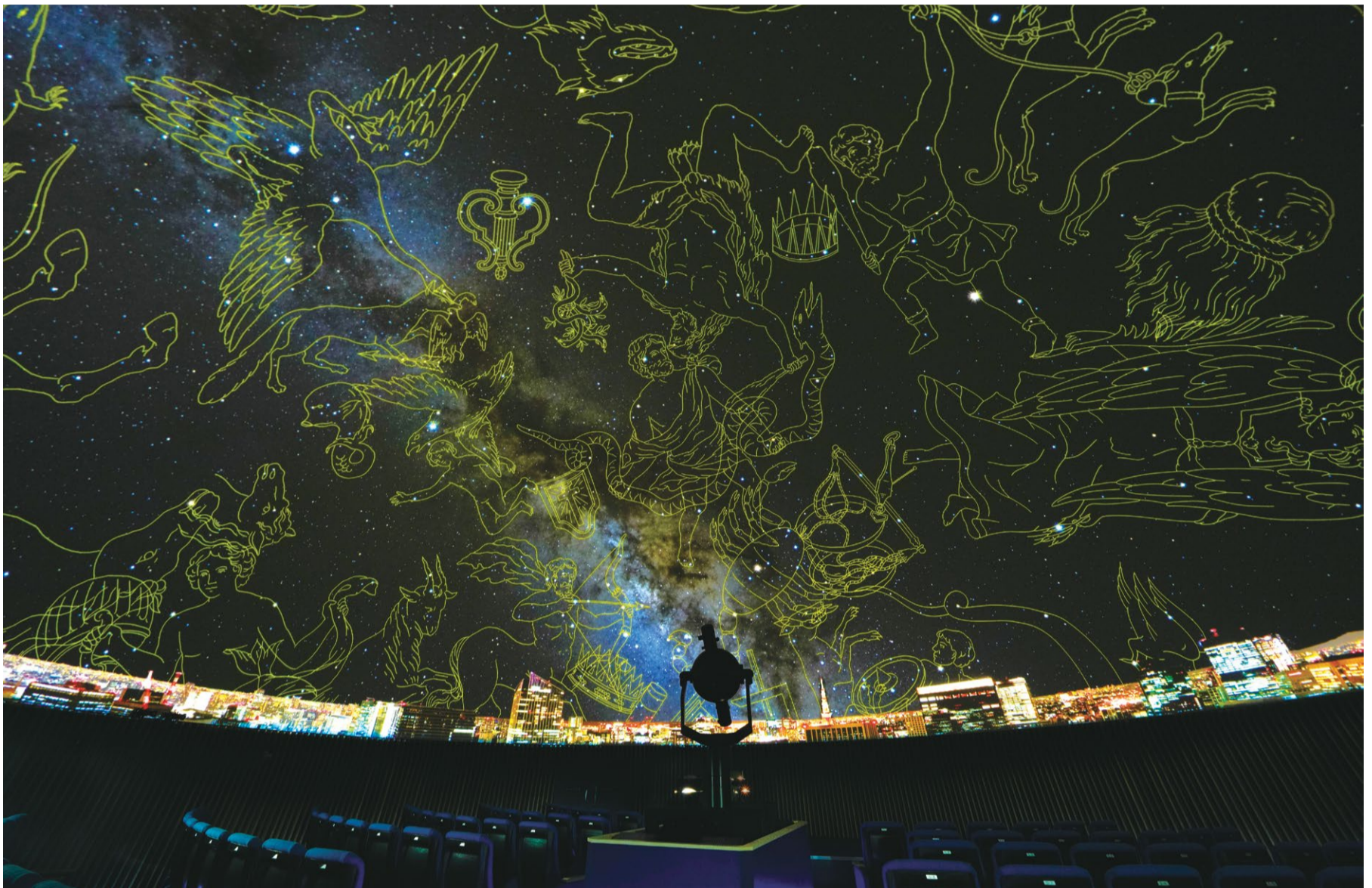


# MINATO MONTHLY

Published by Minato City

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Planetarium Hall at the Minato Science Museum, 3-6-9 Toranomom  
As the above facility may be closed, please confirm the Minato City Web for the latest information.

## Reduce, Reuse, Recycle

Please sort waste by type and place it at allocated waste collection stations by 8 a.m. or 7:30 a.m. on the designated day. For more information on waste sorting, disposal and designated collection days, please refer to the English guidebook called "Sorting Recyclables and Waste", English Waste App, or visit the Minato City Web.

### Recyclable plastics

#### Collected once/week

Film, plastic bags, cups, packs, trays, plastic bottles, caps, shock absorbers, such as styrofoam, and daily plastic commodities, such as hangers, straws, CD cases, and plastic cases smaller than 60 cm

Rinse before disposal. Plastics that cannot be washed should be disposed of with other combustible waste. All recyclable plastics should be put in the same bag.

Rinse before disposal. Plastics that cannot be washed should be disposed of with other combustible waste. All recyclable plastics should be put in the same bag.

### Recyclable items

#### Collected once/week

Newspapers, cardboard, magazines, cartons, other recyclable papers, plastic bottles, and food/beverage cans

Dispose by sorting and bundling used paper by type, rain or shine.

Other recyclable papers can be put in a paper bag or put between magazines.

Place advertising leaflets in between newspapers.

Rinse bottles and cans. Place them in the proper containers: yellow for bottles and jars, blue for cans. Remove caps and labels from plastic bottles.

### Combustible waste

#### Collected twice/week

Kitchen waste, unrecyclable paper, pictures, paper cups, rubber products, leather products, CDs, videotapes, clothing, disposable diapers, cooking oil and unwashed plastic containers

When you dispose of waste, please use transparent bags or lidded containers.

Remove as much water as possible from kitchen waste before disposal.

Before throwing away disposable diapers, flush the waste down the toilet.

Cooking oil should be poured on paper or cloth, or coagulated.

Collection boxes to collect used clothes and disposable edible oil are available in municipal facilities. Minato City promotes the reduction of waste and reusing resources.

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Minato Monthly is delivered with The Japan Times/International New York Times on the first of each month. It is also available at municipal facilities, post offices and subway stations (Akabanebashi, Akasaka, Akasaka-mitsuke, Aoyama-itchohome, Azabu-juban, Daimon, Gaien-mae, Hiroo, Kamiyacho, Mita, Nogizaka, Omotesando, Roppongi, Shimbashi, Shiodome, Shirokanedai and Shirokane-Takanawa) in Minato City. The articles appearing in the Minato Monthly are also found on the Minato City Web: www.city.minato.tokyo.jp

Minato Monthly home-delivery service: For free delivery of Minato Monthly to foreign resident's homes in Minato City, contact Minato Call or Minato Monthly by e-mail at kuminkoho@city.minato.tokyo.jp. Please write "Minato Monthly" in the subject line.

**Minato Call**  
CITY INFORMATION SERVICE  
03-5472-3710

### Incombustible waste

#### Collected twice/month

Ceramics, glass, metals, spray cans, gas cylinders, lighters, home electronics smaller than 30 cm and light bulbs  
Put them into a transparent bag or lidded container.  
Empty all spray cans and lighters prior to disposal and separate from other incombustible waste and label the bag “キケン”(danger). Please obey the rule to avoid a vehicle fire.  
For safety reasons, please do not poke holes in gas cylinders or spray cans. Breakables, sharp blades, and fluorescent light bulbs should be wrapped in newspapers and also be labeled “キケン”.  
Ceramics, glass, small electric appliances such as cell phones and fluorescent bulbs are collected at municipal facilities. For more details, please contact Minato Call at 03-5472-3710.

#### Large-sized waste

Large-sized waste refers to items with at least one side longer than 30 cm. Collection of large-sized waste requires an application and a service fee for collection. Apply directly to the Large-Sized Waste Center in advance, affix Large-Sized Waste Tickets for Minato City to each items you are discarding.

#### Applications

Large-Sized Waste Center, Tel: 03-5296-7000 Mon-Sat, 8 a.m.-7 p.m.  
<https://sodai.tokyokankyo.or.jp>

### Note

For large-sized waste discarded from businesses, contact a private waste collection operator.  
The City cannot collect TV sets, air conditioners, refrigerators, freezers, washing machines and clothes dryers. Contact the store where you purchased or plan to purchase such items and confirm the collection method. If you do not know the store where the item was purchased, contact the Electrical Appliances Recycling Reception Center at 03-5296-7200. First a recorded message will play in Japanese. Please wait on the line and do not hang up. And then, you will be connected to an English speaking operator.  
PCs are collected and recycled by their respective manufacturers. If you wish to dispose of a PC, contact the manufacturer. When the manufacturer is not known, contact the PC3R Promotion Association, 03-5282-7685 (Japanese only).  
For free collection from company, visit Renet Japan’s website at <https://www.renet.jp/>(Japanese only)  
Guidebook for Sorting Recyclables and Waste: <https://www.city.minato.tokyo.jp/gomigenryou/kurashi/gomi/kate/bunbetsu/index.html>  
Waste Sorting App for iOS and Android is also available.  
**Supervising Section:** Minato Recycling and Waste Management Office

## SUPPORT SERVICES

# Exemption System for National Pension Plan Premiums

An exemption system is in place for the National Pension Plan, designed for people having difficulties paying the premiums. There are four types of exemptions available: 25%, 50%, 75% and full.

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 2020 is lower than the criteria. The exemption period will not reflect the amount of pension benefits.

An applicant may apply for an exemption up to 25 months retroactively.

#### Income criteria

If the income of a person, her/his spouse or the head of her/his household in the previous year is lower than the designated amount, that person is deemed eligible for the exemption system. The criterion varies by the number of household members. The exemption system includes special cases such as unemployment, disasters and other reasons. Also, if your income after February 2020 is lower than the designated amount and decreased due to the impact of the Novel Coronavirus infection, there is temporary exemption available.

#### Eligibility period

The period of the exemption is included in the eligibility period to receive the Basic Pension for the Elderly, the Basic Disability Pension, and the Basic Survivors’ Pension.

#### Calculation of the annuity of the Basic Pension for the Elderly

Compared to cases in which the premiums are fully paid, in cases when payment exemptions apply, the amount of the pension benefits will be calculated with the below stated ratio in the chart, compared to those who paid premiums fully.

Types of exemptions	Calculation ratio for the exemptions admitted after April 2009	Calculation ratio for the exemptions admitted before March 2009
Full	1/2	1/3
75%	5/8	1/2
50%	3/4	2/3
25%	7/8	5/6

**Note:** If a person does not pay her/his premiums for the partially exempted period, this period will be excluded in the calculation of his/her pension benefits.

#### Deferred premium payments

Premiums unpaid due to the exemption system can be paid in arrears within 10 years after the exemption period.

**Inquiries:** National Pension Subsection, Tel: 03-3578-2665  
Minato Pension Office, Tel: 03-5401-3211

## ANNOUNCEMENT

# 2021 National Health Insurance Premium Statements and Payment Slips

National Health Insurance (NHI) premium statements and payment slips based on the income during the year 2020 will be sent to heads of households on June 15.

#### Calculation of insurance premiums

Annual health insurance premium amount is calculated based on the number of the enrolled health insurance members and the total income amount of the household in the year 2020.

#### Reduction of insurance premiums

For households whose total annual income earned between January and December of the previous year is below designated levels, the per capita amount of their NHI premiums are reduced by 70%, 50%, or 20%. Whether a household qualifies for a reduction will be determined by total household income. Therefore, residents are required to declare the income of all household members, even in cases when there is no income.

#### Reduction measure for involuntary termination of employment

People who have lost their jobs due to corporate restructuring or other reasons may be eligible for NHI premium reduction.

#### Eligibility:

- 1) People who have left their jobs due to business reasons on the part of their employers, such as bankruptcy or labor reduction.
- 2) People who have left their jobs due to reasons stipulated under the Employment Insurance Act, for example the expiration of their employment contract. Applicants should bring their Certificate of Eligibility for Employment Insurance to apply to the City Office.

#### Mailing of payment slips

Please pay the annual insurance premiums with the payment slips that will be sent in mid-June. There are two types of payment slips: one divided in ten installments from June to March of the following year and one for a lump-sum payment for twelve months. Those who are paying premiums by bank transfer or deducted by Special Collection will only receive the premium statements.

#### Payments

You can pay your insurance premiums by banks, credit unions, credit cooperatives, the Japan Post Office Bank, convenience stores, Mobile Regi or by using your smartphone (LINE Pay, PayPay). You can also pay through the counter services of Regional City Offices or Minato City Hall. Please note that payments cannot be made at convenience stores or via mobile payment if the amount shown on a single premium payment slip exceeds ¥300,000.

#### Notification of premium changes

Eligibility Subsection will review health insurance premiums when residents join or withdraw from the NHI or when there are changes in the amount of income.

**Supervising Subsection:** Eligibility and Premium Subsection



# MINATO BULLETIN BOARD

## Library Events

### SCHEDULE FOR JUNE

Please wear mask and take your temperature before coming.  
All events listed on this page are conducted in Japanese. Programs may change without notice.

Date	Time	Program	Place/Capacity
Library Movies			
12	2 p.m.	<b>And So It Goes</b> -2014, U.S., 94 min.	Konan/20
19	2 p.m.	<b>Our Hospitality</b> -1923, U.S., 68 min.	Akasaka/15
Library Events			
11	2 p.m.	<b>Origami class for adults</b> <b>Eligibility:</b> Junior high school students and older	Takanawa/6
12	10:30 a.m.	<b>Book start</b>	Takanawa
12	2 p.m.	<b>Choo choo train storytelling</b>	Takanawa/10
12	3 p.m.	<b>Storytelling</b>	Minato/10

### CITY EVENT

## Kissport Event

### Yukata Dressing Workshop

**Date & time:** June 27, 1 p.m.

**Place:** Lifelong Learning Center, Room 203

**Eligibility:** Foreign nationals living, working or studying in Minato City

**Capacity:** 20 people

**Fee:** ¥1,000

**Application:** Email [info@minatounesco.jp](mailto:info@minatounesco.jp), or apply from the website at <https://minato-unesco.jp/>

\*Please bring *yukata*.

**Inquiries:** Minato UNESCO Association, Tel: 03-3434-2300

### RECYCLE

## Sale of Recycled Bikes

About 30 recycled bikes in good condition that are reclaimed and repaired are sold.

**Date and time:** June 13, 10 a.m.

The drawing starts at 10:30 a.m. Minato City residents have priority.

**Place:** Minato Recycling and Management Office Working Contact, 3-9-6 Moto-azabu

**Inquiries:** Minato Call, Tel: 03-5472-3710



### WELFARE

## Minato City Barrier-free Map

An online barrier-free map designated for senior citizens, disabled people, and people accompanied with an infant, is available. This map contains details of barrier-free facilities such as parks, stations, toilets, and other public places in Minato City. You can see the map from PC, smartphone, or mobile phone in English and Japanese. Please take a look.

**URL:** <https://www.city.minato.tokyo.jp/hofukukanri/kenko/fukushi/shogaisha/hibakusha/bf-townmap.html>

**Supervising Section:** Health and Welfare Section

### SOCIAL WELFARE

## Minato Council of Social Welfare —Membership Fees and Donations—

The Minato Council of Social Welfare plays an active role in promoting community welfare toward the realization of a community where everyone can live with peace of mind.

Membership fees and donations from local people are one of the financial resources that support the Minato Council of Social Welfare's activities.

### Membership fees

Members are people who agree with the objectives of the Minato Council of Social Welfare and pay a membership fee. Membership application forms can be downloaded from the Minato City Council of Social Welfare website at <http://www.minato-cosw.net/>

- Membership Categories and Annual Fees

Categories	Annual Fees
Individual	¥1,000 per payment
Group	¥3,000 per payment
Corporate	¥5,000 per payment

### Donations

Donations are welcome, including sales from events, portions of funds raised by schools and businesses, and social contributions from businesses.

**Inquiries:** Minato Council of Social Welfare

Tel: 03-6230-0280, Fax: 03-6230-0285

## Minato Public Health Center

### SCHEDULE FOR JUNE

**Minato Public Health Center:** 1-4-10 Mita

**Appointment for HIV test,** Tel: 03-6400-0081

Eligibility	Examination date	Exam. results available	Place
HIV/STD test*	Open to all	7/1, 7/15	9:30 to 10:30 a.m. (A)

\*The result is two weeks later from the check-up day at the Minato Public Health Center

**Other examinations,** Tel: 03-6400-0084

Eligibility	Date	Time	Place
Checkup and consultation for babies/infants	An eligible resident must receive the notification - 4-month-old: Born in March, 2021 - 18-month-old: Born in December, 2019 - 3 years old: Born in June, 2018	7/14	A notification will be sent to eligible. (A)
Birthday dental checkup	Babies aged one, two, four, and five years old	7/14	Reservation required

(A) Minato Public Health Center

**Note:** You need to apply and make an appointment in advance.

**Inquiries and appointment:** Minato Public Health Center, Tel: 03-6400-0084  
For inquiries in English, contact Minato Call, Tel: 03-5472-3710

### Himawari Medical Facilities Consultation Service

If you are looking for a doctor or pharmacy, you can call the Himawari Himawari informs medical institutions and Japanese healthcare system.  
Tel: 03-5285-8181, 9 a.m.-8 p.m.

PARENTAL BENEFITS

# Child Allowance

The following information is about Jido Teate, Child Allowance benefits, and requirements needed to receive them.

## Child Allowance, Jido Teate

**Eligibility:** Child Allowance is provided for people who are raising a child until the first March 31 after the child's 15th birthday. A child up to the third year of junior high school who lives in Japan between April 1, 2021 and March 31, 2022 is eligible.

**Under 3 years old:** ¥15,000/month, per child

**3 years old to final year of elementary school age:** ¥10,000/month, per child  
¥15,000 for the third and subsequent children

**Junior high school student:** ¥10,000/month, per child

**Families exceeding the provided income limit:** ¥5,000/month, per child

### Note

- If the child is living in a facility, for example an infant home, or is in the care of a foster parent, the application procedures should be completed by the head of the facility or the foster parent.
- If the father and mother live separately due to divorce negotiations, the parent living with the child shall be the priority recipient of Child Allowance.
- If the father and mother live overseas, the person bringing up the child in Japan shall be provided with Child Allowance, when such persons are appointed by the father and mother.
- In principle, Child Allowance is provided for the benefit of child living in Japan. However, if a child lives abroad for the purpose of overseas studies, he/she shall be eligible only if certain requirements are met, such as if the child does not live with his/her father or mother.

### Notification of Current State Report

Residents currently receiving Child Allowance are required to submit a Genkyo Todoke, Current State Report, to update their eligibility status. Minato City will send the relevant materials in early June. Please send all forms and documents via postal mail or online, or bring directly to Health and Welfare Subsection of Regional City Offices by June 30.

Recipients who fail to submit all forms by the deadline will not be able to receive the allowances. If documents were submitted after the due dates, benefit payments will be transferred to the designated bank accounts after November.

**Inquiries:** Children's Benefit Subsection, Tel: 03-3578-2431

NOTICE

# COVID-19 Vaccinations for Senior Citizens are Conducted

By receiving the vaccine, it may be possible to prevent cases of COVID-19 from becoming severe and protect against the occurrence of symptoms such as fevers and coughs. The City sent vaccination tickets and Prevaccination Screening Questionnaire needed for vaccination in the beginning of May to senior citizens, who have high priority for vaccination and started vaccinations in mid-May. The priority vaccination period for senior citizens, in Minato City is scheduled at the end of July.

In order to receive the vaccine, residents need to make an appointment at the Minato City COVID-19 Vaccination Call Center or through the dedicated reservation website (Japanese only). The call center can accept reservations in English, Chinese, and Korean.

Please check Minato City Web, where information is updated daily, for the opening dates and times of the venues and other latest information.

**Minato City COVID-19 Vaccination Call Center,**  
**Tel: 03-6626-2833**

Accepting inquiries regarding the COVID-19 vaccinations conducted in the City.

It cannot answer scientific questions. Persons with underlying conditions and others who are concerned about receiving the vaccination should consult with their regular medical facility.

**Available languages:** Japanese, English, Chinese, Korean

**Reception hours:** Weekdays, 8:30 a.m. to 8 p.m.

\*Saturdays, Sundays and national holidays, 8:30 a.m. to 5:30 p.m.



Scan this code and visit the Minato City web regarding the COVID-19 vaccination.

HEALTH & SAFETY

# Heat Stroke Prevention

Every year, after the end of the rainy season, the number of heat stroke patients tends to increase rapidly. Please be careful to prevent heat stroke by avoiding unnecessary exposure to the sun on very hot and humid days, and days with little wind. Heat stroke can occur inside the house. Senior citizens and children should be especially cautious.

### How to prevent heat stroke

- Use air conditioners or fans to cool down the room temperature.
- Use hats and parasols to avoid sunlight when outside.
- Wear light-colored and loose-fitting clothes.
- Drink a lot of water.
- Have a balanced diet and exercise regularly to make it easy for your body to sweat.

CHANNEL 11

# Minato Public TV Program Guide

J:COM MINATO-SHINJUKU

### JUNE schedule

Program	Time	Program Summary
Hi from the Mayor of Minato City 20 min. program	10 a.m., 1 p.m., 3 p.m.	<Public Announcements> Speak with two experts about COVID-19 vaccines, expected to prevent the development of severe symptoms, such as fever and coughing.

**Note:** Programs may change without notice. You can also watch the programs broadcasted by this channel on the Minato City Web or Youtube. The Koho Topics are also broadcasted in the Chii-bus and the Odaiba Rainbow bus. Video/DVD lending is available at the Office of the Mayor, Regional City Offices, and each public library. Videos/DVDs for the past year can be rented.

**Inquiries:** J:COM Minato-Shinjuku, Tel: 0120-999-000  
URL: <https://www.jcom.co.jp/english/>



# Population of Minato City

AS OF MAY 1, 2021

**Total: 258,636**

**Japanese Residents:** 240,424

**Male:** 112,293 / **Female:** 128,131

**Registered Foreign Residents:** 18,212

**Male:** 9,526 / **Female:** 8,686

MINATO CITY

