

## SUNDAY 1 NOVEMBER

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(UK) (CET) (UAE)  
4:00 5:00 8:00 Journey of the Heart  
Across Japan  
5:00 6:00 9:00 News  
5:10 6:10 9:10 Mokugeki! Japan  
5:50 6:50 9:50 TV Exercise  
6:00 7:00 10:00 NEWS: Good Morning,  
Japan  
6:45 7:45 10:45 Natural Grandeur of the  
East  
7:00 8:00 11:00 Gentle Journeys  
7:25 8:25 11:25 The Workers' Lunches(R)  
8:00 9:00 12:00 Sunday Debate  
9:05 10:05 13:05 March to Recovery  
9:55 10:55 13:55 Songs for Everyone  
10:00 11:00 14:00 Naoki Matayoshi's Heureka!  
10:45 11:45 14:45 Producer Teppei Arita's  
"Omotenasu" Comedy  
Show (R)  
11:20 12:20 15:20 Trivia Quizzes--You'll Get  
Scolded by Chiko-chan!  
Mini (R)  
11:30 12:30 15:30 Choices on How to Deal  
with Illness  
12:15 13:15 16:15 NHK Amateur Singing  
Contest  
13:00 14:00 17:00 Seasoning the Seasons (R)  
14:00 15:00 18:00 COOL JAPAN  
14:45 15:45 18:45 100 Beautiful Mountains of  
Japan (R)  
15:15 16:15 19:15 Recipe for Fulfilling  
Second Life!  
16:00 17:00 20:00 Pop Music Club  
17:00 18:00 21:00 Can I Follow Your  
Home?(R)  
18:00 19:00 22:00 A: Chibimaruko-chan  
18:25 19:25 22:25 Kuisinbo! Banzai  
18:30 19:30 22:30 Co: Show-ten  
18:55 19:55 22:55 World News Academy  
19:32 20:32 23:32 Darwin's Amazing Animals  
20:00 21:00 0:00 Historical Drama "Awaiting  
Kirin"  
20:50 21:50 0:50 NHK Special  
21:50 22:50 1:50 Journey of the Heart  
Across Japan (R)  
22:50 23:50 2:50 Sunday Sports News  
23:40 0:40 3:40 Songs of Japanese Spirit  
1:10 2:10 5:10 Programs start at 4:00(UK)  
/ 5:00(CET) / 8:00(UAE)