

Abstract

Provided is an efficient method for transforming a bacterium belonging to the genus *Bifidobacterium*. The present invention provides a method for transforming a bacterium belonging to the genus *Bifidobacterium*, the method comprising statically culturing a recipient bacterium belonging to the genus *Bifidobacterium* in contact with a donor bacterium or linear DNA comprising DNA to be introduced into the recipient, wherein a medium for use in the statically culturing is a medium that has pH of 6.0 or higher and lower than 10.0, wherein a content x (% by mass) of a carbohydrate utilizable by the recipient bacterium belonging to the genus *Bifidobacterium* in the medium satisfies $0 < x \leq 0.2 \times (\text{pH}) - 1.2$ when the pH is 6.0 or higher and lower than 8.5 and $0.2 \times (\text{pH}) - 1.7 < x \leq 0.2 \times (\text{pH}) - 1.2$ when the pH is 8.5 or higher and lower than 10.0.