

# MINATO MONTHLY

Published by Minato City

Minato Monthly can be seen at the website.



Minato City Web



Published monthly by: Minato City Tokyo Edited by: Public Relations Subsection, Office of the Mayor, Minato City Hall, 1-5-25, Shibakoen, Minato-ku, Tokyo 105-8511  
Tel: 03-3578-2111, weekdays, 9 a.m. to 5 p.m. E-mail: [kuminkoho@city.minato.tokyo.jp](mailto:kuminkoho@city.minato.tokyo.jp) Web: [www.city.minato.tokyo.jp](http://www.city.minato.tokyo.jp) Circulation: 9,500 copies

No 453 11 2024

## SPORTS

# Traffic Restriction Announcement MINATO City Half Marathon 2024



The Minato City Half Marathon 2024 will be held on 11/17, 2024.

\*Rain or shine

### Traffic Restriction

We plan to implement some traffic regulations on the course and nearby roads on the day.

Maximum road closure: Around 7:30 to 11:35 a.m.

For more details, scan the two-dimensional code.



Traffic Restriction

### Half Marathon

Start time: 8:40 a.m.

\*Runners are assigned to four corrals and start.

Start place: Around Minato City Shiba Park

Finish place: Tokyo Tower

### Fun Run

Start time: 9:10 a.m.

Start place: Around Minato City Shiba Park

Finish place: Tokyo Metropolitan Shiba Park, northside of Minato Library

### Youth Run

Start time: 8:30 a.m.

Start place: Around Minato City Shiba Park

Finish place: Tokyo Tower

We will be holding Minato City Half Marathon 2024 RUN RUN Fes. This event is intended to help both runners and guests coming to cheer them on come together and make it a lively event.

### Minato City Shiba Park Area

Time: 8:18 a.m. to 1 p.m.

Content:

- Stage Events  
Starting ceremony, awards ceremony, talk show with guest runners, lottery for runners, etc.
- Take Photos with Doraemon
- Photo session board, message board
- Food Cars

### Zojoji Temple Area

Time: 8:30 a.m. to 1 p.m.

Content:

- Photo spot(s)
- Cheering performance by Japanese taiko drums
- Booth displays from cooperating businesses
- Acupuncture care station

### Metropolitan Shiba Park Area

Time: 8:30 a.m. to 10 a.m.

Content:

- Cheering performance by Japanese taiko drums and bon festival dance

### Tokyo Tower Area

Time: 8:40 a.m. to 11:20 a.m.

Content:

- Event DJ and cheering performance by cheerleader teams, etc.

Inquiries: Minato City Marathon Secretariat,  
Tel: 03-5770-1440, Japanese only

## WELFARE

# National Pension System

### All residents turning 20 must enroll in Japan's National Pension plan

Everyone living in Japan, including foreign residents, aged between 20 and 60 must enroll in the National Pension System. After enrolling, if you fulfill the necessary criteria you will receive the Basic Pension for the Elderly. If you were to become disabled due to an injury or illness, you would receive the Basic Disability Pension. If you were to pass away, your spouse and/or children would receive the Basic Survivors' Pension. If you are not a Japanese citizen and leave Japan without receiving a pension, you can claim a lumpsum withdrawal refund within two years after your departure if you have paid at least six months of the premium payment period. Enrollment is unnecessary if you are:

- Enrolled in an employee pension plan
- A dependent spouse of a person enrolled in an employee pension plan
- A citizen of a country which has concluded a social security agreement with Japan and thus exempt from enrolling in Japan's National Pension plan
- Person with medical stay or long stay visa for sightseeing and recreation

### Payment method / payment slips

Once you have submitted your notification of enrollment, the Pension Office sends you payment slips. Please make the payments at banks, convenience stores, or any other applicable locations. Credit card and bank transfer payments are also acceptable. Premium discounts are available if you opt for advance lump-sum payment.

### Exemptions

Exemptions systems are available for anyone having difficulties paying the premiums. Please inquire for more information.

Supervising Subsection: National Pension Subsection

For inquiries related to payment and/or employee pension, call the Minato Pension Office at 03-5401-3211 or Nenkin website at [www.nenkin.go.jp/](http://www.nenkin.go.jp/)

## MEDICAL INSURANCE

# Integration of My Number card and NHI card

With the integration of My Number card and NHI card, NHI card will no longer be issued from 12/2. Thereafter, you can use My Number NHI card.

### Registration is required to use My Number NHI card

You can register at medical institutions or pharmacy receptions, or through Mynportal or a Seven Bank ATM. Prepare My Number Card and the 4-digit PIN.

### A Support Corner will be available

We will assist you in registering your My Number NHI card or applying for a new My Number card.

Time: 11/1, 2024, to 3/31, 2025

Place: City Hall 1F lobby

### Inquiries:

For Support Corner: My Number Card Issuance Promotion Subsection, Residents Support Section, Shiba Regional City Office, Tel: 03-3578-3151

For My Number NHI card: My Number Call Center toll-free hotline, Tel: 0120-95-0178



Support Corner



Digital Agency HP

About the use of My Number NHI card

## CHILD RIGHTS

## Rights of Children

Every child in the world has the right to live a healthy life, both physically and mentally, and to be themselves.

The rights of children are established in the Convention on the Rights of the Child. It recognizes that every child has various rights as a human being just like an adult.

The four fundamental principles of the Convention on the Rights of the Child are as follows:

## Four Principles of the Convention on the Rights of the Child

- No discrimination
- Best interests of the child
- The right to live, survive, and develop
- Respect for the views of the child

Minato City Counseling Hotline for Families with Children, Tel: 03-5962-7215

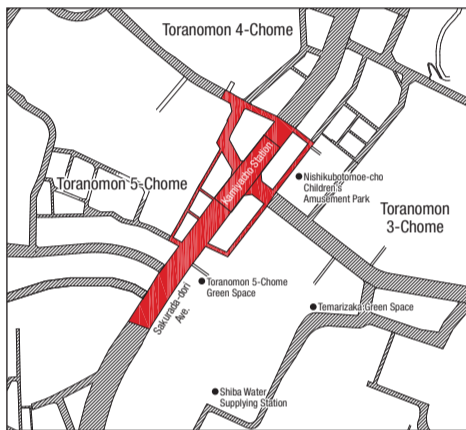
**Inquires:** Children and Families Support Center, Consultation Support Subsection, Tel: 03-5962-7213

## CITY ORDINANCE

## Areas where it is forbidden to leave bicycles, etc.

From 10/15, areas will be designated where it is forbidden to leave bicycles, etc., left in these areas will be subject to immediate removal. Please use bicycle parking lots around stations or the nearest public bicycle parking lot, etc.

**Inquiries:** Shiba Regional City Office Community Development Section, Tel: 03-3578-3104



## HEALTH

## Preventing Norovirus

Norovirus is caused by ingesting even a small amount of contaminated foods, etc., and the virus growing in your intestine. Many people experience vomiting, stomach pains, diarrhea, fevers, etc., for 24 to 48 hours after initial infection.

## In order to prevent food poisoning caused by Norovirus:

1. Wash your hands after using a toilet, before and after cooking, and before eating, etc.
2. Heat clams, etc. that may have been contaminated, and if food is to be heated, the core part of the food should be heated at 85 to 90 degrees for at least 90 seconds.
3. Disinfect cooking utensils, etc., with boiling water or chlorine bleach.

**Inquiries:** Food Safety Promotion Subsection, Tel: 03-6400-0047



## HEALTH

## 12/1 is World AIDS Day

## 11/16 to 12/15 is the Tokyo Metropolitan AIDS Prevention Month.

HIV infection weakens the immune system, which causes AIDS. This year's World AIDS Day campaign theme is "U=U: Revisiting our understanding. December 1st is World AIDS Day." AIDS is a disease that develops when the immune system is weakened due to HIV infection. With advancements in treatment medications, if appropriate treatment is started early, it is now possible to suppress the onset of AIDS and lead a normal life. For early detection and treatment, it is important to get tested.

**Inquiries:** Public Health and Disease Prevention Subsection, Tel: 03-6400-0081

## EQUALITY&amp;FREEDOM

## Human Rights Week

In Japan, 12/4 to 10 has established as "Human Rights Week" in order to raise public awareness for the respect of human rights through various events on the topic.

## Seminar

**Date & time:** 12/12, 1:30 to 4:40 p.m.

**Place:** Libra Hall, Minato Park Shibaura

Free admission

**Application:** Call Minato Call from 11/6 to 12/5,

Tel: 03-5472-3710

**Lecture:** MATSUMOTO Haruno

"Peace and happiness to children of the world"

Choral performance by Shibahama Elementary School

## Film screening

Chocchan Monogatari, 76 min.

## Human rights counseling for foreign nationals

Foreign people can consult at Human Rights Counseling Room, Tokyo Legal Affairs Bureau.

**Hours:** Weekdays, 9 a.m. to 5 p.m.

**Languages:** English, Chinese, Korean, Filipino, Portuguese, Vietnamese, Nepali, Spanish, Indonesian, Thai

Tel: 0570-090911

## Tokyo Metropolitan Government (TMG) Foreign Residents' Advisory Center

TMG provides consultation service for foreign people living in Tokyo.

**Hours:** 9:30 a.m. - noon, 1 p.m. - 5 p.m.

**English:** Weekdays, Tel: 03-5320-7744

**Chinese:** Tuesday and Friday, Tel: 03-5320-7766

**Korean:** Wednesday, Tel: 03-5320-7700



MATSUMOTO Haruno

## EDUCATION

## Application for 2025 Municipal Kindergarten Enrollment

Minato City municipal kindergartens will be accepting applications for children aged 3, 4, and 5. For more details, please visit the Minato Web after 11/11.

## Eligibility

Applicants must qualify for all the criteria below.

1. Both guardians and children have an address in Minato City and children were born within the following periods:

- 3 years old: 4/2, 2021—4/1, 2022

- 4 years old: 4/2, 2020—4/1, 2021

- \*5 years old: 4/2, 2019—4/1, 2020

\*For 5 years old, recruitment will not be conducted, but the application will be accepted if there is vacancy for 4 years old.

2. Guardians are able to accompany children to and from the kindergarten.

## Distribution of application forms and guidelines

**Date:** From 11/11

**Place:** Municipal kindergartens, School Affairs Section on the 7th floor of the City Hall, Residents' Support Sections of Regional City Offices and Daiba Annex.

**Application date & time:** 11/11 to 22

Applications are accepted at kindergartens from 2:30 to 4:30 p.m., and at the School Affairs Section from 8:30 a.m. to 5 p.m.

**Note:** Applicants will be selected by a drawing in case the number of applicants exceeds the capacity. Application forms can be downloaded from the Minato Web from 11/11

Electronic application is accepted from 8:30 a.m. on 11/11 to 5 p.m. on 11/22.

## Childcare fee

Childcare fee will be free.

## Extended childcare support

All Minato City municipal kindergartens will be offering extended care hours for children as part of the city's Childrearing Support Care program.

**Supervising Subsection:** School Affairs Section

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



Municipal Kindergartens

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-itcho, 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](http://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](mailto:kuminkoho@city.minato.tokyo.jp). Please write "Minato Monthly" in the subject line.

## Minato Call

CITY INFORMATION SERVICE

03-5472-3710

## 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.