:20~14:30	●	—
18:20~18:30	●	—

▷ Ichinoseki Television: Broadcasting regional news in the Ichinoseki area on a daily basis, and informs the city regarding businesses, events, information on disasters, etc.

Ichinoseki Cable Network TEL 21 – 1256

▷ Telephone Service: When disasters occur/clinics, hospitals on duty etc.

TEL 0180-991199

Information such as the water level of the rivers at the time of disaster

Kitakami River line (automatic voice) Morioka ~ Ichinoseki TEL 019-654-7066

▷ FMあすも市政情報番組 市役所からのお知らせやイベント情報、地域ごとの 取り組みなどを放送しています。○番組名「デイリー・アイ・スタイル」

▷一関テレビ 地域のニュースを発信するケーブルテレビで、「テレビ市政だより」を毎日放送し、市の事業内容や行事、災害時の情報などをお知らせしています。一関ケーブルネットワーク TEL 21-1256 ▷テレホンサービス 災害発生・休日当番医等情報提供サービス TEL 0180-991199 災害時の北上川水位などの情報 TEL 019-654-7066 (自動音声)