



Congratulations! You are the newest resident of Iwate Prefecture – and we want to introduce you to some of the services available to you as a foreign resident.

We can't wait for you to enjoy the culture, food, and natural surroundings of Iwate. We also want to make sure that you have access to information and services in your own language, so please let us know how we can help you.

For links to these services:

Visit Iwate's
Homepage →

Search

English Resources Iwate Prefecture

<http://www.pref.iwate.jp/kouchoukouhou/27900/028865.html>



Healthcare

Maps and Lists of Hospitals in Iwate

Need help finding hospitals near you? We list all of the major hospitals in Iwate in both English and Romanized Japanese.

Find a Doctor

Search for medical services in your area that can speak your language. Courtesy of Iwate Medical Net.

Medical Downloads

Download medical surveys that can help you describe a variety of different sicknesses.

Medical Interpreting Volunteers

The Iwate International Association runs a volunteer system of medical interpreters. Call the Iwate International Association for more details at 019-654-8900.

International Associations

Search

Iwate International Association

The Iwate International Association

Located on the 5F of the Aiina building near Morioka Station, the prefectural association is dedicated to supporting foreign residents in Iwate. Their services include:

- Japanese language classes, and information about classes throughout Iwate
- Legal consultation regarding visas, work conditions, and more.
- Various events about cultures around the world
- Volunteer interpreting services
- Information on local international associations throughout Iwate, such as Oshu, Hanamaki, Ichinoseki, and more

Contact them at:

TEL: 019-654-8900

Email: iwateint@iwate-ia.or.jp

URL: <http://iwate-ia.or.jp/?l=en>

Disasters and Emergencies

Maps and Lists of Police Stations

Use this to find the nearest police station near you.

Emergency Services and Numbers

Numbers and services that you can call during a fire, traffic accident, medical emergency, and more.

Current Status – Weather and Natural Disasters

Look at plenty of links for English information on bad weather warnings and natural disaster events.

Translations of Useful Phrases

Emergencies are hard for even fluent Japanese speakers. We've supplied some helpful phrases to use in times of crisis.

Emergency Supplies Checklist

Supplies to stock your home and more.

Tourism and Local Events

Search

A Trip to Iwate

Places to Go and See

Browse through the main attractions of Iwate in English, Chinese, Korean or Japanese. Need a map? Those are provided as well!

Historical Facts and Good Eats

There are plenty of articles about the history of the Iwate as well as tips on the best local food to try to become a true Iwate expert.



Local Events and the Latest News on Facebook

We provide info on local events and news along with fun tidbits about Iwate. Like, share, and comment today!



Rock On Iwate Facebook

This leaflet was published by the PR & Communications Division of the Iwate Prefectural Government.

Contact us at kouhou@pref.iwate.jp, or call us at 019-629-5283.

Administrative Procedures

Local Municipal Hall

*Sometimes called “yakuba” or “shiyakusho.” This is the place where you must submit a moving-in notification.



Submit Moving-In and Moving-Out Notifications

- Moving-in notification (*tennyuu todoke*), to be submitted within 14 days of moving into a city, town, or village in Japan.
- Moving-out notification (*tenshutsu todoke*) to be submitted to your current municipal hall when moving to a new city in Japan or abroad.
- Residence change notification (*tenkyo todoke*) to be submitted when you are moving within the same city.

Sign up for Health Insurance and Pension

You can sign up for Japan's national health insurance system at your local municipal hall. If you are here on a work visa, your employer may do this for you. In this case, it will be called *shakai hoken*, which also covers pension, unemployment, and more.

Get Tax Records

You need documents from the tax department (usually called *zeimuka*) for renewing your visa or applying for a pension refund when returning to your home country.

Register Marriages, Divorces, Births, and Deaths

As part of Japan's Family Register System, you need to submit notifications anytime you get married, divorce, have a child, or have a death in your family.

Other Services



Immigration Bureau Office in Morioka

You must visit the Immigration Bureau Office (*Nyuukoku Kanrikyoku*) in Morioka to renew your visa (also called Status of Residence), change your type of visa (ex: work to spousal), and more. This office is located on the 6F of the Morioka #2 Government Building (*Morioka Daini Godo Chosha*), which is a five minute walk from the west exit of Morioka Station.

TEL: 019-621-1206

Address: 1-9-15 Nishidori, Morioka Station, Morioka City, Iwate Prefecture (020-0045)

Hours: Monday-Friday, 9:00am-12:00pm, 1:00pm-4:00pm

Driver's Licenses

Visit the Driver's License Testing Facility (*Jidosha Unten Menkyo Senta*) in Tamayama, Morioka or regional driver's license centers to convert a foreign license or apply for a new one. Where you apply depends on what country you received your license so please inquire with the Driver's License Center.

- Driver's License Testing Facility 019-683-1251
- Morioka Driver's License Center 019-606-1251
- Southern Driver's License Center 0197-44-3511
- Coastal Driver's License Center 0193-23-1515
- Northern Driver's License Center 0194-52-0613

Hours: Tests are only administered during business hours, Monday-Friday

Labor Offices

Please inquire with the Labor Offices of Iwate (*Rodo Kijun Kantokusho*) when facing a labor dispute and they will forward you to your local office. The office can only use Japanese, so please contact the Iwate International Association for advice regarding legal matters in other languages.

TEL: 019-604-3001

Address: 1-9-15 Nishidori, Morioka Station, Morioka City, Iwate Prefecture (020-0045)

Hours: Monday-Friday, 8:30am-5:15pm

Iwate International Association

You can receive consultation regarding sensitive matters in English and other languages.

TEL: 019-654-8900

Address: AIINA 5th Floor, International Exchange Center

1-7-1 Nishidori, Morioka Station, Morioka City, Iwate Prefecture (020-0045)

Hours: Every day, 9:00am-8:00pm