

UK	CET	UEA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
4	5	7	News						15 Exploring Factories	15 NHK Amateur Singing Contest
			20 Delicious Japan!	20 Drama "Hoshi Shinichi's Short Story"	20 Documentary: 20 Minutes	20 Lunch ON! (R)	20 Today's Menu			
			Drama Serial "Chimu-Dondon" (R)							
5	6	8	News						05 Historical Drama "The 13 Lords of the Shogun" (R)	05 Songs of Japanese Spirit
			News Around Japan							
6	7	9	World Music Album						PREMIUM SELECTIONS	
			00 My Gardening	00 Hobbies—Sparkle Your Life!	00 Hobbies—Sparkle Your Life! (R)	00 Hobbies—Sparkle Your Life! (R)	00 Japanese Entertainment Encyclopedia			
			25 Kyoto's Hidamariva Garden Shop							
			30 Tanka Poetry	30 Haiku Poetry	30 Today's Menu (R)	30 Today's Menu (R)	30 Follow in the Footsteps of Tasha Tudor (R)	35 Local Exquisite Omusubi (R)	50 NHK News World & Biz	
7	8	10	News & Weather						PREMIUM SELECTIONS	00
			10 Basic English (R)	Onishi Hiroto's Basic English Recipe						
			25 Dear Japan	20 Chinese Navi	20 French for Traveling (R)	20 German for Traveling (R)	20 Spanish for Traveling (R)			
			40 Sign Language Cafe 5min	Everyday Tips						
			50 The Fountain of Ancient Wisdom (R)	Songs for Everyone				50 Choices on How to Deal with Illness (R)		00 SCIENCE ZERO (R)
8	9	11	55 Tokoro-san's Pursuit of Truth (R)	55 Recipe for Fulfilling Second Life! (R)	55 Asagaya House: Update Your Thinking (R)	55 How to Deal with Illness (R)	00			
			35 Haru's Weekend at Japanese Old House Cafe (R)	35 Gentle Journeys (R)	40 Zero Waste Life (R)	35 Gretel's Magical Oven (R)	30 100-Camera Stories (R)			
					55 Doki Doki! WORLD TV					
9	10	12	00 Blue & Yellow 10min (R)	00 Deko Boko Pon! Invention Lab	PythagorasSwitch		00			
			10 Fun with Japanese	Let's Enjoy English with Orton						
			Peek-a-boo						30 With Father	
			With Mother							
			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 Fish Masters
			25 Edutainment "Sciencer" Show	Whiz-Kids TV hello.					30 Nosy's Inspiring Atelier (R)	
								40 Mimicries	45 Maiko-san Chi no Makanaï-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)							
			30 Today's Close-up		30 Lunch ON!	30 Tokyo Local Information NETADORI!	30 Strolling with Tamori	30 Darwin's Amazing Animals		
			57 Tsurube's Salute to Families	57 Song Concert	57 Only Locals Know	57 The "Instruction Manual" Show	57 Trivia Quizzes You'll Get Scolded by Chiko-chan!	00 Historical Drama "The 13 Lords of the Shogun"		
12	13	15	Child-Rearing Hints & Tips mini						15 The Visualization Entertainment: Go! Kaneo-kun	45 News & Weather
								50 News & Weather		
13	14	16	News Watch 9 (B)						00 Saturday Watch 9 (B)	00 NHK Special
14	15	17	00 Leisurely Railway Journey Across Japan	00 Drama 10 "The Honest Real Estate Agent"	00 History Detective	00 SONGS	00 COOL JAPAN	00 Saturday Drama "The Empire of a Seventeen Years Old"	00 Journey of the Heart Across Japan	
			30 Zero Waste Life							
			Night Drama Serial "Graduation Time Limit"						45 72 Hours	
15	16	18	00 Asagaya House: Update Your Thinking	00 100-Camera Stories	00 Verbalizing Hard to Express Feelings	00 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 Premium Drama "Shizuka & Her Dad"	15 Recipe for Fulfilling Second Life!	15 The Fountain of Ancient Wisdom	15 Japanese Traditional Performing Arts II	15 Samurai Drama Selections "Kumokiri Nizaemon" (R)					
								25 NHK Amateur Singing Contest (R)				
17	18	20	05 Gretel's Magical Oven	00 SCIENCE ZERO	00 J-MELO	55 no_art.no_life 00 Child-Rearing Hints & Tips	00 Haru's Weekend at Japanese Old House Café					
			30 Japanese Narrative Art	30 Tanka Poetry (R)	30 Haiku Poetry (R)	30 Shogi Focus	30 Go Focus	30 Somewhere Street	15 PREMIUM SELECTIONS			
18	19	21	05 Health for Today				00 Documentary: 20 Minutes (R)					
			20 Today's Menu		20 Today's Menu (R)		20 My Gardening		20 Leisurly Railway Journey Across Japan (R)			
			45 Cooking for Beginners						35 Choices on How to Deal with Illness			
			50 News Commentary									
19	20	22	00 NHK News 4K Local Edition									
			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)	15 Strolling with Tamori (R)			
20	21	23	55 Fish Masters (R)	50 Drama "Hoshi Shinichi's Short Story" (R)								
				05 Asia Insight (B)	05 Where We Call Home (B)	05 Journeys in Japan (B) (R)	05 Core Kyoto (B)	05 Trails to Oishii Tokyo (B) (R)	00 Follow in the Footsteps of Tasha Tudor			
			35 TV Exercise						35 Dear Japan (R)		30 Tokyo Local Information NETADORI! (R)	
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 Boko Pon! Invention Lab (R)			39 Nosy's Inspiring Atelier (R)		39 Mimicries (R)	
			49 Go! Go! Cook R'n			49 Blue & Yellow Imin			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 "Kumokiri Nizaemon"			
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)			
2	3	5	55 Exercise for Everyone						55 Exercise for Everyone			
			05 The "Instruction Manual" Show (R)	05 Strolling with Tamori (R)	05 NHK Special (R) / Saturday Drama "The Empire of a Seventeen Years Old" (R)	05 Tsurube's Salute to Families (R)	15 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 Honest Real Estate Agent" (R)	05 Premium Drama Shizuka & Her Dad (R)		55 History Detective (R)			
			45 Points at Issue				25 Zero Waste Life (R)	40 Local Exquisite Omusubi	00 Pop Music Club		40 Correlation Diagram of the Complex Social Phenomena (R)	