

# Japan Life Guide



## Make Life in Japan More Enjoyable!



# NHK WORLD-JAPAN



## 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 programming 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 information with push notifications.



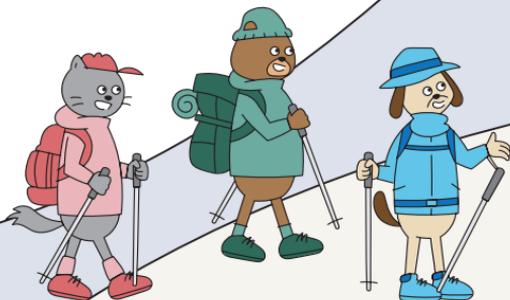
### RADIO

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

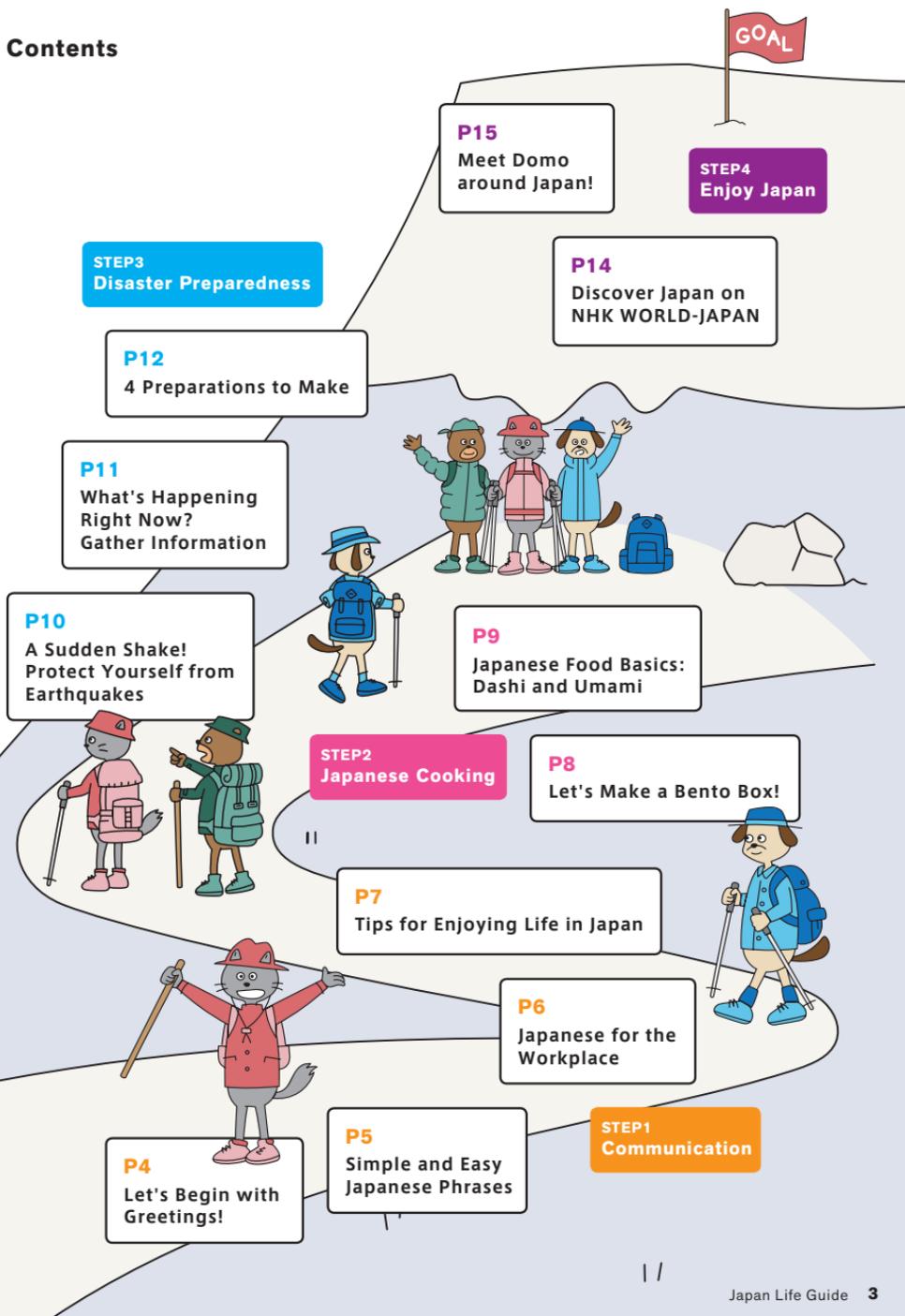
### Download the App!



iPhone/iPad  
Android



# Contents



## 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.

**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.

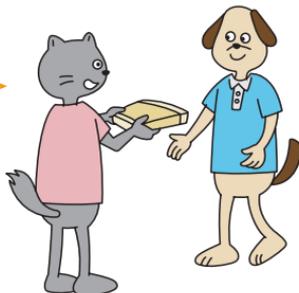
**Nice to meet you.**

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 (from P7).**

Your neighbors can be reliable friends. Once you've moved in, buy a small present for the neighbors and introduce yourself.

This booklet introduces content 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?



Remember these!

## Have Fun Learning!



### Easy Japanese

[19 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]

Our new TV program helps you learn about Japan and the Japanese language through simple and easy Japanese news.

Level up!



### 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だけますでしょうか。**

*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 / Vietnamese / Chinese / 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



### 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*.

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.

## 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?

## STEP2: Japanese Cooking

# 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 sautéed vegetables and pour a bit of sake.
5. Cover and steam for 6 minutes.



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

## More Bento Box Recipes!



### BENTO EXPO

[English / Chinese / Portuguese / Vietnamese / Thai / Indonesian]

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!



NIPPON Trivia A2 They use inkan (official stamps).

## STEP2: Japanese Cooking

Let's make miso soup!

# Japanese Food Basics: Dashi and Umami



Bonito flakes



## 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 / Russian / Vietnamese]

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 access 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)



### STEP3: Disaster Preparedness

# What's Happening Right Now? Gather Information



NHK WORLD-JAPAN provides multilingual news and information about disasters on TV, radio, the web, and a smartphone app. Confirm the situation and ensure your safety.

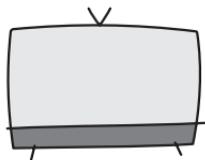


English sub-audio service is available on NHK's main channel.



Official Home Page & App

Facebook  
Twitter  
YouTube  
Instagram



TV



INTERNET



RADIO

Set up earthquake and tsunami push notifications!



### "Links for Multilingual News & BOSAI Info"

[English / Japanese / Arabic / Bengali / Burmese / Chinese / French / Hindi / Indonesian / Korean / Farsi / Portuguese / Russian / Spanish / Swahili / Thai / Turkish / Ukrainian / Urdu / Vietnamese] (as of April 2022)

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?

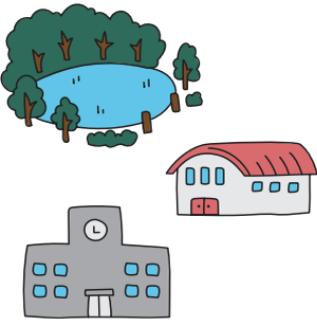
STEP3: Disaster Preparedness

# 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

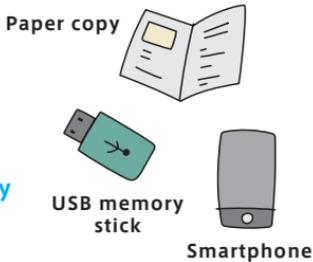


**[Evacuation Sites]**  
Parks, grounds, etc. are temporary evacuation sites during a disaster.



**[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



NIPPON Trivia A4 "震度(shindo)" is a scale of the earthquake's shaking intensity.

## 3 Keep a stockpile of water, food, and emergency supplies

- Water
- Biscuits
- Instant noodles
- Nuts, dried fruits
- Radio
- Batteries, chargers
- Flashlight
- Emergency supplies

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

Alert Level	Action to take	Guidance from local government	Weather alerts from JMA
<b>5</b>	Secure safety immediately		Emergency warning
<b>DO NOT WAIT FOR LEVEL 5 TO EVACUATE</b>			
<b>4</b>	All must evacuate	Evacuation order	Landslide alert info. etc.
<b>3</b>	Elderly people must evacuate	Evacuation info.	Rain / flood / storm surge warnings etc.
<b>2</b>	Check evacuation procedures	—	Rain / flood / storm surge advisories etc.
<b>1</b>	Check latest info.	—	—



# Discover Japan on NHK WORLD-JAPAN

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.



## NHK Drama Showcase

[English]

Watch the latest J-dramas, which offers everything from romance, comedy, and sci-fi to gritty shows.



## SONGS OF TOKYO

[English / Chinese / French / Indonesian / Spanish / Thai / Vietnamese]

SONGS OF TOKYO brings you the latest from the Japanese music scene.



## GRAND SUMO Highlights

[English]

The show features all top-division bouts from of the Grand Sumo Tournament for sumo fans around the globe.



## Japanology Plus

[English / Chinese / Indonesian / Portuguese / Spanish / Vietnamese]

Valuable insights into Japanese life and culture with Peter Barakan.



## Train Cruise

[English / Burmese / Chinese / Thai / Vietnamese / Portuguese]

Enjoy an amazing diversity of nature and scenery, exploring both well-known and hidden Japan.



## Where We Call Home

[English / Bengalese / Chinese / Vietnamese / Portuguese / Urdu / Hindi]

A glimpse into the lives of the people from around the globe who put down roots in Japan.



## Journeys in Japan

[English / Korean / Chinese / Thai / Vietnamese / Indonesian / Spanish / Portuguese]

English-speaking visitors travel the length of Japan rarely found in guidebooks.

STEP4: Enjoy Japan



Check!

# Meet Domo around Japan!

How many do you know?

Domo is an official character of NHK.

<input type="checkbox"/>  Hokkaido	<input type="checkbox"/>  Aomori	<input type="checkbox"/>  Iwate	<input type="checkbox"/>  Miyagi	<input type="checkbox"/>  Akita	<input type="checkbox"/>  Yamagata
<input type="checkbox"/>  Fukushima	<input type="checkbox"/>  Ibaraki	<input type="checkbox"/>  Tochigi	<input type="checkbox"/>  Gunma	<input type="checkbox"/>  Saitama	<input type="checkbox"/>  Chiba
<input type="checkbox"/>  Tokyo	<input type="checkbox"/>  Kanagawa	<input type="checkbox"/>  Niigata	<input type="checkbox"/>  Toyama	<input type="checkbox"/>  Ishikawa	<input type="checkbox"/>  Fukui
<input type="checkbox"/>  Yamanashi	<input type="checkbox"/>  Nagano	<input type="checkbox"/>  Gifu	<input type="checkbox"/>  Shizuoka	<input type="checkbox"/>  Aichi	<input type="checkbox"/>  Mie
<input type="checkbox"/>  Shiga	<input type="checkbox"/>  Kyoto	<input type="checkbox"/>  Osaka	<input type="checkbox"/>  Hyogo	<input type="checkbox"/>  Nara	<input type="checkbox"/>  Wakayama
<input type="checkbox"/>  Tottori	<input type="checkbox"/>  Shimane	<input type="checkbox"/>  Okayama	<input type="checkbox"/>  Hiroshima	<input type="checkbox"/>  Yamaguchi	<input type="checkbox"/>  Tokushima
<input type="checkbox"/>  Kagawa	<input type="checkbox"/>  Ehime	<input type="checkbox"/>  Kochi	<input type="checkbox"/>  Fukuoka	<input type="checkbox"/>  Saga	<input type="checkbox"/>  Nagasaki
<input type="checkbox"/>  Kumamoto	<input type="checkbox"/>  Oita	<input type="checkbox"/>  Miyazaki	<input type="checkbox"/>  Kagoshima	<input type="checkbox"/>  Okinawa	<input type="checkbox"/> 

# Emergency Memo

Nearest Shelter/Evacuation Site

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Emergency Contact

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## Emergency Japanese

ひなん 避難/hinan evacuation ひなんじょ 避難所/hinanjo emergency shelter

ひなん ばしょ 避難場所/hinanbashi evacuation site けが/kega injury

どこ?/Doko? Where? きゅうきゅうしゃ 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



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