Japan Life Guide

Make Life in Japan More Enjoyable!
We Will Support Your Japan Life!

For 24 hours a day, NHK WORLD-JAPAN provides helpful information for foreigners living in Japan through TV, radio, and the internet.

From multilingual news programs to valuable information such as disaster prevention, cooking, travel, history, culture, and the Japanese language. We will support your everyday life in Japan.

**TV**

English news and programs are available on cable TV and IPTV. Check online to find out which channels are available!

**INTERNET**

Multilingual news programs are available on TV, radio, the internet, and smartphone app, which also provides disaster alerts with push notifications.

**RADIO**

NHK Radio 2 broadcasts news in English, Chinese, Portuguese, Vietnamese, and other languages.

Download the App!

iPhone
iPad
Android
STEP1: Communication

Let's Begin with Greetings!

It's always a good idea to introduce yourself in Japanese to people you meet in the neighborhood, at school, or work. Use these simple phrases.

Remember these!

はじめまして
Hajimemashite.

Nice to meet you.

This is a greeting you can use when first meeting someone.

With a bright smile!

____ といいます。
____ to iimasu.

My name is ____.

Make sure to say your name as clearly as possible.

watashi

私は____ です。
Watashi wa ____ desu.

I am ____.

Talking about what you do for work or study at school can keep the conversation going.

____ から来ました。
____ kara kimashita.

I'm from ____.

In the blank, say the name of the country or city where you come from.

よろしくお願いします。
Yoroshiku onegai shimasu.

Nice to meet you.

Bow and greet the person with this phrase, meaning "I'm looking forward to knowing you."

Advice from our Living in Japan guest, Chiara Terzuolo.

Your neighbors can be reliable friends.

Once you’ve moved in, buy a small present for the neighbors and introduce yourself.

This booklet introduces contents available on NHK WORLD-JAPAN’s VOD (video on demand) service.

Find out more from the QR codes on each page!
STEP1: Communication

Simple and Easy Japanese Phrases

Once you're comfortable with greetings, try adding some variety to your Japanese with these phrases.

どれが一番おすすめですか？
Dore ga ichiban osusume desuka?
Which would you recommend?

写真を撮ってもいいですか？
Shashin o tottemo ii desuka?
Can I take a picture?

Have Fun Learning!

Easy Japanese
[20 Languages]
This time-tested program helps you master simple expressions to use right away. Kanji lessons and lifestyle tips are included too. On TV, radio, and the web, Easy Japanese gets you talking.

Learn Japanese from the News
[English / Chinese / Vietnamese]
Our new TV program helps you learn about Japan and the Japanese language through simple and easy Japanese news.

Learn Japanese
Find out more helpful contents to study Japanese on Learn Japanese portal site!

NIPPON Trivia Q1
How do you say "Goodbye" in Japanese?
STEP1: Communication

Japanese for the Workplace

What do you say when you're uncertain about a decision during a business negotiation?

Your client tried to negotiate a bargain during the meeting unexpectedly. What do you say to the client when you cannot give them an immediate answer?

この件は、いったん持ち帰らせていたけすでしょうか。
Kono ken wa, ittan mochikaerasete itadakemasu deshoo ka.
Could I get back to you on this after discussing it at my company?

Here's a handy phrase in Japanese, meaning "I can't decide on my own. I will return to my office and ask a superior. Then I will contact you again."

Learn from Realistic Situations

Easy Japanese for Work
[English / Chinese / Vietnamese / Portuguese / Burmese]

Accelerate your Japanese language skills! Learn practical, effective workplace expressions, understand business culture and improve your kanji.

NIPPON Trivia A1 Sayonara.
STEP1: Communication

Tips for Enjoying Life in Japan

Remember to keep your antenna tuned to the "kuuki (atmosphere)."
For most of us, verbalization is vital in everyday life. But in Japan, it's easy to get confused as non-verbalization is a big part of the culture.
For example, if you are late or make a mistake, your boss might say, "ii yo (it's okay)," but take their words as they are, and you may be getting scolded a few months later "laughs".
In meetings, watch carefully where your colleagues are seating. And pay attention for silence in a conversation—that could be a bad sign.
Either way, kuuki is not easy to read in Japan "laughs". Japanese people are generally friendly and like to teach, so questions are welcome!
If you don't know what to say, try this,"kuuki ga yomenai no de oshiete kudasai (I can't read the vibes, so please teach me)." You may find that's a great way to connect with others.

Ruth Marie Jarman
A business consultant connecting Japan to the world. She has lived in Japan for more than 30 years and has been featured in various works like Living in Japan and Easy Japanese for Work.

Japan Life Hacks and Tips!

Living in Japan
[English / Chinese / Vietnamese / Portuguese]
This must-have program gives you guidance on issues that arise every day. You can rely on the advice because it comes from experienced "senpai".

NIPPON Trivia Q2
What do Japanese people use to sign documents?
Let's Make a Bento Box!

A colorful bento box is an excellent source of daily energy. Here, you'll find some simple and healthy recipes from *BENTO EXPO*.

**MISO-BUTTER SALMON BENTO**

**Instructions**

1. Mix miso paste, butter, and a pinch of sugar together.
2. Spread the mix across the salmon fillets.
3. Saute cabbage, onions, carrots, and other vegetables of your choice.
4. Place the salmon over the sauteed vegetables and pour a bit of sake.
5. Cover and steam for 6 minutes.

This recipe is based on a regional dish from Hokkaido consisting of salmon and other fish seasoned with miso and steamed over grilled vegetables. It's nutritious and can be prepared in a single pot. In the program, culinary researcher Mark Matsumoto demonstrates how to make the dish.

**More Bento Box Recipes!**

[BENTO EXPO](English / Chinese / Portuguese / Vietnamese / Thai / Indonesian / Spanish)

Bento connects the world! Discover a universe of bento from Japan and around the world, with step-by-step instructions and delicious tips and tricks!

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*NIPPON Trivia A2*  They use inkan (official stamps).
STEP2: Japanese Cooking

Japanese Food Basics: Dashi and Umami

How to make "dashi"

1. Prepare 10 grams of kombu and bonito flakes per liter of water.

2. Pour water into a pot, put the kombu in, and turn on the stove. Take out the kombu before the water starts to boil.

3. Add bonito flakes and let it simmer for 60 seconds. Remove the bonito flakes, and you've just made some dashi! Whisk in some miso paste and add other ingredients of your choice. When the miso has fully dissolved, turn off the heat. Enjoy your miso soup!

Advice from home cook YUCa, a guest on Living in Japan

People often view dashi making as a complicated process, but it's pretty simple. All you need is a pot, water, kombu, and dried bonito flakes!

Learn about Japanese Cuisine

Trails to Oishii Tokyo
[English / Chinese / Portuguese / French / Spanish / Thai]

The show focuses on Japanese food available at Tokyo's food market where every kind of fresh food is gathered from around the country.

Dining with the Chef
[English / Spanish]

Traditional techniques and resourceful recipes! Chefs Saito and Rika, present their unique approaches to cooking delicious Japanese food.

NIPPON Trivia Q3 What is the main ingredient in miso?
STEP3: Disaster Preparedness

A Sudden Shake! Protect Yourself from Earthquakes

Earthquakes come unexpectedly. Don't panic. Protect your head and body, and turn off your gas stove. Turn on the TV, radio, or check the internet for the latest information and follow evacuation instructions issued by national and local governments.

1 Protect your head and body

2 Learn more from the news

3 Check evacuation information

If you feel you are in danger, please do not hesitate to evacuate. (In the case of heavy rain or floods, see P13)
NHK WORLD-JAPAN provides multilingual news and information about disasters on TV, radio, the web, and the smartphone app. Confirm the situation and ensure your safety.

**STEP3: Disaster Preparedness**

**What's Happening Right Now? Gather Information**

Multilingual website that offers information on COVID-19, earthquakes, typhoons, heavy rain, snow, and more.

**Multilingual Portal: Japan LIFE & BOSAI**

[English / Japanese / Arabic / Bengali / Burmese / Chinese / French / Hindi / Indonesian / Korean / Persian / Portuguese / Russian / Spanish / Swahili / Thai / Turkish / Ukrainian / Urdu / Vietnamese] (as of March 2024)

Multilingual website that offers information on COVID-19, earthquakes, typhoons, heavy rain, snow, and more.

**NIPPON Trivia Q4**

What does "震度 (shindo)" mean on the news?
STEP3: Disaster Preparedness

4 Preparations to Make

Disasters can and will happen at any moment. Keep that in mind when you make preparations.

1 Check evacuation sites and shelters

[Evacuation Sites]
Parks, grounds, etc. are temporary evacuation sites during a disaster.

[Shelters]
You can take shelter at places like schools, community centers, etc. when you’re unable to stay home during a disaster.

2 Carry a copy of your ID

Passport
ID card
Paper copy
USB memory stick
Digital copy to smartphones
3 Keep a stockpile of water, food, and emergency supplies

- Water
- Biscuits
- Instant noodles
- Nuts or Dried fruits
- Radio
- Batteries & Chargers
- Flashlight
- Emergency Kit

Stockpile food and drinks on a "rolling stock" basis, using older items first and then buying new ones to replace them.

4 Japan's evacuation scale for heavy rain, floods, and landslide.

5-Level Warning System

<table>
<thead>
<tr>
<th>Alert Level</th>
<th>Action to take</th>
<th>Guidance from local government</th>
<th>Weather alerts from JMA</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Secure safety immediately</td>
<td>Emergency warning</td>
<td></td>
</tr>
</tbody>
</table>

**DO NOT WAIT FOR LEVEL 5 TO EVACUATE**

<table>
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<th>Weather alerts from JMA</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>All must evacuate</td>
<td>Evacuation order</td>
<td>Landslide alert info. etc.</td>
</tr>
<tr>
<td>3</td>
<td>Elderly people must evacuate</td>
<td>Evacuation info.</td>
<td>Rain / flood / storm surge warnings etc.</td>
</tr>
<tr>
<td>2</td>
<td>Check evacuation procedures</td>
<td>—</td>
<td>Rain / flood / storm surge advisories etc.</td>
</tr>
<tr>
<td>1</td>
<td>Check latest info.</td>
<td>—</td>
<td>—</td>
</tr>
</tbody>
</table>
From sumo tournaments to TV dramas, J-POP, and local travelogues, NHK WORLD-JAPAN is a great way to learn more about the Japan you have yet to discover.

**KIDS Edutainment**
[English]
Utilizing the archives of NHK’s quality educational programs broadcast in Japan. Strengthen services for foreign residents and overseas viewers.

**Dive in Tokyo**
[English / Chinese / Thai / French / Bengali / Urdu]
Navigators will delve into the history of Tokyo using cityscapes and old maps to convey the hidden charms of the city.

**GRAND SUMO Highlights**
[English]
The show features all top-division bouts from the Grand Sumo Tournament for sumo fans around the globe.

**Japanology Plus**
[English / Chinese / Hindi / Portuguese / Spanish / Thai / Vietnamese]
Valuable insights into Japanese life and culture with Peter Barakan.

**Journeys in Japan**
[English / Chinese / Spanish / Thai / Vietnamese]
English-speaking visitors travel the length of Japan rarely found in guidebooks.

**Where We Call Home**
[English / Chinese / Thai / Urdu / Ukranian]
A glimpse into the lives of the people from around the globe who put down roots in Japan.

**Chatroom Japan**
[English]
A program that invites international residents in Japan to share their thoughts and views about Japan. In linkage with a website, the highs, lows, and concerns about living in Japan are addressed through fresh eyes.
**STEP 4: Enjoy Japan**

Plan your next trip in Japan with Japan Navigator

From food to fun activities, an interactive map feature on our website allows you to explore all the things Japan has to offer through our video programs.

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**Things to Do**

Select what you want to do from the list below.

<table>
<thead>
<tr>
<th>All</th>
<th>Japanese Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Festivals</td>
<td>Cherry Blossoms</td>
</tr>
<tr>
<td>Cycling</td>
<td>Trains</td>
</tr>
<tr>
<td>Onsen</td>
<td>Castles</td>
</tr>
<tr>
<td>Outdoor Activities</td>
<td>Arts &amp; Crafts</td>
</tr>
<tr>
<td>Temples &amp; Shrines</td>
<td>Ramen</td>
</tr>
</tbody>
</table>

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**2 ways to use Japan Navigator**

Select a topic under “Things to Do” and see where you can go to experience it.

Select a region to explore what you can do in each of the 47 prefectures.
Emergency Memo

Nearest Shelter/Evacuation Site

Emergency Contact

Emergency Japanese

回避/hinan evacuation  避難所/hinanjo emergency shelter
回避場所/hinanbasho evacuation site  けが/kega injury
どこ?/Doko? Where? 救急車/kyukyusha ambulance

Supported by viewers

NHK is Japan’s sole public broadcaster established under the 1950 Broadcast Law of Japan. Under this law, NHK must be operated based on fees levied fairly on all viewers. Every owner of a television set, regardless of nationality, is required to enter a broadcast receiving contract with NHK, and to pay a receiving fee.

Please contact our team at

0120-151515 (toll-free)

to create or update your broadcast receiving contract if you:

• buy a TV set for the first time
• set up your TV for satellite broadcasting
• no longer own a TV set, or
• plan to change/have changed residence

NHK WORLD–JAPAN is the international service of Japan's public media organization, NHK.