

【国際交流 PR アソシエイトからの発信★】Guide to Garbage Classification in Iwate: Common Sense for Foreigners

日本では自治体ごとにごみの分別が細かく決められており、ルールを守ることが大切です。本記事では、留学生が迷わずごみを捨てられるよう、分別の基本をわかりやすく解説します。Xu さんのレポートをぜひご覧ください！ In Japan, waste separation rules vary by municipality, and it is important to follow them properly. This article explains the basics to help international students dispose of waste correctly.

Guide to Garbage Classification in Iwate: Common Sense for Foreigners

Living in Japan, garbage classification is the first step to integrate into the local society and an important responsibility to maintain the community environment. As an important prefecture in the northeastern region of Japan, Iwate Prefecture's garbage classification rules follow both national general principles and local differences. The following is a collection of garbage classification knowledge and precautions for foreigners living in Iwate Prefecture to help you quickly adapt to this environmental protection system.

Morioka Area ②


How to Sort and Dispose Garbage & 2024 Collection Schedule

Rules for disposing garbage

- Please take your garbage to your designated collection site.
- Please dispose your garbage, following the collection schedule.
Take your garbage to the designated collection site by 8:30 a.m. on the collection day. The garbage put out on a wrong collection day or after the collection time will be left uncollected.
- Please ensure proper sorting and place garbage in a transparent or semi-transparent bags.
The garbage without proper sorting will be left uncollected.

● **Recycle/Garbage Sort Out App Available!**
This App is for smartphones. You can check out "what date" the pickup is, and the "how to sort out" what you want to throw away. Please use this useful App.
<Content examples of App>
- Alarm announces the collection date. (Rings either that day or the day before.)
- Calendar that shows the date of collection.
- "Sort Out Dictionary" where you can search what category each item belongs to.

Let's download!



CAUTION












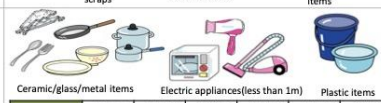
- ① Make sure to use up the spray can/gas canister completely. (No need to open a hole.)
- ② Remove the cap and place only the main body of the spray can/gas canister in a transparent or semi-transparent bags.
- ③ Dispose them on designated day.

❌ Do not mix with other garbage.

Notice

No collecting services available from December 31st to January 2nd [from December 31st to January 3rd for Plastic Containers and Packaging].

◆ The garbage you can dispose by taking to the collection site ◆

Types of Garbage	Collection day	Examples of Waste	How to Dispose																										
 Plastic Containers and Packaging	Every Friday	<p>Items with the ♻️ logo. Containers and packaging must be fairly clean and dry.</p> 	<p>Transparent or semi-transparent bags must be used. Rinse or wipe off containers and packaging to remove the residue and dirt (dry off after rinsing). If price labels and product labels on containers and packaging don't come off easily, dispose those without peeling off. If items are with dirt not easily coming off or with too much dirt, dispose those items either as burnable waste (soft items) or as non-burnable waste (hard items).</p>																										
 Paper Waste	2nd Wednesday of every month		<p>Newspapers: Bind with a string or place them in a bag for recycling newspaper. Cardboard: Bind with a string. Do not use bags. Magazines/other papers: Bind with a string or place them in a paper bag/transparent or semi-transparent bag. Remove materials other than paper, such as plastic sheets.</p>																										
<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr style="background-color: #4f7942; color: white;"> <th>Schedule</th> <th>APR.</th> <th>MAY</th> <th>JUNE</th> <th>JULY</th> <th>AUG.</th> <th>SEP.</th> <th>OCT.</th> <th>NOV.</th> <th>DEC.</th> <th>JAN.</th> <th>FEB.</th> <th>MAR.</th> </tr> <tr> <td></td> <td>10</td> <td>8</td> <td>12</td> <td>10</td> <td>14</td> <td>11</td> <td>9</td> <td>13</td> <td>11</td> <td>8</td> <td>12</td> <td>12</td> </tr> </table>				Schedule	APR.	MAY	JUNE	JULY	AUG.	SEP.	OCT.	NOV.	DEC.	JAN.	FEB.	MAR.		10	8	12	10	14	11	9	13	11	8	12	12
Schedule	APR.	MAY	JUNE	JULY	AUG.	SEP.	OCT.	NOV.	DEC.	JAN.	FEB.	MAR.																	
	10	8	12	10	14	11	9	13	11	8	12	12																	
 Glass Bottles/Cans/Plastic Bottles	1st and 3rd Tuesdays of every month		<p>Separate items into glass bottles, PET bottles and cans. Place them in transparent or semi-transparent bags. Make sure to remove lids from glass bottles and dispose them as non-burnable waste. Rinse off the inside of bottles and cans.</p>																										
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Schedule	APR.	MAY	JUNE	JULY	AUG.	SEP.	OCT.	NOV.	DEC.	JAN.	FEB.	MAR.																	
	2•16	7•21	4•18	2•16	6•20	3•17	1•15	5•19	3•17	7•21	4•18	4•18																	
 Spray Cans/Gas Canisters	Every Monday and Thursday		<p>Make sure to use up the cans completely. (No need to open a hole.) Remove the cap and place only the main body of the spray can/gas canister in a transparent or semi-transparent bags. Collection is on the same day as combustible wastes but do not mix them with burnable garbage. You need to separate the bags. ❌ If you cannot use up the contents, please consult the Recycling Promotion Division.</p>																										
 Burnable Waste	Every Monday and Thursday		<p>Drain kitchen scraps of water fully. Transparent or semi-transparent bags must be used. Futons and carpets must be folded into a bundle no longer than 1m and bound with a string.</p>																										
 Non-Burnable Waste	2nd and 4th Tuesdays of every month		<p>Transparent or semi-transparent bags must be used. For bottles/cans of oil or paint, make sure contents are not left inside. Batteries must be removed from electric appliances. If the size of an item is more than 1m, it must be disposed as bulky waste.</p>																										
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Contact: Recycling Promotion Division, Morioka City Phone: 019-626-3733, 019-626-3716

Fig.1 Calendar of classification methods for resources and garbage recycling*

Image from: https://www.city.morioka.iwate.jp/_res/projects/default_project/_page/_001/001/153/R6_E2.pdf

I. Basic classification: Distinction between four major types of garbage

The core of Japan's garbage classification is "combustible garbage", "non-combustible garbage", "resource garbage" and "large garbage", which are defined as follows:

1. Combustible garbage (燃えるごみ)

- Included items: kitchen waste (leftovers, fruit peels), paper scraps (such as napkins, dirty paper), clothing, leather products, small plastics (allowed in some areas).

- Disposal method: It needs to be put into a translucent or transparent garbage bag, and food residues need to be drained to reduce odor. Note that some plastic products may need to be classified separately.

2. Non-burnable garbage (燃えないごみ)

- Items included: metal (cooking utensils, knives), glass bottles, ceramics, small household appliances (such as hair dryers), dry batteries, etc.

- Handling method: Sharp objects (such as broken glass) need to be wrapped in newspapers and marked "dangerous"; spray cans need to be emptied and discarded separately.

3. Resource garbage (資源ごみ)

- Items included: plastic bottles (caps and labels need to be removed), glass bottles, metal cans, waste paper (newspapers, cartons).

- Handling method: After cleaning, sort and store. For example, plastic bottles need to be flattened and separated from other plastic packaging.

4. Large garbage (粗大ごみ)

- Definition: Items with a single side length of more than 30 cm (such as furniture, bicycles, mattresses).

- Handling method: Reservations must be made in advance and a handling fee must be paid (about 500 yen per item). Household appliances (such as refrigerators and washing machines) must be recycled through sellers or professional organizations and cannot be directly discarded.

II. Special regulations and precautions in Iwate Prefecture

1. Time and place of disposal

- Garbage must be placed at the designated collection point in the community before 8:30 am on the designated date. If it is overdue, it may be rejected.
- Morioka City, Iwate Prefecture divides garbage collection into three areas (Morioka, Tonan, and Tamayama). The schedules of each area are different and need to be confirmed through official channels.

2. Garbage bag requirements

- Transparent or translucent garbage bags must be used, and opaque plastic bags cannot be used. Some areas may require the purchase of special bags of specified colors.

3. Special handling of dangerous goods

- Spray cans, batteries, etc. must be classified separately and marked with "dangerous" to avoid fire or pollution.

III. Recommended practical tools and resources

1. "3R" application

The multilingual application "3R" launched by the Morioka City Government of Iwate Prefecture can query garbage classification rules and collection schedules, and provides language support such as Chinese and English. After the user enters the address, the area-specific calendar can be automatically obtained.



iOS



Android

Fig.2 Resource and garbage classification application

Image from: <https://www.city.morioka.iwate.jp>

2. Multilingual guide and consultation

- The Iwate Prefecture International Exchange Association provides a English version of the "Garbage Classification Method, Disposal and Collection Method Calendar", which can be obtained by scanning the QR code.

- In addition, the association also provides multilingual assistance from foreign consultants (please make an appointment in advance if you need help) Iwate Prefecture Foreign Residents Consultation and Support Center (Tel: 019-654-8900)

Multilingual support service hours are:

English: Monday 10:00-12:00

Chinese: Wednesday and Friday 13:15-18:15, Thursday 15:15-18:15, Sunday 12:15-20:00

Vietnamese: Saturday 14:15-20:00

Korean: The 3rd Thursday of every month 14:00-16:00

3. Community mutual assistance

Observing the way your neighbors discard or asking nearby residents is a shortcut to quickly master the rules. For example, the bundling method of resource garbage (such as cardboard boxes need to be folded and fixed with ropes) can refer to community examples.

IV. Common mistakes and penalties

- Wrong classification: If the garbage is not correctly classified, it will be labeled with a reminder and rejected and needs to be reprocessed.
- Illegal disposal: Randomly discarding large garbage or dangerous items may face high fines (up to 10 million yen) or criminal penalties.
- Cross-regional differences: After moving, you need to reconfirm the classification rules of the new address to avoid following old habits.

V. Environmental significance and cultural adaptation

Japan's strict garbage classification system aims to reduce incineration pollution and increase resource recycling. As a region rich in natural landscapes, Iwate Prefecture attaches great importance to environmental protection. Compliance with the rules is not only a legal requirement, but also a respect for the community and nature. Through garbage classification, you will experience Japan's "meticulous" environmental protection culture more deeply and become a part of community co-construction.



Fig.3 Animation of garbage classification method

Image from: <https://www.iwate-u.ac.jp/iuic/chinese/international-students/life-in-japan/important-points-about-daily-life.html>

Tip: When you first arrive in Iwate Prefecture, it is recommended to download the "3R" application and bookmark the local government official website to obtain the latest classification information in a timely manner. Although garbage classification is cumbersome, it becomes a habit, and you will soon find that it has become a part of daily life!

日本岩手县垃圾分类指南：外国人必备的生活常识

在日本生活，垃圾分类是融入当地社会的第一步，也是维护社区环境的重要责任。岩手县作为日本东北地区的重要县市，其垃圾分类规则既遵循全国通用原则，也存在地方性差异。以下是在岩手县生活的外国人整理的垃圾分类知识及注意事项，帮助您快速适应这一环保制度。

令和6年度
家庭用

资源和垃圾回收的分类方式日历表

盛岡地域版 8
(Morioka Area)

请遵守垃圾回收的三原则

①请遵守垃圾的分类
②请在收集日的早8時30分之前提出
③请放到指定的场所
请将垃圾放入透明・半透明的塑料袋中回收

《注意》事业者的话，即使少量垃圾也不能将其放置在本地域垃圾站。
有关详细信息，请参阅垃圾分类词典

注意

有关喷雾罐子・便携气瓶的扔出方法

①彻底用完内容物（不要打孔）
②取下盖子，仅将喷雾罐或卡式圆筒的主体放入透明・半透明的塑料袋子中。
③于回收喷雾罐子・便携气瓶的日子扔出
※严禁与其他物品混杂

扫二维码可下载“资源・垃圾分类APP（手机应用程序）”
也可以在市官网或“资源・垃圾分类APP（手机应用程序）”上参阅。
iOS版 Android版

对象地域
上田一～三丁目、上堂二～四丁目、上米内字（堀・白石・小浜を除く）、黒石野三丁目、肴町、楼台一～三丁目、中野一～二丁目、中ノ橋通一～二丁目、西青山三丁目、八幡町、東中野字、東中野町、松尾町、緑が丘二丁目、緑が丘四丁目、南大通一～二丁目、南仙北一～二丁目

地域の垃圾站点可以回收的垃圾
(Recyclables and Waste Collectable at Collection Points)
【注意】12月31日至1月2日期间、不进行垃圾回收（关于塑料制容器包装、12月31日至1月3日期间不进行回收）

每周三
资源 (Recyclables)

古紙
按种类分别扔出
每月第三周三
資源 (Recyclables)
毎週三
古紙
毎週三
資源 (Recyclables)
毎週三
古紙
毎週三
資源 (Recyclables)
毎週三
古紙

每周二・五
喷雾罐子・便携气瓶
毎週二・五
喷雾罐子・便携气瓶
毎週二・五
喷雾罐子・便携气瓶
毎週二・五
喷雾罐子・便携气瓶

资源的减量目标
让我们到令和8年度为止1人1日将垃圾量大约减少到443g吧
令和4年度の垃圾量为470g

生垃圾
每周二・五
毎週二・五
生垃圾
毎週二・五
生垃圾
毎週二・五
生垃圾
毎週二・五

橡胶・布・皮革
每周二・五
毎週二・五
橡胶・布・皮革
毎週二・五
橡胶・布・皮革
毎週二・五
橡胶・布・皮革
毎週二・五

废木材
每周二・五
毎週二・五
废木材
毎週二・五
废木材
毎週二・五
废木材
毎週二・五

纸・铝箔等
每周二・五
毎週二・五
纸・铝箔等
毎週二・五
纸・铝箔等
毎週二・五
纸・铝箔等
毎週二・五

塑料制品
每周二・五
毎週二・五
塑料制品
毎週二・五
塑料制品
毎週二・五
塑料制品
毎週二・五

金属类
每周二・五
毎週二・五
金属类
毎週二・五
金属类
毎週二・五
金属类
毎週二・五

陶瓷・玻璃
每周二・五
毎週二・五
陶瓷・玻璃
毎週二・五
陶瓷・玻璃
毎週二・五
陶瓷・玻璃
毎週二・五

磁带・打火机
每周二・五
毎週二・五
磁带・打火机
毎週二・五
磁带・打火机
毎週二・五
磁带・打火机
毎週二・五

家庭用品・家电制品
每周二・五
毎週二・五
家庭用品・家电制品
毎週二・五
家庭用品・家电制品
毎週二・五
家庭用品・家电制品
毎週二・五

盛岡市
(Morioka City)

盛岡市町内会連合会
盛岡市きれいなまち推進協議会

●联系信息
(Contact)

此日历还可作为废纸回收。
資源循環推進課 019-626-3733 019-626-3716
(Shigen Junkan Sushin-ka (Recycling Promotion Division))

到背面

图 1.资源和垃圾回收的分类方式日历表*

图片来源: <https://www.city.morioka.iwate.jp>

一、基础分类：四大类垃圾的区分

日本垃圾分类的核心是“可燃垃圾”“不可燃垃圾”“资源垃圾”和“大型垃圾”，具体定义如下：

1.可燃垃圾（燃えるごみ）

-包含物品：厨余（剩菜、果皮）、纸屑（如餐巾纸、脏纸）、衣物、皮革制品、小型塑料（部分地区允许）。

-处理方式：需装入半透明或透明垃圾袋，食物残渣需沥干水分以减少异味。注意部分塑料制品可能需单独分类。

2.不可燃垃圾（燃えないごみ）

-包含物品：金属（锅具、刀具）、玻璃瓶、陶瓷器、小型家电（如吹风机）、干电池等。

-处理方式：尖锐物品（如碎玻璃）需用报纸包裹并标注“危险”；喷雾罐需排空内容物，单独丢弃。

3.资源垃圾（資源ごみ）

-包含物品：塑料瓶（需去除瓶盖和标签）、玻璃瓶、金属罐、废纸（报纸、纸箱）。

-处理方式：清洗干净后分类存放。例如，塑料瓶需压扁并与其他塑料包装分开。

4.大型垃圾（粗大ごみ）

-定义：单边长度超过 30 厘米的物品（如家具、自行车、床垫）。

-处理方式：需提前预约并支付处理费（每件约 500 日元）。家电（如冰箱、洗衣机）需通过销售商或专业机构回收，不可直接丢弃。

二、岩手县的特殊规定与注意事项

1.丢弃时间与地点

- 垃圾需在指定日期的早上 8:30 前放置于社区指定收集点，逾期可能被拒收。

- 岩手县盛冈市将垃圾收集分为三个区域（盛冈、都南、玉山），各区时间表不同，需通过官方渠道确认。

2.垃圾袋要求

- 必须使用透明或半透明垃圾袋，不可使用不透明塑料袋。部分地区可能要求购买指定颜色的专

用袋。

3.危险物品的特殊处理

- 喷雾罐、电池等需单独分类，并标注“危险”字样，避免引发火灾或污染。

三、实用工具与资源推荐

1. “3R”应用程序

岩手县盛冈市政府推出的多语言应用“3R”可查询垃圾分类规则、收集日程，并提供中文、英文等语言支持。用户输入住址后，可自动获取区域专属日历。



iOS



Android

图 2 资源和垃圾分类应用程序

图片来源: <https://www.city.morioka.iwate.jp>

2.多语言指南与咨询

- 岩手县国际交流协会提供中文版《垃圾分类方法、扔出收集方法日历》，可扫描二维码获取。

- 此外，该协会还支持多语言的外籍顾问协助（如需帮助请提前预约）岩手县外国居民咨询·支援中心（电话：019-654-8900）

多语言支持服务的时间为：

英語：月曜日 10 時 00 分～12 時 00 分

中国語：水曜日・金曜日 13 時 15 分～18 時 15 分、木曜日 15 時 15 分～18 時 15 分、日曜日 12 時

15 分 ~ 20 時 00 分

ベトナム語：土曜日 14 時 15 分 ~ 20 時 00 分

韓国語：毎月第 3 木曜日 14 時 00 分 ~ 16 時 00 分

3. 社区互助

观察邻居的丢弃方式或询问附近居民，是快速掌握规则的捷径。例如，资源垃圾的捆扎方式（如纸箱需折叠并用绳子固定）可参考社区范例。

四、常见错误与处罚

- 错误分类：若垃圾未正确分类，会被贴上提醒标签并拒收，需重新处理。
- 非法丢弃：随意丢弃大型垃圾或危险物品可能面临高额罚款（最高 1000 万日元）或刑事处罚。
- 跨区域差异：搬家后需重新确认新住址的分类规则，避免沿用旧习惯。

五、环保意义与文化适应

日本严格的垃圾分类制度旨在减少焚烧污染、提高资源再利用率。岩手县作为自然景观丰富的地区，对环境保护尤为重视。遵守规则不仅是法律要求，更是对社区和自然的尊重。通过垃圾分类，您将更深入地体验日本“细致入微”的环保文化，并成为社区共建的一份子。



图 3. 垃圾分类方式的动画

图片来源: <https://www.iwate-u.ac.jp/iuic/chinese/international-students/life-in-japan/important-points-about-daily-life.html>

小贴士：初到岩手县时，建议下载“3R”应用并收藏当地政府官网，及时获取最新分类信息。垃圾分类虽繁琐，但习惯成自然，您很快会发现它已成为日常生活的一部分！