

"NHK World Premium" Programming October 2025–March 2026

日本時間	月	火	水	木	金	土	日							
5	00	TV Exercise					00	MIX Bijutune!(R)						
	Historical Drama "UNBOUND" (R)	10 Health for Today				10	Natural Grandeur of the East (R)	Project X: The Challengers-New Beginnings (R)						
		25	Recharge Your Knowledge with Children's News (R)	25	HIMU-BUS! - Pickup Bus Variety Show (R)	25	Asagaya House: Let's Enjoy the Differences (R)		25	Journeys in Japan (B)	25	NHK Regional Showcases		
		45	Ukiyoe EDO-LIFE(R)	52	Mini Program	53	Mini Program		55	News & Weather				
		50	Hello! NHK WORLD JAPAN											
00	News: Good Morning, Japan at 6 AM					00	News							
6						10	Samurai Drama Selections							
						53	Weather							
						55	News & Weather							
7	00 News: Good Morning, Japan at 7 AM					00								
						45	Natural Grandeur of the East							
8	00 Drama Serial "The Ghost Writer's Wife"					00 Gentle Journeys								
	15 asaichi				15	Trivia Quizzes-- You'll Get Scolded by Chiko-chan! (R)	25	Dear Japan						
							50	Design Ah! Neo						
9					00	Recharge Your Knowledge with Children's News	00	Sunday Debate						
					30	Document 72 Hours (R)								
					55 Exercise for Everyone									
10	00 News & Weather													
	05	Project X: The Challengers-New Beginnings (R)	05	Tsurube's Salute to Families (R)	05	Song Concert (R)	05	Eat Up! The Ultimate Homemade Cooking Battle (R)	05	Unsolved Cases (R)	05	The Visualization Entertainment: Go! Kaneo-kun (R)	05	Ideas to Protect Ourselves from Disasters
	53	Mini Program	50 Today's Close-up (R)				55	Darwin's Amazing Animals (R)	NHK Special (R)	50	Fish Masters 5min			
	55	City-Scope (R)	17 Mini Program				23	Delicious Japan!		55	Songs for Everyone			
	11	05	Drama 10 (R)	20	Late Night Show with Nitty and Gritty (R)	20	Sleepless Night Talk with the Singer AI (R)	20	Future Prediction Reflections (R)	30	Documentary: 20 Minutes	00	Premium Drama (R)	
46				Mini Program	50	no art,no life	50	Mini Program						
					50 Songs for Everyone									
12	00 News					News								
	20 Information Worth Knowing from the News Commentator Bureau				20	Local Exquisite Omusubi	15	Exploring Factories						
	28 Mini Program				40 Fun with Okinawa Dialects									
	30 Drama Serial Encore "Toto Nee-Chan: Fatherly Sister"					15			NHK Amateur Singing Contest					
	45 Drama Serial "The Ghost Writer's Wife" (R)													

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13	00 News					00 News & Weather	
	05 News Around Japan					05 Historical Drama "UNBOUND" (R)	05 Songs of Japanese Spirit
						50 PREMIUM SELECTIONS	
	14						
55 World Music Album							
15	00 News & Weather						
	10 My Gardening	10 Ready-to-Use Tips and Tricks	10 Exciting New World	10 Asagaya House: Let's Enjoy the Differences	10 Chinese Navi	00 PREMIUM SELECTIONS	
	35 Kyoto's Hidamariya Garden Shop			40 Mimicries-- Natural Science for Kids	30 Dear Japan (R)		
	40 Points at Issue						
	50 The Fountain of Ancient Wisdom (R)	50 What the Villains Have to Say (R)	50 Lifestyle Lab for The Prime Generation (R)	50 History Detective (R)	55 Choices on How to Deal with Illness (R)	00 PREMIUM SELECTIONS	
35 Exploring Factories (R)	20 Gentle Journeys (R)	35 SCIENCE ZERO (R)	35 Fish Masters (R)	40 Documentary on Popular Writers and Their Cats(R)			
16	00 PythagoraSwitch		05 Fish Masters 5min(R)	05 See, Learn, Explore-- A Deep Travelogue in Tohoku(R)	05 Mini Program	00 Peek-a-boo Wan Wan Wonderland	
	10 Fun with Japanese	10 Let's Enjoy English and Meets the World	10 MIX Bijutune!	10 City-Scope	10 Blue & Yellow		
	20 Peek-a-boo					30 Songs for Everyone(R)	30
	35 With Mother						With Father
	59 1-Minute Anime: Songs for SDGs						
17	00 News (B)					00 News(B)	
	10 Kid's Discovery					05 Tokoro-san's Pursuit of Truth	05 The Visualization Entertainment: Go! Kaneo-kun
	25 Nyan-chu! Space! Broadcasting! (R)	25 Whiz-Kids TV				35 Fun with Japanese (R)	43 Nosy's Inspiring Atelier
18	00 NHK News 7 (B)						
	30 Today's Close-up			30 The "Instruction Manual" Show	30 Tokyo Local Information NETADORI!	30 Strolling with Tamori	30 Darwin's Amazing Animals
	57 Tsurube's Salute to Families	57 Song Concert	57 Eat Up! The Ultimate Homemade Cooking Battle	15 HIMU-BUS! - Pickup Bus Variety Show	57 Trivia Quizzes-- You'll Get Scolded by Chiko-chan!	00 Project X: The Challengers- New Beginnings	00 Historical Drama "UNBOUND"
	45 NHK News 845					50 Hello! NHK WORLD JAPAN(R)	45 News & Weather
19						55 News & Weather	

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21	00 News Watch 9 (B)					00 Saturday Watch 9 (B)	00 NHK Special	
	50							
22	00 The Fountain of Ancient Wisdom	00 Drama 10	00 History Detective	00 Songs of Our Generation	00 Document 72 Hours	00 Unsolved Cases	Premium Drama	
	45 Night Drama Serial				30 Somewhere Street			40 News & Weather
						50 Mini Program	45	
23	00 Late Night Show with Nitty and Gritty	00 Sleepless Night Talk with the Singer AI	00 Future Prediction Reflections	00 Tokoro-san's Pursuit of Truth (R)		00 Venue101	Journey of the Heart Across Japan-Goal!	
	30 News Commentary					30 PREMIUM SELECTIONS	45 Sunday Sports News	
	40 News & Weather							
	45 International News Report 2025 (Dual audio when available)							
0	30 Cooking for Beginners	30 Lifestyle Lab for The Prime Generation	30 Choices on How to Deal with Illness	30 Familiarization with Japanese Traditional Performing Arts	30 Samurai Drama Selections (R)	30	NHK Amateur Singing Contest (R)	
	35 Cooking for Beginners							
	40 Cooking for Beginners							
	45 Child-Rearing Hints & Tips	00 Child-Rearing Hints & Tips mini	05 Child-Rearing Hints & Tips mini	10 Ukiyoe EDO-LIFE(R)	13 Mini Program			
	15 Gretel's Magical Oven	15 Today's Cooking			15 My Gardening (R)			25 Songs for Everyone(R)
1	40 Japanese Narrative Art	40 Tanka Poetry	40 Haiku Poetry	40 Shogi Focus	40 Go Focus	30 Japanese Entertainment Encyclopedia	PREMIUM SELECTIONS	
	05 Mini Program					05		
	10 French in a Happy Mood	10 German in a Happy Mood	10 Spanish in a Happy Mood	10 Documentary on Popular Writers and Their Cats	10 NHK ACADEMIA	30 Go! Go! Cook R'n		
	30 Real-Life Travel English			35 Mini Program		30 Nyan-chu! Space! Broadcasting!		
2	45 Kid's Discovery(R)							
	00 With Mother (R)						00 What the Villains Have to Say	
	25 See, Learn, Explore-- A Deep Travelogue in Tohoku	25 Mini Program		25 Hello!NHK WORLD JAPAN(R)	25 Fun with Okinawa Dialects(R)	25 no art,no life(R)		
3	30 Drama Serial "The Ghost Writer's Wife" (R)						30 SCIENCE ZERO	
	45 Today's Close-up (R)			45 The "Instruction Manual" Show (R)	45 Unsolved Cases (R)	45 NHK Special (R)	00 Fish Masters	
	4	15 Tsurube's Salute to Families (R)	15 Song Concert (R)	15 Eat Up! The Ultimate Homemade Cooking Battle (R)	30 Where We Call Home (B)	35 Delicious Japan! (R)	35 Documentary: 20 Minutes (R)	30 Tokyo Local Information NETADORI! (R)

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5	00	Grand Sumo Tournament Highlights					00	MIX Bijutune! (R)
	10						10	Project X: The Challengers- New Beginnings (R)
	25	Recharge Your Knowledge with Children's News (R)	25 HIMU-BUS! - Pickup Bus Variety Show (R)	25 Asagaya House: Let's Enjoy the Differences (R)	25 Journeys in Japan (B)	25 NHK Regional Showcases		
	45						Ukiyoe EDO-LIFE(R)	
50	Hello! NHK WORLD JAPAN					52	Mini Program	
15	00	News & Weather					13:50~	PREMIUM SELECTIONS
	10	My Gardening	10 Ready-to-Use Tips and Tricks	10 Exciting New World	10 Asagaya House: Let's Enjoy the Differences	10 Chinese Navi	PREMIUM SELECTIONS	
	35					Kyoto's Hidamariya Garden Shop		
	40	Points at Issue			40 Mimicries-- Natural Science for Kids			
	50	Songs for Everyone(R)						
	55						00	
16 5 17	Grand Sumo Tournament (B)							
18	00	News(B)				00	News(B)	
	10	Fun with Japanese	10 Let's Enjoy English and Meets the World	10 MIX Bijutune!	10 City-Scope	10 Blue & Yellow	Tokoro-san's Pursuit of Truth	The Visualization Entertainment: Go! Kaneo-kun
	20	Peek-a-boo						
	35	With Mother					43	Nosy's Inspiring Atelier
4	3:45~	Today's Close-up (R)			3:45~ The "Instruction Manual" Show (R)	3:45~ Unsolved Cases (R)	3:45~ NHK Special (R)	00 Fish Masters
	15	Tsurube's Salute to Families (R)	15 Song Concert (R)	15 Eat Up! The Ultimate Homemade Cooking Battle (R)	30 Where We Call Home (B)	35 Delicious Japan! (R)	35 Grand Sumo Tournament Highlights	

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