



topic Information

Hello, My Baby



From the time you begin thinking about pregnancy through the period shortly after childbirth, you may experience major physical and emotional changes, along with many preparations and procedures. To support residents during this important stage of life and help them welcome and raise their new child with peace of mind, Minato City provides a variety of support services.

1. Hoping

Support that stands beside you as you look forward to welcoming a new life

●Subsidies for Advanced Fertility Treatment

Comprehensive financial support is available for advanced medical treatments not covered by insurance. When combined with Tokyo Metropolitan Government subsidies, this program can significantly reduce out-of-pocket costs.



Type of Treatment	Tokyo Metropolitan Government	Minato City
Insurance-Covered Treatment (e.g., IVF, ICSI)	Subsidizes the patient's 30% out-of-pocket cost (up to JPY 150,000 per cycle)	—
Advanced Medical Care (optional treatments combined with insurance covered care)	Subsidizes 70% or the full cost* (up to JPY 150,000 per cycle)	Enhanced Support Covers the entire remaining amount after Tokyo subsidy (up to JPY 300,000 per cycle)
Private Treatment (fully self-funded, not covered by insurance)	Not eligible	Independent Subsidy Covers the full cost (up to JPY 300,000 per cycle)

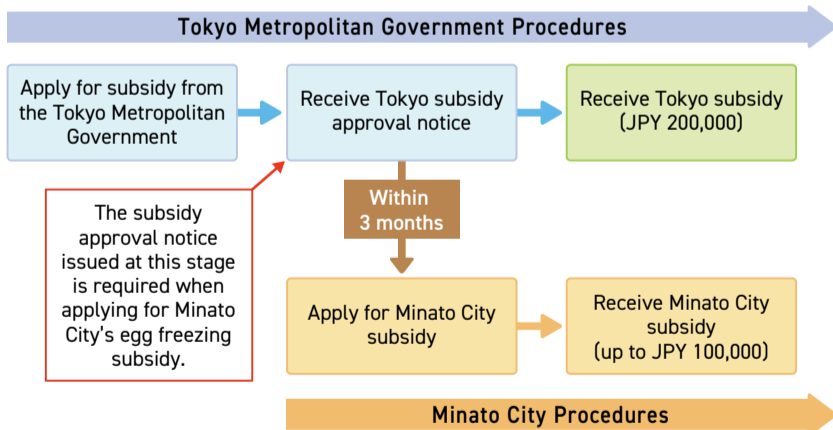
*The percentage of costs covered depends on the treatment start date.

Inquiries: Health Promotion Section, Public Healthcare Subsection
 Tel: 03-6400-0084

●Egg Freezing Subsidy

Minato City provides additional financial assistance to individuals who have been approved for Tokyo Metropolitan Government subsidies for egg freezing expenses.

Maximum subsidy: JPY 100,000



Inquiries: Health Promotion Section, Health Service Subsection
 Tel: 03-6400-0083

2. Welcoming

Support for Protecting and nurturing the life growing inside you

●Minato Pre-mama (Expectant Mothers) Support Program

You can receive guidance and information on maintaining good health throughout pregnancy and during the early stages of childcare. You can also consult on preparations to make before your baby's arrival. A wide range of questions and concerns can be discussed.



Childcare Package

Participants receive a childcare package, which includes JPY 10,000 in product vouchers for purchasing childcare items.



After participating in the program, you can apply for the Pregnancy Support Benefit. About two months after your application is submitted, you will receive approximately JPY 50,000 in either cash or digital coupons.

Inquiries:

Minato Pre-mama (Expectant Mothers) Support Program Hotline
 Tel: 03-3455-4464

Pregnancy Support Benefit

Pregnancy Support Benefit Section Tel: 03-6722-0310

Section in Charge: Minato Public Health Center, Health Promotion Section, Public Healthcare Subsection Tel: 03-6400-0084

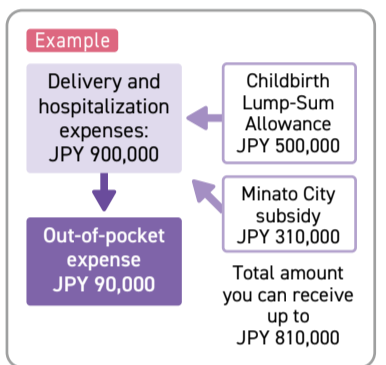
●Childbirth Expense Subsidy



The city provides additional financial support to cover expenses that exceed the standard childbirth allowance provided by public health insurance. Support is available up to a maximum of JPY 310,000.

Inquiries:

Children and Youth Support Section, Child Benefits Subsection
 Tel: 03-3578-2433



3. Nurturing

Ongoing support for the growth and daily life of a new family

●Postnatal Care for Mothers

•Postnatal Health Checkups

Subsidy of JPY 5,000 per postpartum health checkup (up to two checkups within two months after childbirth).



•Postnatal Mother and Child Care: Overnight Short Stay Program

You can stay overnight at partnered medical facilities, where you can receive professional care for both mother and baby, along with guidance on childcare.



•Day Service & Breast Care

You can receive care at facilities or through home visits, including breastfeeding support and parenting advice.



Inquiries: Minato Public Health Center, Health Promotion Section, Public Healthcare Subsection Tel: 03-6400-0084

●Newborn Home Visits ("Hello Baby" Program)

A midwife or public health nurse visits every household with a newborn. During the visit, they provide guidance and advice on childcare and maternal postpartum health, as well as checking your baby's weight.



After your newborn home visit, be sure to apply for the Pregnancy Support Benefit. About two months after your application is submitted, you will receive approximately JPY 50,000 in either cash or digital coupons.

Inquiries: Pregnancy Support Benefit Section Tel: 03-6722-0310

Section in Charge: Minato Public Health Center, Health Promotion Section, Public Healthcare Subsection

●Baby Support Delivery Service

A monitoring support staff member will visit monthly (until the child turns one) to listen to your concerns and offer guidance. During the visit, you will also receive childcare supplies worth approximately JPY 3,000.



Eligibility: Families with children aged under 1 year

Number of Visits: Once a month until the child turns one year old

Inquiries: Minato City Baby Support Delivery Service Call Center
 Tel: 0570-029-028

Section in Charge: Minato Public Health Center, Health Promotion Section, Public Healthcare Subsection

topic Information

The 21st “Fureai Festival in Shiba” is Coming Up

Residents, workers, and students in the Shiba area will come together to enjoy the “Community Fureai Market” and the “Community Fureai Concert,” creating opportunities to foster local connections. As this year marks the 80th anniversary of Minato City, we are preparing even more exciting programs and activities than usual.



Eligibility

Anyone

Date & Time

Saturday, June 13, 10:00 a.m. to 3:00 p.m.
(Will proceed in light rain; canceled in the event of severe weather)

Venue

Shiba Park

Program

A truck-style mobile museum displaying insect specimens will be on site. Participants in the stamp rally will receive MINATOKU PAY points as prizes.

Application

No advance registration required. Please come directly to the venue.

Inquiries

•Event status on the day:

Minato Call (8:00 a.m. to 8:00 p.m.)

Tel: 03-5472-3710

•About the Fureai Festival:

Shiba Regional City Office, General Administration Section, Management Subsection

Tel: 03-3578-3194



Minato City
website

topic Exemption System

Do You Know About the National Pension Premium Exemption System?

If you are facing difficulty paying your National Pension premiums due to having a low income or other financial reasons, exemption options are available.

Types of Exemptions

- Full exemption
- Three-quarter exemption (pay one-quarter of the premium)
- Half exemption (pay half of the premium)
- One-quarter exemption (pay three-quarters of the premium)

*Other systems are available for students and people aged 49 and under if their own or their spouse's income, or in the case of a student their own income in the previous year from the year of the application is lower than the criteria. Please note that deferred periods are not reflected in the pension amount.

*Applications can be made retroactively for up to 2 years and 1 month.

Income Requirements

Applications may be approved if the previous year's income of the applicant, their spouse, and the head of the household falls below a specified threshold.

The income threshold varies depending on household size and other factors. Special provisions are available in cases such as unemployment or natural disasters.

Periods Approved for Exemption

Approved exemption periods count toward the qualifying period for receiving the Basic Pension (old-age, disability, and survivors' pensions).

*Premiums for exempted periods may be paid retroactively within 10 years from the exemption period.

Inquiries

National Health Insurance and Pension Section, National Pension Subsection

Tel: 03-3578-2662 to 2666

Minato Pension Office

Tel: 03-5401-3211 (main)

topic Information

Beginning July 1 (Wed)!

Update on the Operating Hours for the Shirokanedai Ikiiki Plaza and Shirokanedai Children's Center

Following completion of the large-scale renovation work, all operations that were temporarily changed during construction will resume their normal schedule.

Shirokanedai Ikiiki Plaza

Operating hours will change starting Wednesday, July 1.

Hours

9:00 a.m. to 9:30 p.m.

(Sundays: 9:00 a.m. to 5:00 p.m.)

Room Rental Services Reopen

For details on facilities and equipment, please contact the facility directly.

Shirokanedai Children's Center General Use Reopens

Eligibility

Children aged 0 to 18 (Preschool children must be accompanied by a parent or guardian)

Hours

Weekdays: 10:00 a.m. to 6:00 p.m.

Saturdays: 9:00 a.m. to 5:00 p.m.
First-time users are required to register and obtain a “Children's Center Registration Card.”

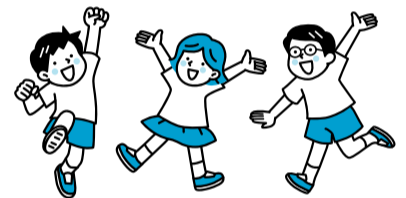
Weekend Facility Opening

Eligibility

Children aged 0 to 18 (Preschool children must be accompanied by a parent or guardian)

Open Days

Every Sunday (except January 1 to 3, December 31, and national



holidays), and December 29, 30
Hours
9:00 a.m. to 5:00 p.m.

Inquiries

Shirokanedai Ikiiki Plaza

Tel: 03-3440-4627

Shirokanedai Children's Center

Tel: 03-3444-1899

Takanawa Regional City Office,
General Administration Section,
Facility Management Subsection
Tel: 03-5421-7067

topic Information

10th Minato City Scenery Selection

We invite you to submit a photo of a scenic view in Minato City that inspires pride or holds a special meaning for you, together with a short comment.

Eligibility

Residents, workers, and students in Minato City

Application Period

Wednesday, May 27 to Tuesday, June 30

Number of Entries

Up to 5 entries per person

Application

1. Apply via the Minato City website.

2. For submission by mail or in person, application forms can be downloaded from the Minato City website or obtained from Urban Planning Section at the Minato City or Administration Section at the Regional City Office.

Please submit your application to:

Urban Planning Section, City Development Planning Subsection at Minato City Office (6th Floor)

Announcement of Winners

Around 10 outstanding scenic views will be selected and announced.

Among them, the most exceptional entry will receive the Grand Prize, along with a Minato City common gift certificate.



Minato City
website



Shiba Maruyama Kofun: Where Ancient Times and the Present Overlap
(Chosen for the 8th Scenic View Photo Selection)



Green Walk with Views of Trains and the Monorail
(Chosen for the 9th Scenic View Photo Selection)

Notes

Scenic views previously selected in past competitions are excluded as well as views taken at locations outside Minato City or from locations not accessible to the general public.

Inquiries

Urban Planning Section, City Development Planning Subsection

Tel: 03-3578-2210

topic Information

Education and Daily Life Consultation for Children and Parents Whose First Language is Not Japanese

We offer consultations on school life, future educational pathways, language concerns, and other related issues. Consultations will be provided by a multicultural kids coordinator and a certified public psychologist.



Eligibility

Parents/guardians of children whose first language is not Japanese (Children are welcome to attend.)

Capacity

4 groups (first-come, first-served)

Venue

Minato International Association (Toei Kita-Aoyama 1-chome Apartment Building No. 3 B1, 1-6-3 Kita-Aoyama, Minato-ku)

Date & Time

Saturday, June 13, 1:30 p.m. to 4:30 p.m.

Application

Please apply by Monday, June 8.

Applications can be made using the reservation form or by email.

*Applications will close once the capacity (4 groups) is reached.
e-mail: office@minato-intl-assn.gr.jp



Application form

topic Information

Notice of Health Checkups and Cancer Screenings



Health checkup and cancer screening vouchers, along with an information leaflet, will be sent out in late June.

Examination Period

July 1 to January 31, 2027

Types of Examinations

- General health checkups
- Cancer screenings
- Osteoporosis screening
- Hearing tests for older adults
- Hepatitis virus testing

*Hepatitis virus testing is available year-round at some facilities.



Available Medical Institutions

Designated medical institutions within Minato City and other approved facilities

*After February, general health checkups will be conducted only at Kokoro to Karada no Genki Plaza (Health and Wellness Center)

Fees

Free of charge

Please visit the Minato City website for more details.

Inquiries

Health Promotion Section, Health Service Subsection
Tel: 03-6400-0083
Fax: 03-3455-4539



Health Checkups and Cancer Screenings

topic Your Cooperation Requested

For Dog Owners

When keeping a dog as a pet, please take the time to understand its nature, habits, and physical needs, and look after it with affection and a strong sense of responsibility throughout its life.

Also, be considerate of your neighbors and those who may feel uncomfortable around animals.



Rules for Keeping Dogs in Minato City

●Encourage your dog to use the toilet at home before going for a walk

If your dog urinates or defecates outdoors, it may soil private property or public spaces. Make it a routine for your dog to relieve itself at home before going out.

If your dog defecates during a walk, be sure to pick it up and take it home.

For urine, simply pouring water over it may cause the urine to spread across the pavement, which some people may find unpleasant. Use a pet sheet to absorb the urine first, then pour water to remove odors, and then use a pet sheet again to absorb the remaining water.



Rules and manners for Living with Dogs

●Keep your dog on a short leash during walks

Walking your dog without a leash is dangerous and may result in injuries to others or lead to traffic accidents. For the safety of your dog and the people around you, always keep your dog on a leash.

Using a long leash could delay your response in emergencies or the leash may become entangled around people or other dogs, causing accidents. Hold the leash short while walking, and if using an extendable leash, keep it locked in the shortest position.



●Rabies vaccinations are required once a year

In Japan, annual rabies vaccination is required by law. After vaccination, please submit a notification to the Residents Support Section, Health and Welfare Subsection of your local Regional City Office or the Life Hygiene Section, Life Hygiene Counseling Subsection of the Minato Public Health Center. You will receive a vaccination tag, which should be attached to your dog's collar.

Online applications are also accepted.



Rabies vaccination

Are You Prepared for Disasters?

If you live with a pet, it is important to prepare for emergencies. Please check the following:

- Do you have pet food, water, and medication (at least 5 days' supply)?
- Do you have feeding dishes, a collar, leash, and toilet supplies?
- Has your pet received the required vaccinations such as rabies?
- Does your pet have some form of identification (vaccination tag, ID tag, microchip)?
- Can you put your dog in a cage without hesitation?
- Is your pet trained to use a designated toilet area?
- Is your pet comfortable around other people and animals?

In case of a disaster, if your home is safe, evacuate at home together with your pet.

If your home is at risk, bring your pet's emergency supplies and evacuate to a designated shelter that accepts pets.

Caution: Walking Dogs in Summer

Walking your dog during the daytime in summer can lead to heatstroke and burns on their paw pads

Pets, just like people, are also vulnerable to heatstroke. And because they are closer to the ground, they are more exposed to heat from the pavement.

Walk your dog during cooler times of the day, such as early morning or evening.



Protect Your Pets from Heatstroke!

Inquiries

Life Hygiene Section, Life Hygiene Counseling Subsection

topic Subsidy

Subsidy for Purchasing Household Food Waste Processors



Eligibility

Households that meet all of the following requirements:

1. Residents of Minato City
2. Have purchased a household food waste processor and continue to use it within Minato City for at least 6 months from the date of purchase
3. Have not received this subsidy within the past 3 years
4. Apply within 3 months from the date of purchase

Eligible Equipment

- Household food waste processors (excluding disposer-type units)
- Compost bins

Subsidy Amount

Half of the purchase cost of one unit per household (Maximum: JPY 20,000)

*Amounts under JPY 100 are rounded down
 *If in-store discounts or point usage are applied, the subsidized amount is based on the discounted price.
 *Subsidies are provided within the limits of the budget. If the total amount of applications in this fiscal year exceed the budget, subsidies may not be granted.

Application

Please complete the application form, attach the original receipt, and submit it by mail or in person to:

Minato Recycling and Waste Management Office
 Waste Reduction and Recycling Promotion Subsection
 3-9-59 Konan, Minato City 108-0075



Minato City website

Application forms can be downloaded from the Minato City website.

Inquiries

Minato Recycling and Waste Management Office, Waste Reduction and Recycling Promotion Subsection
 Tel: 03-3450-8025

topic Information

Prevent Food Poisoning in Summer by Following the Three Basic Principles

Do Not Contaminate (Keep Bacteria From Spreading)

Wash your hands thoroughly for at least 30 seconds, twice:

- Before cooking
- After using the toilet
- Before eating

Do Not Allow Bacteria to Multiply

Store food in the refrigerator at 10°C (50°F) or below

Kill Bacteria

Cook food thoroughly to a core temperature of at least 75°C (167°F) for 1 minute or longer



Six tips to prevent food poisoning at home

Cook Meat Thoroughly Before Eating

Raw or undercooked meat such as beef, pork, and chicken may carry harmful bacteria such as E. coli O157 and Campylobacter. "Fresh" does not mean free from bacteria. Older adults, young children, and others with weakened immune systems may develop severe symptoms if infected. Avoid eating raw or undercooked meat.



Be sure to fully cook chicken before eating



Be sure to fully cook beef and/or pork before eating

Inquiries

Life Hygiene Section, Food Safety Promotion Subsection
 Tel: 03-6400-0047

topic Call for Participation

The World's Premier Lacrosse Championship Comes to Tokyo!

Enjoy Free Admission Nissin Foods 2026 World Lacrosse Women's Championship

Experience the excitement of top-level lacrosse up close at Prince Chichibu Memorial Rugby Stadium.

Eligibility

Residents, workers, and students in Minato City

Date & Time

Sunday, August 2
 4:00 p.m. - Third-place match
 7:00 p.m. - Final

*Valid for both matches (single-day ticket)

Venue

Prince Chichibu Memorial Rugby Stadium
 (2-8-35 Kita-aoyama, Minato City)

Fees

Free of charge

Capacity

- General participants (high school students and older), 2-person set: 100 pairs (200 people)
- 1 general participant (high school student or older) + 1 junior high school student or younger: 100 pairs (200 people)

*Pair tickets only

*Preschool children who sit on a guardian's lap do not require a ticket

Application

Apply via the application form between:
 June 15 (Mon), 9:00 a.m. to June 29 (Mon), 5:00 p.m.
 (first-come, first-served)



Application form



©Japan Lacrosse Association

Discover the Fascinating World of Lacrosse

This exhibition introduces the history of lacrosse and highlights of the sport through panel displays.

Uniforms and equipment used by members of Japan's national team will also be on display, making it enjoyable even for first-time visitors. We look forward to welcoming you.

Eligibility

Anyone

Date & Time

June 8 (Mon) to June 19 (Fri)
 Weekdays only 8:30 a.m. to 5:00 p.m.
 (Wednesdays until 7:00 p.m.)

Venue

Minato City Office, 1st Floor Lobby

Application

No advance registration required. Please come directly to the venue.

Inquiries

Lifelong Learning Sports Promotion Section, Sports Promotion Planning Subsection
 Tel: 03-3578-2749

Multilingual Interpreter Call Service

A person who needs translating service, the operator who will interpret and Minato City staff can talk in group of three. Our system allows people to choose their preferred language in advance on their smartphone, and have an entire conversation on the phone with the staff in the various departments of City Hall, through an interpreter. This service is available in 13 languages.



Multilingual Interpreter Call Service