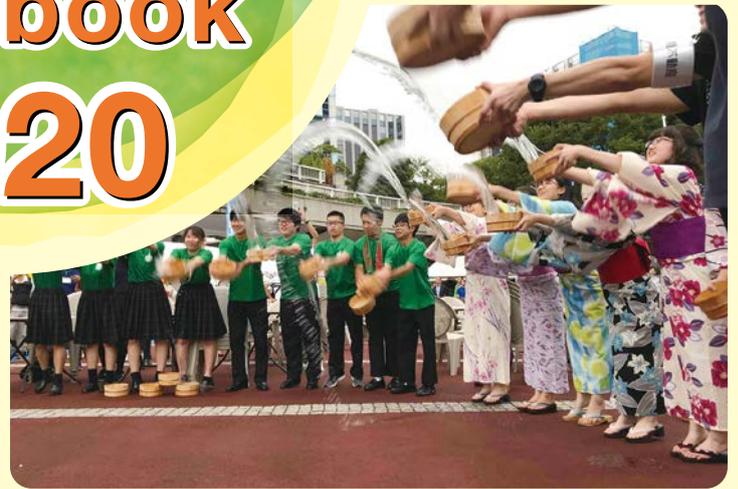




Putting our heads  
together!  
**Minato City  
Environmental  
Handbook  
2020**



# Our life and the environment we live in

We live in a world where we can drive from place to place in motor vehicles, where we can enjoy a cool and comfortable indoor environment even in hot summer, and where we make, use and dispose of countless objects every day. Doing all these things requires increasing amounts of energy and produces more and more carbon dioxide; this has brought global warming in its wake, resulting in rising global temperatures.

We all benefit enormously from living in a city of clean air, unpolluted rivers, plenty of greenery and clear skies. Each and every one of us needs to learn more about the environment we live in and reflect constantly on how we should live if we are to preserve and maintain our global environment for the future.

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Back cover

Electricity/Energy Saving Checklist



## Our symbol of biodiversity: the kingfisher

In 2019, Minato City asked our residents to vote for a creature to become the symbol of our target natural environment, and the voters selected a kingfisher.

We have confirmed a kingfishers' nest in the Institute for Nature Study, and they have also been spotted by Benkei-bori and in places such as Kyu-Shibarikyū Gardens and Konan Ryokusui Park within Minato City. If there is a favorable waterside space where the small fish, shrimp, and aquatic insects that kingfishers eat can live and an environment with a certain amount of greenery, the likelihood that kingfishers will fly over and nest increases, even if this is in a metropolis.

Minato City has chosen a kingfisher as the symbol of our biodiversity. We aim to restore our natural environment to make it easier for kingfishers to live here, and are promoting urban development with which animals and other living creatures can coexist.

# 1

## Preventing global warming

### How our way of life connects with global warming

Our modern lifestyles let us enjoy a far higher level of comfort than people in the past through the consumption of large amounts of oil and electricity. Thermal power stations create electricity by combusting coal, oil and natural gas (collectively known as *fossil fuels*). This electricity supports our lifestyles in all kinds of ways, from allowing us to switch the lights on in our homes to powering our televisions, refrigerators and other devices.

However, burning fossil fuels releases carbon dioxide, causing the temperature of the planet to rise. It has been projected that if we keep using oil and coal at the same rate we do now, average global temperatures will rise by up to 4.8°C by the end of the 21st century. This rise in temperatures is expected to cause changes such as rising sea levels, water shortages and sudden rainstorms.

Retreating glacier AX010 in the Himalayas (Eastern Nepal)



July 1996



July 2011

Photo credits: Takayuki Nakatsubo, Graduate School of Biosphere Science, Hiroshima University

### How we can all address ecological lifestyles

A great many people lost their lives in the Great East Japan Earthquake Disaster of March 2011; in the wake of the accidents at the Fukushima Daiichi Nuclear Power Station that followed the quake, power shortages were experienced across Japan. We all need to make efforts as individuals to save electricity and energy, and we should do whatever we can in our homes and schools to make this happen.

▶ **Don't forget to look at the Electricity/Energy Saving Checklist on the back cover to see how well you score in terms of electricity and energy conservation!**

### Using timber wisely

The percentage of a country's land area which is covered by forest is referred to as its "forest cover rate." The forest cover rate in Japan is around 70%, making Japan one of the world's most heavily forested countries. However, around 70% of the timber that Japan uses is imported from other countries. Planting and managing forests in Japan (Planting → Growing → Harvesting → Using well) and using Japanese timber will bring life back to forests and increase the absorption of carbon dioxide.



Forest cycle

## Initiatives at Minato City aiming to prevent global warming

With the aim of preventing global warming, Minato City has put in place initiatives to reconsider a lifestyle of high energy consumption, and to reduce the emission of greenhouse gases such as carbon dioxide that give rise to global warming.

### Creating Minato Citizens' Forest

Trees are able to absorb carbon dioxide and transform it into oxygen by using the sun's rays, in a process known as photosynthesis. Because healthy forest trees absorb carbon dioxide, they can help to prevent global warming. Minato City has been borrowing the forests of Akiruno City since FY2007, caring for them through means such as forest thinning\* under the Minato Citizens' Forest initiative, as a part of its efforts to revitalize and regenerate forests.

**\*Forest thinning work:** Felling some of the trees in overcrowded forests to create larger spaces between trees. Allowing more light to penetrate into the forest helps to restore the forest to a healthy state.

### Why not take part in environmental study activities?

Restoring forests to health also restores the health of the animals and plants that live there. Minato City regularly appeals for volunteers for environmental study in Minato Citizens' Forest where they learn about the importance of nature. Why not take part yourself?



Minato Citizens' Forest after forest thinning



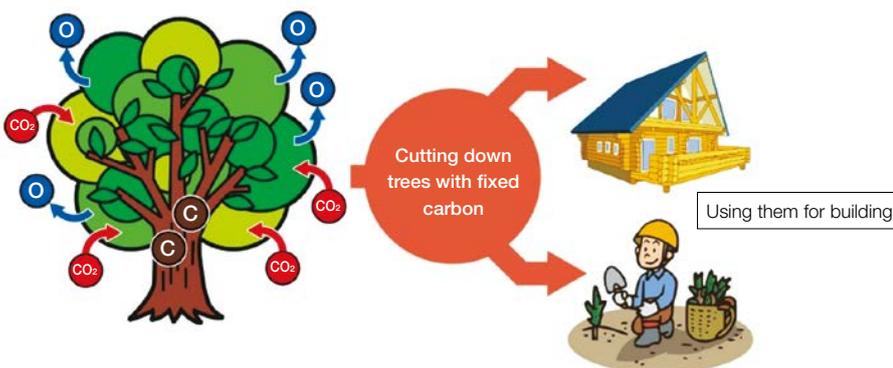
Environmental study (mountain climbing in Minato Citizen's Forest)



Environmental study (observing living creatures)

### The Minato Model Carbon Dioxide Fixation Certification System

Minato City started the Minato Model Carbon Dioxide Fixation Certification System in October 2011, as a way of preventing global warming by using wooden materials for building and furniture. This system uses a large amount of wooden materials from around the country for building within Minato City, with the cooperation of other cities, towns, and villages in Japan that have a lot of forests, and maintains forests nationwide. Well-maintained, healthy forests absorb large amounts of carbon dioxide, and prevent global warming.



Minato Science Museum, which uses Japanese timber for its walls (first floor multipurpose lobby)

## Minato Eco Challenge

Minato City is carrying out the Minato Eco Challenge, which encourages everyone to participate in energy saving, electricity saving, and environmental events, accumulate points, and exchange the points for a whole range of prizes. The aim of the initiative is to support environmentally-friendly actions by all the people. Why not see if you can reduce your household's carbon dioxide emissions by leading a greener lifestyle?



**Minato Eco Challenge website**  
**URL: <https://www.minato-ecochallenge.jp/>**  
 (Our website is available only in Japanese)

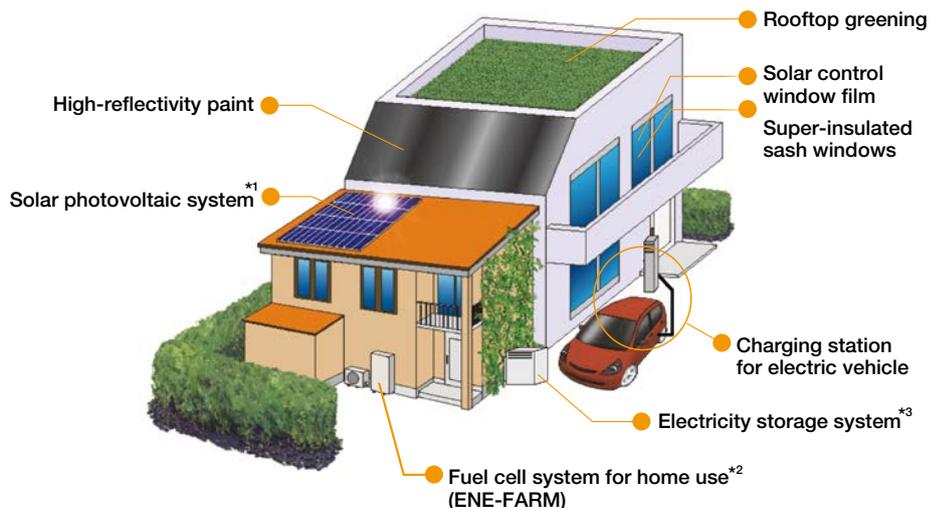
## Using renewable energy and energy-saving devices

It is crucial that we reduce carbon dioxide emissions from our homes if we are to prevent global warming.

It goes without saying that we should avoid wasting electricity. However, other easy ways of making our lives more eco-friendly (environmentally friendly lifestyles) are to make efficient use of renewable energy such as solar energy, which does not create carbon dioxide emissions, install energy-saving equipment, and make use of materials that stop heat and cold in the external environment from entering a building.

Minato City is providing assistance to encourage residents to green their lifestyles in this way.

### Example of how to use solar energy and introduce energy-saving equipment



**\*1: Solar photovoltaic system:** This system directly converts solar energy into electricity using photovoltaic cells.

**\*2: Fuel cell system for home use (ENE-FARM):** This system allows householders to save energy by generating electricity from the use of gas, and to boil water using the heat generated in this process.

**\*3: Electricity storage system:** This system stores nighttime electricity power and surplus electrical power that is generated by solar power. This electricity can then be used at times of high consumption, thus reducing electricity usage during times when householders needs to reduce consumption levels such as during the day in summer, and can also serve as an emergency power source at times of disaster.



## Rules for sorting and disposal of recyclables and waste

### Combustible waste

- Kitchen waste**  
Please remove as much water as possible before disposal.
- Clothing, disposable diapers, etc.**  
Flush feces from disposable diapers down the toilet before disposal.
- Rubber products, leather products**
- Waste cooking oil**  
Waste cooking oil should be soaked up with paper, etc., or solidified with a coagulant before disposal.
- Small bundles of twigs**  
(branches shorter than 30cm in length)
- CDs, video tapes, etc.**

### Incombustible waste

- Ceramics, glass**
- Scissors, knives**  
Broken items, knives, etc., should be wrapped in newspaper (fluorescent light bulbs should be placed in the packaging material they came in when purchased) and labeled "Kiken" (dangerous) in Japanese, and placed in a separate bag from other incombustible waste before disposal.
- Metal items**
- Gas canisters, spray cans, lighters, etc.**  
Empty the canisters, label them "Kiken" (dangerous) in Japanese, and place them in a separate bag from other incombustible waste.

### Recyclable plastics

Sort plastics according to the plastic mark.

- Plastic film, plastic bags
- Caps, lids
- Cups, packs
- Plastic trays

### Large-sized waste

- Collection of large-sized waste requires an advance application (and a service fee). Apply to the Large-Sized Waste Center (Tel: 03-5296-7000), and affix a Large-Sized Waste Ticket for Minato City to the item.
- Items that have one side longer than about 30cm.

**Note: How to dispose of all combustible waste, incombustible waste and recyclable plastics:**  
→ Place in a lidded container or a transparent/semi-transparent plastic bag.

### Recyclables

- Bottles (for food and drinks)**  
Rinse out bottles and cans.
- Cans (for food and drinks)**
- Polyethylene terephthalate (PET) bottles**  
Remove caps and labels.  
\*The caps and labels once removed are considered recyclable plastics.  
Rinse out and flatten bottles, etc.
- Newspapers**  
Flyers should be placed inside the newspapers.
- Cardboard**  
Be sure to collapse and fold before disposal.
- Paper cartons**  
Only applies to cartons which are white on the underside.
- Miscellaneous paper**  
Magazines, postcards, confectionary containers, etc. Try to remove clips, etc., where possible.

(Please tie different types of products together with string. You can also put out other recyclable papers in a paper bag.)

\*For details such as collection days for waste, please see the Guidebook for Sorting Recyclables and Waste.

## Recyclables and waste collected in Minato City

All household recyclables and waste collected in Minato City is sorted into five types as follows:

- (1) Combustible waste .....Kitchen waste (food leftovers, etc.), clothing, rubber, etc.
- (2) Incombustible waste .....Ceramics, glass, scissors, metal products, etc.
- (3) Large-sized waste.....Furniture, bedding, chairs, sofas, etc.
- (4) Recyclables .....Bottles, cans, PET bottles, newspapers, miscellaneous paper, etc.
- (5) Recyclable plastics.....Confectionary containers, caps, cups, packs, trays, etc.

There are many more recyclables that are now being disposed of together with combustible or incombustible waste. If everyone sorts out their recyclables and disposes of them properly, even more resources will be available for recycling.

Sorting waste before disposing of it is crucial if recycling is to take place.

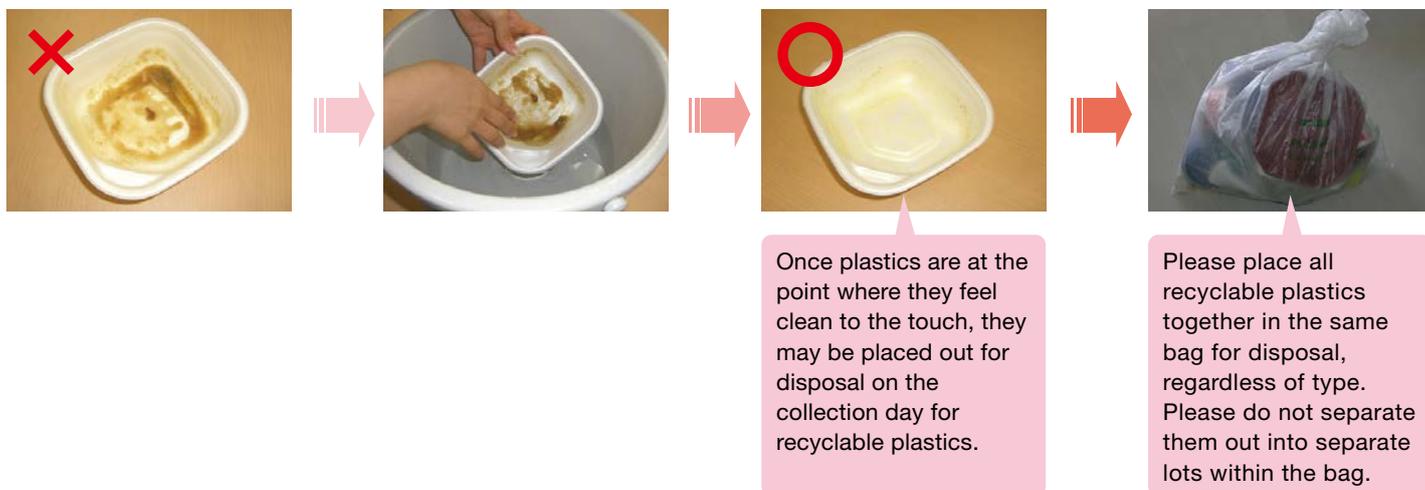
\*To promote waste recycling, municipal facilities collect used small-sized home appliances, used clothing, waste cooking oil, and fluorescent lights at Minato City Collection sites.

Of the metals recovered from small-sized home appliances, gold, silver, and copper will be used to produce medals for the Olympic and Paralympic Games that will be held in Tokyo in 2020.

## Instructions for sorting and disposal of recyclable plastics

When putting out recyclable plastics for disposal on collection day, please ensure that they do not have non-plastic items adhered to them such as leftover food, etc. Please wipe them off with an old cloth or rinse out residues with dishwater.

### Examples of how to wash and dispose of recyclable plastics.



## Why do we need to sort recyclables and waste?

Amongst the things we dispose of as waste, there are many resources that could potentially be recycled. However, if we are to recycle these resources, it is very important to sort out these items properly according to material before putting them out for disposal. What is more, even things which cannot be recycled should be sorted out into combustible waste and incombustible waste so that they can be disposed of in the best possible way—either burning or crushing them for disposal at a landfill. When burning waste, we can generate electricity using the thermal energy generated by combustion; the ash that is generated after combustion is recycled as raw material for cement and other uses.

High-level recycling requires waste to be sorted correctly. Please follow the rules carefully when sorting out recyclable items.

## How we can reduce waste (The 3 Rs)

Our goal at Minato City is to build a society that makes skillful use of scarce resources, so that we can reduce the amount of waste we produce as much as possible and prevent global warming. The “3 Rs” are the keywords for making this a reality.

### 3R

#### No. 1: Reduce (throw away less waste)



Minato City's  
character of reuse  
**Danjiro**

The most important thing we can do is take steps to avoid throwing things away in the first place. That includes not buying or accepting unnecessary things, and not leaving leftovers after a meal.

#### Example

Using your own reusable shopping bag when you go shopping eliminates the need for plastic or paper bags, reducing the amount of waste you generate.



**My Bag (reusable shopping bag)**

### 3R

#### No. 2: Reuse (use things more than once)



Minato City's  
character of reuse  
**Reuse-ke**

“Reuse” is about keeping things with care for as long as possible and using them again and again, rather than using things once and disposing of them.

#### Example

At the Recycled Furniture Exhibition, wooden furniture in good condition is accepted at no charge and resold at prices ranging from ¥1,000 – ¥10,000! If you wish to have your furniture picked up, please contact the Recycled Furniture Exhibition Office (Tel: 03-3472-8186).



**Recycled Furniture Exhibition**

### 3R

#### No. 3: Recycle (regenerate and reuse materials)



Minato City's character  
of recycling,  
**Ecole**

Recycling is about turning used items into raw materials and then using these again.

**Logos used  
to indicate  
products made  
from recycled  
materials**



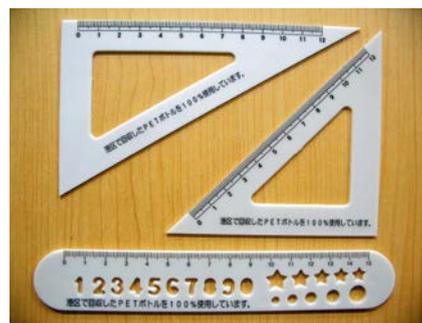
Ecomark



Green Mark



Logo on  
PET bottle  
recommending  
recycling



**Items made from recycled  
PET bottles**

## Minato City 3R Promotion Action Council

Minato City 3R Promotion Action Council is a three-way cooperative initiative between residents, business entities and Minato City Office, aiming at recycling resources and reducing waste.



# 3

## Our living environment



### Air pollution from cars

Much of the pollution that contaminates the air in Tokyo comes from motor vehicles; however, levels of air pollution in the city have dropped due to measures such as the introduction of stricter rules on emissions from diesel vehicles promoted by the Tokyo Metropolitan Government in 2003. Nevertheless, further measures to counter air pollution from motor vehicles are essential if we are to reduce the generation of photochemical oxidants, which are the chemicals that cause photochemical smog.

### Idling stop system

“Idling stop” refers to a style of driving in which the driver switches the engine off when stopping the car to offload items or when parked, thereby halting the emission of exhaust fumes. Putting “idling stop” driving into practice prevents the wasting of fuel. “Idling stop” driving is mandatory for drivers in Tokyo.

### Eco-driving (driving in a more environmentally-friendly way)

Eco-driving refers to driving techniques that reduce the amount of fuel used and the amount of CO<sub>2</sub> produced. If you drive while considering such matters as accelerating gently and gradually when starting from a stop (“e-Start”), driving at a constant speed, avoiding sudden braking, reducing the use of air conditioning, putting “idling stop” into practice and avoiding loading our vehicles with unnecessary items, we can avoid wasting fuel and help prevent global warming.

### Low-emission vehicles and clean cars

Low-emission vehicles and “clean cars” are becoming increasingly widespread in an effort to reduce air pollution and carbon dioxide emissions from vehicles. Minato City is adopting natural gas-powered vehicles as cleaning vehicles, while Minato City Office is making use of hybrid electric vehicles and fuel cell vehicles for its own transportation purposes.



A Minato City fuel cell vehicle

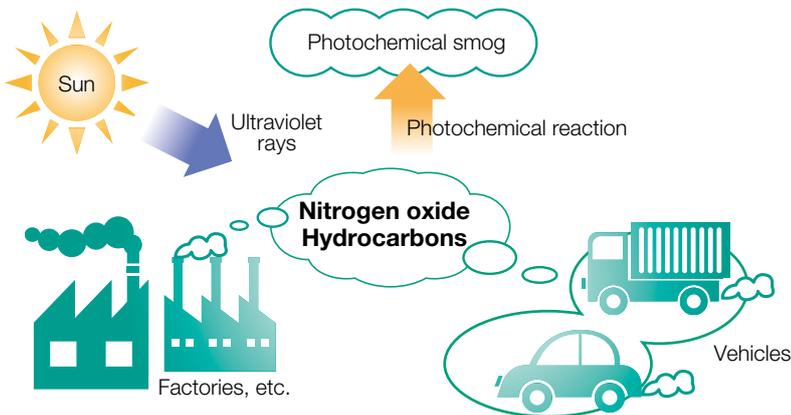


Cleaning vehicle  
(powered by natural gas)

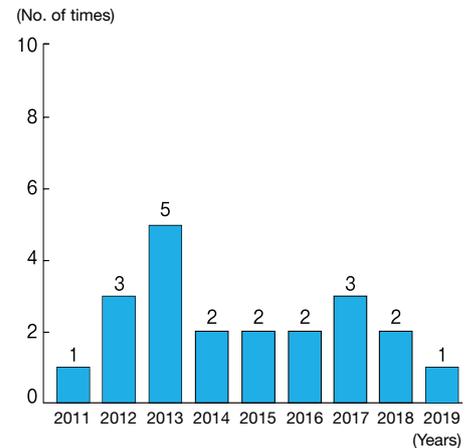
## Photochemical smog

Photochemical oxidants are created when sunlight reacts with substances found in exhaust fumes such as nitrogen oxide. Large amounts of photochemical oxidants in the air cause stinging eyes and sore throats in residents. This problem is known as “photochemical smog.” Photochemical smog tends to proliferate on days where there is strong sunlight, a high temperature and little movement of air. On days when photochemical smog warnings are issued, residents should try to stay indoors as much as possible.

### Mechanism behind the creation of photochemical smog



### (Eastern Tokyo) Days when smog warnings were issued



## The heat island effect

In cities with many buildings and roads, the concrete and asphalt are heated up by the sun. Much heat is also generated through the cooling and heating systems of buildings, as well as vehicles. This gives rise to a phenomenon where the city experiences higher temperatures than the areas surrounding it. This is known as the “heat island effect,” in which such areas become “islands” with a heightened temperature.

As the average temperature in Tokyo has risen by 3°C over the past 100 years, we are seeing more and more extremely hot days\*<sup>1</sup> and nights\*<sup>2</sup>.

Even within Minato City, temperatures tend to vary in different locations, with temperatures tending to be lower in areas with plenty of greenery such as parks. If water is sprinkled onto the pavements and roads (a practice known as “uchi-mizu”) on hot mornings and evenings, it is said to be effective in reducing the temperature. Why not try taking out some of the water that is left over from baths at home, and sprinkling it around in front of the house?

\*1: Days with maximum temperatures in excess of 30°C

\*2: Nights with maximum temperatures in excess of 25°C



**Mission Uchimizu**

## Minato City Smoking Rules

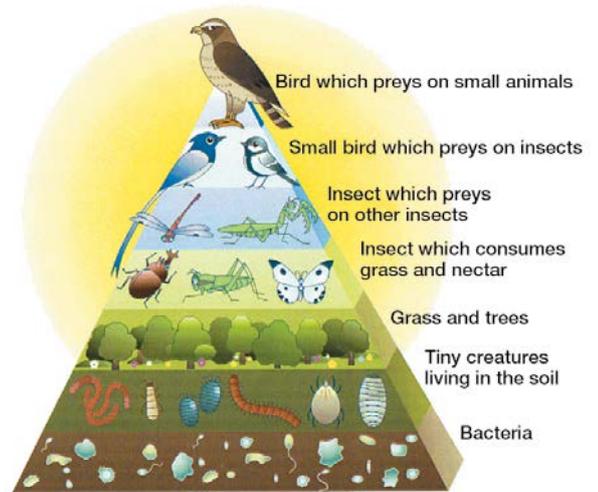
Smoking on the streets, smoking while walking and creating cigarette litter not only contaminate our city, but are also very dangerous due to the risk of fire that these acts create. Forcing others to breathe in smoke also creates unpleasantness for non-smokers. For these reasons, Minato City has created the Minato City Smoking Rules, which must be obeyed by people in the city including residents and those who come into Minato City for work or travel. The rule prohibits smoking in open public spaces such as the street, parks and children’s parks, except for designated smoking areas.

# 4

## A world rich in living things of all kinds

### Biodiversity

“Biodiversity” describes the interdependent coexistence of the innumerable species of living things on the planet. As humans, we are also interconnected with countless other species, and enjoy many benefits that are brought to us by the diversity of natural phenomena and species of living things found on the Earth, including food, water and energy.



### Minato Living Things Survey

In FY2008, Minato City conducted a survey of the living things found in 44 locations around the city. The survey discovered a total of 2,171 species of living things, including birds, mammals, reptiles and amphibians. This included 89 “principal species” (species whose populations are declining) including Kinran (Golden orchids) and Oniyanma (Golden-ringed dragonflies).

Invasive alien species, which are animals and plants that have been introduced accidentally or deliberately into a natural environment where they are not normally found, have also been discovered. Residents should take full responsibility for all pets until the end of their lives. They should also refrain from taking home species of living things that they find.

#### Principal species living in Minato City



Golden orchids



Kanahebi lizard



Oniyanma dragonfly larva



Common bluetail dragonfly

#### Invasive alien species living in Minato City



Canada goldenrod



Red swamp crayfish



Mississippi red-eared slider turtle

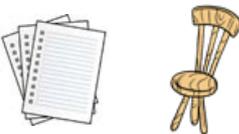


Blue gill

## Recommending the Ecolabel (Making the choice to give consideration to biodiversity)

When we purchase products such as food or daily necessities, we usually select products based on criteria such as how delicious they are, ease of use, or how reasonably priced they are. However, going forward, let's choose products with the Ecolabel, which is an indication that they have been produced with consideration for factors such as production method and the environment of the production area. Making this choice contributes to protecting biodiversity.

### ◆Examples of Ecolabels that are close to our lives◆

Certification mark	Explanation (Certification organization)	Products (Examples)
<p>Rainforest Alliance Certified</p> 	<p>This is a certification system for plantations that have fulfilled criteria such as the protection of wildlife, conservation of soil and water sources, and protection of workers' families and the local community. Products made using agricultural produce from certified plantations can display this mark. [Management organization of the certification: Rainforest Alliance]</p>	 <p>Chocolates, coffee, etc.</p>
<p>Organic JAS Certification</p> 	<p>This system certifies food products that have been produced without any reliance on chemical fertilizers or agricultural chemicals such as weed-killers and pesticides, and without the use of genetic modification technology. It is necessary to pass a government-designated certification inspection. [Certification organization: Ministry of Agriculture, Forestry and Fisheries *JAS: Japanese Agricultural Standard]</p>	 <p>Vegetables, fruits, etc.</p>
<p>MSC Certification</p> 	<p>The "Ecolabel of the seas," which certifies marine products acquired through sustainable and environmentally-friendly fishery activities, is managed and promoted by the Marine Stewardship Council (MSC). [Certification organization: Marine Stewardship Council (MSC)]</p>	 <p>Marine products/Processed marine products</p>
<p>Marine Eco-label Japan Certification</p> 	<p>This system certifies fisheries that are actively engaged in efforts to protect resources and ecosystems. [Certification organization: Marine Eco-label (MEL) Japan Council]</p>	 <p>Marine products/Processed marine products</p>
<p>FSC Certification</p> 	<p>This system certifies timber and wood products from forests that are appropriately managed, and which have acquired forest management certification. In addition to forests, all processes including processing and distribution are reviewed for the certification. [Certification organization: Forest Stewardship Council® (FSC)]</p>	 <p>Paper/Furniture</p>

## Biotope

The term "biotope" means a "home" for living things. In Minato City, biotopes have been set up in 10 parks and other locations with the purpose of preserving the nature in the city. The biotope in Kamezuka Park protects the Kanto dandelion, which has become a rare species in Tokyo.

Biotope in Kamezuka Park



## How we benefit from greenery

Minato City has the most greenery of all the 23 cities of Tokyo. Greenery not only brings enormous benefits to us but also provides an important space for the insects and birds that live there.

- (1) Greenery brings beauty to our city and a sense of peace to our lives.
- (2) Greenery cleans the air (by absorbing carbon dioxide and giving off oxygen).
- (3) Greenery blocks the spread of fire and wind currents during fires and typhoons.
- (4) Greenery regulates the temperature (from the shade it provides and the moisture given off by the leaves tend to lower the temperature).
- (5) Greenery reduces noise pollution and creates a more pleasant-feeling living environment.
- (6) Greenery helps maintain water sources due to the large water reserves that it retains.



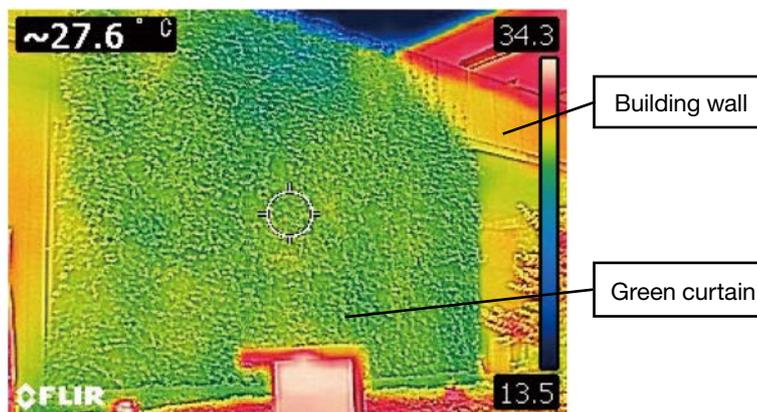
**Green spaces in the city  
(Moto-akasaka 1-chome)**

## Green curtains

In summer, powerful sunlight, air-conditioning, heat emitted by vehicles, and other sources cause the temperature at the center of a city to rise above that of the surrounding areas. This is known as the “heat island effect” (P.9). To ease the heat island effect, it is effective to set up “green curtains.” A “green curtain” refers to a net that is stretched across windows, which is then used to grow plants such as morning glory and bitter melon. It can also provide shade from the sun, while the moisture given off by the leaves can also help to reduce heat in the room. When the room is cooler, we will be able to use less air-conditioning and save electricity. Do give it a try!

In August 2019, the temperature of “green curtains” set up at the Minato City Hall was measured, and we found that the surface temperature of the “green curtain” was lower than the temperature of the building wall. This makes it clear that the “green curtain” is effective in reducing heat.

Minato City is promoting the “Green Curtain Project,” in which “green curtains” are made in schools and nursery schools.



**Results of measuring the temperature using  
a thermograph (1F of Minato City Hall)**

# 6

## Learning more about Minato City's environment

- Why not discover more about the various environmental issues around you? -

### Independent environmental research by elementary and junior high school students

Minato City organizes “the Elementary and Junior High School Independent Environmental Research Program” for students living/studying in Minato City, ranging from the fourth grade of elementary school to the third grade of junior high school. In this program, students submit works related to their independent research on the environment, and outstanding works are awarded and displayed. In FY2019, 1,004 works were submitted.

Award ceremony  
(Elementary school students)



### Go out and look for yourselves!

Minato City has set up a number of places where people can learn more about the environment.

- Eco Life Fair MINATO

This event is held to promote environmentally-friendly lifestyles.

- Greenery and Living Things Observations

These events are a chance to learn about the living things surrounding us, and about their habitats and biological niches in municipal parks and other spaces.

- Spo-GOMI Competitions

Spo-GOMI (Sports GOMI) Competitions are environmental events held by the minato eco-conscious consortium (mecc) that make garbage picking a sport, and people compete through the quality and quantity of garbage that they have picked up. City residents and business owners have fun as they clean up Minato City's streets.



Eco Life Fair MINATO 2019



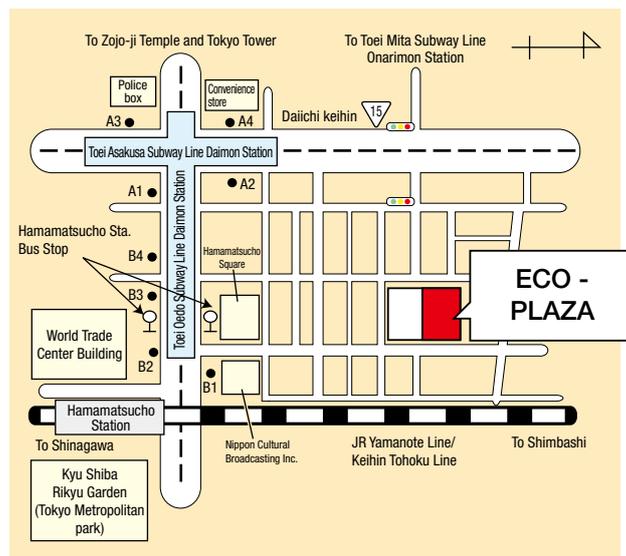
Spo-GOMI Competitions

## Eco Plaza

The Eco Plaza is an environment learning facility where users can learn about the environment, such as by observing nature in the biotope or reading books about the environment. It organizes various events that provides opportunities for everyone to engage in environmentally-friendly behavior. The ceilings and floors are made with timber obtained through forest thinning carried out under the Minato Citizens' Forest (P.3). Why not visit the Eco Plaza today?



### Access map for ECO - PLAZA



Address: 1-13-1 Hamamatsucho, Minato city, Tokyo 105-0013

Opening hours: 9:30 – 20:00

Closed: Closed on every fourth Monday (in the event that a fourth Monday is a national holiday, the facility will be closed on the following day instead); 29 December to 3 January of each year.

Telephone: 03-5404-7764

Website: <https://minato-ecoplaza.net>

Access: Four minutes on foot from JR Hamamatsucho Station (North Exit)  
Three minutes on foot from Daimon Subway Station (Exit B1)  
Four minutes on foot from Hamamatsucho Sta. Bus Stop  
(No parking lot is available)

## Other places where you can learn about the environment

- Tokyo Water Science Museum  
Address: 3-1-8 Ariake, Koto-ku, Tokyo 135-0063 Tel: 03-3528-2366
- Tokyo Hydrogen Museum (Tokyo Suiso-miru)  
Address: 1-3-2 Shiomi, Koto-ku, Tokyo 135-0052 Tel: 03-6666-6761
- Tokyo Environmental Public Service Corporation (Tour of Central Breakwater Facility)  
Address: 2-4-76 Umi no Mori, Koto-ku, Tokyo 130-0064 Tel: 03-3570-2230
- Junior Eco Counsel, Japan Environment Association  
Tel: 03-5829-6359

For more information, please inquire with each facility.

# Electricity/Energy Saving Checklist

Check to see how many of these initiatives you are putting into practice.

## ● Things you can do at home ●

- Switch off the light when it is not needed and switch off the main power supply and unplug appliances when not using them.
- Make sure that you do not leave televisions and electric kettles switched on.
- Reduce the amount of time you spend watching television and playing computer games.
- Increase the amount of time you and the rest of the family spend together in the living room.
- Take a bath one after another without leaving too much time between each person.

## ● Things you can do at school ●

- Switch off the light when it is not needed, and switch off the main power supply and unplug appliances when not using them.
- Use a cleaning cloth and broom for cleaning.
- Open windows to let in fresh air and avoid using air conditioning where possible.
- Make efforts to cultivate greenery such as trees and plants (and try the green curtain initiative).
- Save water (producing tap water and processing sewage also requires electricity).
- If you feel a little hot or cold, take off or put on layers of clothing.

## ● Things you can do in your neighborhood ●

- Travel by public transport such as by bus or train.
- Take the stairs when possible rather than using elevators and escalators.

### Inquiries

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### Minato City Website

<https://www.city.minato.tokyo.jp>



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港区は、みどりの保  
全とごみの減量に努  
めています。  
この印刷物は、古紙  
を活用した再生紙を  
使用しています。



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