

UK	CET	UEA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
4	5	7	News						Exploring Factories	NHK Amateur Singing Contest
			Delicious Japan!	Drama "Hoshi Shinichi's Short Story"	Documentary: 20 Minutes	Lunch ON! (R)	Today's Menu			
			Drama Serial "Chimu-Dondon" (R)							
5	6	8	News						Historical Drama "The 13 Lords of the Shogun" (R)	Songs of Japanese Spirit
			News Around Japan							
6	7	9	World Music Album						PREMIUM SELECTIONS	Local Exquisite Omusubi (R)
			My Gardening	Hobbies—Sparkle Your Life!	Hobbies—Sparkle Your Life!	Hobbies—Sparkle Your Life!	Japanese Entertainment Encyclopedia			
			25 Kyoto's Hidamariva Garden Shop	Tanka Poetry	Haiku Poetry	Today's Menu (R)	Today's Menu (R)	Follow in the Footsteps of Tasha Tudor (R)		
7	8	10	News & Weather						PREMIUM SELECTIONS	PREMIUM SELECTIONS
			Basic English	Onishi Hiroto's Basic English Recipe						
			Dear Japan	Chinese Navi	French for Traveling (R)	German for Traveling (R)	Spanish for Traveling (R)			
				40 Sign Language Cafe 5min						
			50 The Fountain of Ancient Wisdom (R)	Everyday Tips				50 Choices on How to Deal with Illness (R)		
8	9	11	55 Tokoro-san's Pursuit of Truth (R)	Recipe for Fulfilling Second Life! (R)	PREMIUM SELECTIONS		00 SCIENCE ZERO (R)	PREMIUM SELECTIONS		
			25 The Cats Eye Museum (R)		30 Verbalizing Hard to Express Feelings	35 Gretel's Magical Oven (R)				
			35 Haru's Weekend at Japanese Old House Cafe (R)	35 Gentle Journeys (R)	40 Through the Kitchen Window (R)					
9	10	12	00 Blue & Yellow 10min (R)	00 Deko Boko Pon! Invention Lab	PythagorasSwitch		00 ABU Children's Drama Series 2022	With Father		
			10 Fun with Japanese	10 Let's Enjoy English with Orton						
			20 Peek-a-boo							
			35 With Mother							
			50 1-Minute Anime: Songs for SDGs/ Blue & Yellow 1min							
10	11	13	News (B)						NHK News (B)	
			Kid's Discovery						05 Nyan-chu! Space! Broadcasting!	05 Amazing Insects
			25 Edutainment "Sciencer" Show	Whiz-Kids TV hello.					30 Nosy's Inspiring Atelier (R)	
								40 Mimicries	45 Maiko-san Chi no Makana-san-Kiyo in Kyoto: From the Maiko House-	
						50 Pretty Craft Workshop	50 Fish Masters 5min	50 Ball-Toss Comedy Contest		
11	12	14	NHK News 7 (B)						Strolling with Tamori	Darwin's Amazing Animals
			30 Today's Close-up			30 Lunch ON!	30 Tokyo Local Information NETADORI!			
12	13	15	Tsurube's Salute to Families	Song Concert	Only Locals Know	The "Instruction Manual" Show	Trivia Quizzes You'll Get Scolded by Chiko-chan!	The Visualization Entertainment: Go! Kaneo-kun	00 Historical Drama "The 13 Lords of the Shogun"	
			Child-Rearing Hints & Tips mini						45 News & Weather	
13	14	16	News Watch 9 (B)						Saturday Watch 9 (B)	NHK Special
14	15	17	00 Leisurely Railway Journey Across Japan	00 Drama 10 "The Prism"	History Detective	SONGS	COOL JAPAN	NHK Special	00 Journey of the Heart Across Japan	
			30 Through the Kitchen Window							
			Night Drama Serial						45 72 Hours	
15	16	18	00 How we met: Beginning of Our Relationship	Unusual Championships Across Japan!	Verbalizing Hard to Express Feelings	Tokoro-san's Pursuit of Truth	15 Correlation Diagram of the Complex Social Phenomena	00 Venue101	05 100 Beautiful Mountains of Japan	
			International News Report 2022						30 PREMIUM SELECTIONS	35 Sunday Sports News

UK	GET	UAE	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16	17	19	15 Samurai Drama "Ooka Echizen 6"	15 Recipe for Fulfilling Second Life!	15 The Fountain of Ancient Wisdom	15 Japanese Traditional Performing Arts II	15 Samurai Drama Selections "Red Beard" (R)		25 NHK Amateur Singing Contest (R)
						55 no art, no life			
17	18	20	05 Gretel's Magical Oven	00 SCIENCE ZERO	00 J-MELO	00 Child-Rearing Hints & Tips	00 Haru's Weekend at Japanese Old House Café		15 PREMIUM SELECTIONS
			30 Japanese Narrative Art	30 Tanka Poetry (R)	30 Haiku Poetry (R)	30 Shogi Focus	30 Go Focus	30 Somewhere Street	
18	19	21	05 Health for Today				00 Documentary: 20 Minutes (R)		
			20 Today's Menu	20 Today's Menu (R)	20 My Gardening (R)	20 Leisurely Railway Journey Across Japan (R)	35 Choices on How to Deal with Illness		
			45 Cooking for Beginners						
			50 News Commentary						
19	20	22	00 NHK News 4K Local Edition						15 Strolling with Tamori (R)
			20 The Visualization Entertainment: Go! Kaneo-kun (R)	20 Darwin's Amazing Animals (R)	20 Tsurube's Salute to Families (R)	20 Song Concert (R)	20 Only Locals Know (R)	20 The "Instruction Manual" Show (R)	
20	21	23	55 Amazing Insects (R)	50 Drama "Hoshi Shinichi's Short Story" (R)					00 Follow in the Footsteps of Tasha Tudor
			05 Asia Insight (B)	05 Where We Call Home (B)	05 Journeys in Japan (B)	05 Core Kyoto (B)	05 Trails to Oishii Tokyo (B)	30 PREMIUM SELECTIONS	
21	22	0	00 With Mother (R)						00 Historical Dramas "The 13 Lords of the Shogun" (R)
			24 Kid's Discovery (R)				24 Nosy's Inspiring Atelier		
			39 PythagorasSwitch (R)		39 Deko Boko Pon! Invention Lab (R)	39 Nosy's Inspiring Atelier	39 Mimicries (R)	45 Natural Grandeur of the East (R)	
			49 Go! Go! Cook R'n		49 Blue & Yellow	49 City-Scope	49 Ball-Toss Comedy Contest (R)		
22	23	1	00 News: Good Morning, Japan					00 News	00 News: Good Morning, Japan
							10 Samurai Drama Selections "Red Beard"		
23	0	2	00 News: Good Morning, Japan						
							45 Natural Grandeur of the East		
0	1	3	00 Drama Serial "Chimu-Dondon"					00 Gentle Journeys	00 Drama Serial "Chimu-Dondon"
			15 asaichi			15 Trivia Quizzes You'll Get Scolded by Chiko-chan! (R)	25 News This Week	15 asaichi	
1	2	4					00 72 hours (R)	00 Sunday Debate	
						30 Song Concert (R)		55 Exercise for Everyone	
2	3	5	05 The "Instruction Manual" Show (R)	05 Strolling with Tamori (R)	05 NHK Special (R)/ Saturday Drama (R)	05 Tsurube's Salute to Families (R)	05 NHK Special (R)	05 Ideas to Protect Ourselves from Disasters	05 Only Locals Know (R)
			50 Songs for Everyone			50 Songs for Everyone	50 Switch! for the Future	50 Songs for Everyone	
3	4	6	55 SONGS (R)	55 COOL JAPAN (R)	55 100 Beautiful Mountains of Japan (R)	55 Drama 10 "The Prism" (R)	05 Samurai Drama "Ooka Echizen 6" (R)	00 Pop Music Club	55 History Detective (R)
					25 Through the Kitchen Window (R)	40 Songs for Everyone	40 The Cats Eye Museum	40 Correlation Diagram of the Complex Social Phenomena (R)	