

JAPAN VIDEO TOPICS

	Title/ Length	Description
September 2020 No.1	Mogami Beni - Color of Mystery 4'32"	
	Omakase - The Art of Trust 4'32"	
	The Furure of Entertainment Ai Brings Back the "God of Manga" 4'44"	
	Endlessly Useful - Tenugui Towels 4'17"	
December 2019 No.4	The Lucky Cat 4'31"	
	Recolution in Bone Regeneration 4'14"	
	Working Out to the Radio 4'10"	
	Restoring a Region's Symbol Kumamoto Castle 4'32"	
October 2019 No. 3	Peaches From Fukushima 4'15"	
	Fireworks - Traditional Skills in a modern Entertainment 4'23"	
	Innovative Underground Cycle Parking 4'34"	
	Sunset over Izumo 4'22"	
August 2019 No. 2	Yokohama - A City and its Sea 4'38"	
	Sanuki Kagari Temari - Embroidered Hand Balls 4'23"	
	Japanese Engineering for the Gold 4'27"	
	Ekiben - Boxed Lunches for Train Travel 4'28"	
June 2019 No.1	Manga - Unleashing Your Inner Artist 4'11"	
	A Paper Revolution 4'22"	
	Osaka's Newest Art Scene 4'19"	
	Karate 4'27"	
November 2018 No.4	Dainichido Bugaku - A 1300 year old Dance Tradition 4'43"	
	Cute Smartphone Trends 3'49"	
	A Special Eye for Quality at Toyosu Fish Market 4'17"	
	Wooden Buildings That Won't Burn 4'04"	

February 2019 No.5	Enjoying the Autumn Colours 4'37"	
	Arimatsu Shibori Tie-Dyeing 4'44"	
	Staying on Shodoshima Island - An Inviting Labyrinth 4'24"	
	Ultra-Small Water Power Generator 4'41"	
November 2018 No.4	Scanning History's Secrets 5'49"	
	Hidden Flavour in Japanese Cuisine 4'01"	
	A Renaissance in Silk 4'27"	
	Karuta - A Japanese Card Game 4'26"	
October 2018 No.3	Life with Virtual Companions 4'42"	
	The Goldfish Lanterns of Yanai 4'31"	
	"Washi" Masking Tape 4'23"	
	High-Tech Textiles Fight Fatigue 4'08"	
August 2018 No.2	Japan Points the way to Better Safety 4'16"	
	Japan's Most Faithful Dogs - The Akita Inu 4'17"	
	Iizuka City and Wheelchair Tennis From Rehab to World Sport 4'27"	
	Japanese Ultra- Precision Spring Technology 4'38"	
June 2018 No.1 DVD	Wagashi as Performance - From Artisan to Artist 3'20"	
	Never Too Old - Seniors Master Digital Technology 4'42"	
	Kamaishi's New Alloy Cobalion Transforming the Biomedical World 4'11"	
	Runners on Patrol - Keeping Suburban Streets Safe 3'44"	
March 2018 No.6 DVD	Medals with Memories - Olympic and Paralympic Games Tokyo 2020 4'19"	
	A Feast for the Eyes - Sushi Rolls for Celebrating 4'19"	
	The way of the Ninja - An Art for Living 4'28"	

	Clean Energy in Snowy Niseko 4'22"	
	Kumamoto's Blue Bags - A Symbol of Resilience 4'33"	
January 2018 No. 5 DVD	Ichida kaki - the sweet taste of dried persimmons 4'44"	
	Welcome to the World of Cosplay 4'40"	
	New Life for an Old Wisteria 4'27"	
December 2017 No.4 DVD	Jikabuki - 300 Years of Amateur Theater 5'00"	More than 300 high-speed Shinkansen trains are in service in a single day. The inside of the Shinkansen cars are meticulously clean. It is the cleaning team that makes this possible. A Shinkansen's average stop time is 12 minutes. It takes five minutes for passengers to get on and off. Once all the passengers have gotten off, there is only seven minutes to completely finish cleaning the cars and taking out the garbage. Here we show how the Shinkansen cars are cleaned, which is attracting attention from overseas as the seven-minute miracle.
	Learning about Life with Robots 4'51"	We use condiments and dressings every day during meals. A lot of thought is put into the containers that hold them. There is a cap that can be easily opened using little force, even by the elderly. A food package has also been developed that retains the freshness of soy sauce, and is easy to use. Japanese food containers continue to be innovated to make them easier to open, easier to use, and make what they hold more delicious.
	Yuru Sports - A Laid-back Approach 4'35"	The B-1 Grand Prix event gathers together groups from around Japan that conduct community PR activities to revitalize their towns through cooking and serving local specialties. The group Towada Barayaki Seminar from the town of Towada in Aomori Prefecture won second place in the 2013 B-1 Grand Prix. High school students work together with the adult members of this group in activities to build excitement for their town. We take a closer look at what they are doing.
	Your Face is Your ID 4'07"	Pacific saury have long been known to be attracted to light at night. Now the fishing methods used to catch Pacific saury are undergoing dramatic change. Fishermen are switching to blue-green LED lights from the conventional fishing method of using incandescent lights. The blue-green LED lights reduce energy consumption and improve the efficiency of the fishermen's work. In addition, LED lights allow the Pacific saury to be caught without damaging their scales. The fishing industry revolution led by LED lights has only just begun.
2013/2014 No 5 DVD Format	A Seven- Minute Miracle! The Shinkansen Cleaning Theatre 3'25"	This sport is called Sports Chanbara, or spochan for short. Created about 40 years ago in Japan, Spochan is a safe sport where competitors use equipment filled with air. Matches are held with participants wearing padded helmets and using swords of various lengths. Competitors face off against others with swords of the same length. A win is scored when a sword touches any part of the opponent's body. The Sports Chanbara Association is seeking to increase its popularity internationally with the aim of ultimately making it an official Olympic sport.
	Becoming more useful: innovation food containers 3'35"	Each day the people of Japan use a pair of stick-shaped implements known as hashi, or chopsticks to eat. Chopsticks are also used in other countries of Asia, but it is thought that Japan is one of the only places where only chopsticks are used when eating. Accompanying the growing global interest in Japanese cuisine, more and more people around the world are taking an interest in chopsticks from Japan. This is all the more reason why it is important for the people of Japan to learn about chopsticks and how to use them correctly.
	High School Students' Challenge! 3'45"	Japanese farmers do most work by hand. Many farmers are of advanced age, however, and this work can be gruelling. To solve this problem, devices have been designed to make the work of farmers easier. This is a powered suit designed for agricultural work. These suits are capable of holding a farmer's arm in a fixed position or lifting heavy items with half the amount of power normally required. These powered suits have been developed with cutting-edge technology to ease the lives of farmers in Japan. If they find traction and spread around the world they can surely do the same for farmers everywhere.
	LED Fishing Lights: Revolutionising the fishing industry 3'57"	This is Ise Jingu, located in Ise City, Mie Prefecture. This shrine, with its distinguished history, has long been visited by many people over the centuries. Every 20 years, the shrine pavilion is rebuilt, the contents moved to or recreated in the new structure. This practice is called Shikinen Sengu and has taken place for the past 1300 years. One objective behind this is to pass on traditional shrine carpentry knowhow to future generations. The kigumi construction technique does not use nails. This process helps to transmit traditional Japanese construction techniques to future generations to ensure that this wisdom accrued over 1300 years will be carried on into the future
2013/2014 No 4 DVD Format	What is Spochan? 3'30"	Japanese gardens express nature using seasonal colors from planted trees, rocks, and ponds. They are a leading symbol of Japanese culture. Eleventh-generation gardener Jihei Ogawa from Kyoto is one of the Japanese Landscape Gardeners who performs the planning, maintenance, and carries on the ancient tradition of landscape gardening, as well as teaching the techniques he has learned to the next generation. It is the daily maintenance that produces a feeling of comfort similar to being in nature, and gives Japanese Landscape Gardens their universally appealing beauty.
	Chopstick culture in Japan 3'23"	Japanese towns feature many unique cafés and bars that are distinctly Japanese. A cat café on a busy downtown street. People come here who cannot keep cats. At a sewing machine café, people come who want to make various clothing using a sewing machine. People gather at train bars who like trains. Japan's cafés and bars are sure to continue evolving as people's interests diversify.

	Powered suits helping farmers 3'56"	The Japanese Crested Ibis. Its scientific name is <i>Nipponia nippon</i> . This bird holds a special place in the hearts of Japanese people. However, this bird went extinct in Japan. Efforts are underway to bring the Japanese Crested Ibis back. The Japanese Crested Ibis is being brought back in Sado City, located on an island in the Sea of Japan. This Japanese Crested Ibis Conservation Center breeds and protects the birds. Furthermore it trains them to live in the wild, and then releases them. Currently, as of 2013 there are about 80 Japanese Crested Ibises living in the wild.
	Ise Jingu Shikenen Sengu Reconstructing Tradition 3'43"	In Japan, the land of the robot, development of robots that focus on communication is advancing in a number of ways. There are robots that take part in experiments in conversation with an astronaut on a spacecraft, robots that connect hospitals and homes, and robots that communicate with the elderly at facility homes. With their potential to increase communication among others, expectations are rising for the benefits of communication robots.
2013/2014 No 3 DVD Format	Landscape Gardener 3'54"	In Japan you can find a new type of transport in between the motorcycle and the compact car, the Ultra-Lightweight Vehicle. Ultra-Lightweight Vehicles are powered by electricity, and as such are environmentally friendly. What's more they are easy to drive, and it's hoped that more people will use them for local transport. Various companies now use them to make door-to-door deliveries, and even public housing corporations can use them while they perform their everyday duties, and it is hoped that this environmentally friendly car will be in use more in the near future.
	Getting Together! The Latest Cafes and Bars 3'25"	Tatami mats have been used in Japanese houses since the days of old. The surface of the tatami mat is made by carefully weaving together rush grass much of which is grown in Yatsushiro city in Kyushu. Rush grass gives off a pleasant aroma, which freshens the air, and covers the smell of sweat and unpleasant odours. Japanese people eat, relax and even sleep on tatami mats. Life lived on tatami mats was born from the knowledge of how to live in the hot and humid country of Japan.
	The Japanese Crested Ibis Starting Over from Zero 3'58"	Out of the four main islands that comprise the Japanese archipelago, the farthest south is Kyushu, where sightseeing trains are gaining popularity. The countryside can be enjoyed by peering out of the large glass windows in the car up front, and there is even a play area for children that's been built. There's also another kind of train where Jazz is played, and a bar counter has been set up. The attraction of travelling via these new sightseeing trains is the fun time spent riding on the trains itself.
	Communication Robots 3'23"	Sushi. A traditional Japanese food. Because no oil is used during its preparation, it is a low calorie, healthy food that has become known worldwide. It used to take many years to become a sushi chef, but now there is a private academy where the technique of sushi can be learned in a short period of time. Many young students who wish to work overseas at sushi restaurants come to the school. Through sushi, this traditional Japanese cuisine, Japan's culture is spreading throughout the world, and helping to promote mutual understanding worldwide.
2013/2014 No 2 DVD Format	Ultra-Lightweight Vehicle 3'37"	Japan's capital city of Tokyo. It has one of the best records for safety in the world. Supporting this is the Koban, or Japanese Police Box, an installation where the police officers not only work from to protect their cities and towns but where they also sometimes live. The Koban has a history of over 130 years, and they can be found anywhere in the country. The trusted police officers of Japan work to keep the peace as well as provide other essential services and ensure that life in Japan is safe and harmonious.
	Tatami and the Japanese Lifestyle 3'26"	Japan, a country with many earthquakes. To help limit the damage, researchers in Japan are taking action. By placing a large-scale monitoring system on the ocean floor, and using a supercomputer to create simulations with the data that is gathered, researchers can find the safest ways to evacuate in an emergency. Japan is on the forefront of developing technology to limit damage, and save lives when disasters strike.
	Sightseeing Train 3'43"	Dome-shaped hydroponic farms have appeared in farmland areas that were damaged during the tsunami of 2011. With a computer controlling the climate conditions, just a small amount of land and minimal water, hydroponic farms allow farmers to grow fresh vegetables all year round. These farms also provide needed work for those who lost their homes and farms to the devastation. Hydroponic farms are drawing attention from around the world!
	Sushi Academy 3'36"	Mt. Fuji. This World Cultural Heritage site is a symbol of Japan. One getaway spot where you can view this breathtaking mountain is Hakone. Just an hour and a half from Tokyo by car or train, this historical city is a popular destination for tourists. Hakone is located in a volcanic region, as such you'll find plenty of hot springs here. Hotels featuring their own private hot springs where travellers can relax line the streets. Hakone a relaxing getaway, just a stone's throw from Tokyo, where you can enjoy the many faces of beautiful Mt. Fuji.
2013/2014 No 1 DVD Format	Koban (Japanese police box) 3'36"	The traditional start of spring is marked by the <i>mame-maki</i> custom of throwing beans to drive away evil spirits. There are special events to pray for good health in children, and of course the custom of partying under the cherry blossoms – symbols of spring. We also see farmers start the rice planting, and the traditional ceremonies that accompany it.
	Tsunami Simulation Helping Limit Damage 3'31"	The star festival of Tanabata is widely celebrated in early July. Now the rains have passed and sunny skies are here, the Japanese head for the beach. There are fireworks displays and many summer festivals such as the lively <i>bon odori</i> . We also see some traditional methods for bringing a little coolness into the hottest part of their summer.
	Hydroponic Farming 4'03"	As cool weather returns, the famously beautiful autumn harvest moon brings with it its own traditions and ceremonies. Then the forested mountains begin to turn red and gold. It's the season for chrysanthemum festivals, the traditional children's festival of Shichigosan, and of course every region has its own unique harvest thanksgiving events.
	Hakone a relaxing retreat 3'21"	In winter, you can enjoy events like the November markets selling <i>kumade</i> traditional lucky charms, spectacular street illuminations in the major cities, and skiing and snowboarding on the snow-covered mountains. New Year customs include eating special food, ringing temple bells, and decorating the house with traditional symbols.
2012/2013 No 6 DVD Format Seasonal Traditions in Japan	Spring 3'57"	Japanese children must attend elementary school from age six to age 12. We see a typical school day, with pupils learning core subjects like Japanese language, math, science and social studies in their homeroom classroom, and then moving to dedicated rooms to study music, crafts or home economics. The distinctive Japanese approaches to school meals, cleaning and school club activities are also shown.

	Summer 3'42"	Japan's elementary schools provide school lunches, and everyone eats from the same menu. Children from each class are assigned the task of bringing food from the kitchen and serving it. This unique system is not only valued for providing correct nutrition – it is designed to teach children the importance of a balanced, healthy diet, and to introduce them to different culinary traditions from other Japanese regions and from all over the world.
	Autumn 3'18"	Events held throughout the elementary school year to deepen and round out pupils' educations include day visits to interesting local places and longer trips to further regions. The annual sports day is a major occasion, as are traditional cultural events like brush calligraphy contests. And all schools hold regular drills to prepare their pupils to react safely in case of emergencies like earthquakes or fires.
	Winter 4'09"	The Japanese school year starts from April, and there is a long mid-year vacation in the heat of the summer from late July to the end of August. We see how pupils are encouraged to take the opportunity of this long summer break not only for leisure, but also for special studies, sports and other training that is better done independently out of class times.
2012/2013 No 5 DVD Format Elementary School Life in Japan	The School Day 4'11"	Idol group AKB48, now extending their fame to the world stage through performances in Paris, New York, Singapore and elsewhere, began - and still perform every day - in Akihabara, an area of Tokyo that's home to many dynamic youth subcultures like anime and manga. On the other side of the metropolis, Harajuku is the center for Tokyo's thriving street fashion scene and many small design houses whose Japanese brands regularly become international hits. Tokyo has a very long history of setting trends domestically, and its influence on world trends continues to grow.
	School Meals 3'33"	Opened on May 22, 2012, the 634 meters tall Tokyo Sky Tree is the world's highest free-standing communications tower. The tower's observation decks are hugely popular with people who come to enjoy the combination of this ultra-modern structure and the old-world atmosphere of the surrounding commercial downtown area with its many traditional shops. This new landmark promises to spur a revival of the old downtown, attracting visitors to this area and its unique, historically vibrant culture.
	School Events 4'17"	The image of Tokyo is of a giant metropolis dominated by towering skyscrapers, but this huge city also takes pride in its world-class sports facilities, ranging from enormous athletics stadiums to football grounds, gymnasiums, swimming pools and martial arts dojos. Tokyo hosts many annual international events in a wide variety of sports, and even the great earthquake and tsunami of March 2011 did not interrupt the regular flow of world athletes eager to show off their skills here. It's not just the quality of the facilities that draws athletes and sports fans from around the world - packed with tourist attractions, Tokyo is a great place to experience Japanese culture.
	Summer Vacation 4'07"	Fresh foodstuffs from all over Japan are readily available in Tokyo, and this is also a wonderful place to discover the nation's huge variety of regional cuisines. You don't need to travel to the farthest parts of these islands to try rare local delicacies or cooking styles - there's sure to be a specialist restaurant serving them somewhere in Tokyo. International cuisine is also readily available - part of Tokyo's charm is the ease with which you can dine on dishes from any part of the globe. All of Asia's famous cuisines are well represented, of course, but food from places as far off as Latin America and Africa is easy to find.
2012/2013 No 4 DVD Format Tokyo	Trendsetting Tokyo 3'45"	World famous as sports, <i>judo</i> , <i>kendo</i> and <i>karate</i> are some of the Japanese martial-based arts known as <i>budo</i> . Developed from the mental and spiritual training systems used by the samurai, <i>budo</i> aims to perfect the character through constant training in technique, and to focus and unify the mind, practitioners will often sit in meditation before training sessions. The spirit of <i>budo</i> is developed by simultaneously training one's mind, technique and physical strength.
	Tokyo's Latest Landmark 4'43"	Japan's national sport of <i>sumo</i> originated from ancient Shinto religious rites to ensure good harvests. <i>Sumo</i> wrestlers attempt to unbalance their opponent for a power technique, even in the sudden opening clash of bodies. <i>Judo</i> , where the opponent's own force is used to throw him, allows small people to defeat larger ones – the soft overcoming the hard. <i>Aikido</i> , based on defensive techniques, interprets an opponent's strength, movements and intentions to lead and reverse an attack back. In <i>karate</i> one learns to fight by practicing set patterns of attack and defence called <i>kata</i> .
	Tokyo- City of Sports 3'53"	The <i>budo</i> arts that maintain the samurai warrior spirit and martial techniques also preserve many unique weapons, implements and equipment. For example, there's the bamboo sword called <i>shinai</i> used in <i>kendo</i> , and the traditional bamboo bows and 3-feathered arrows of <i>kyudo</i> . These traditional implements and equipment are essential in the various forms of <i>budo</i> to help focus the practitioner's concentration and strengthen the power of the will.
	Gourmet Tokyo 3'35"	<i>Budo</i> continues to have a profound influence on Japanese life. Considered an excellent form of character training for children, classes in a <i>budo</i> art such as <i>sumo</i> , <i>kendo</i> or <i>judo</i> are compulsory in Japanese schools. <i>Budo</i> techniques originally developed to revive and treat injuries in combat are now valued and widely used in regular clinics. At festivals throughout Japan, <i>budo</i> displays often play a central role. Offering far more than just sophisticated fighting techniques, the spirit and heart of <i>budo</i> is alive and well today.
2012/2013 No 3 DVD Format Budo	The Spirit of Budo 4'40"	About one hour by train from Tokyo, Kamakura came to prominence 800 years ago as the capital of the first samurai government. Today it's a popular tourist destination, welcoming over 19 million visitors every year. Set in a unique geographical location, Kamakura forms a showcase of samurai culture with its numerous and magnificent temples, shrines and historical remains. Two of Kamakura's most famous attractions are Tsurugaoka Hachimangu Shrine and the Daibutsu Great Buddha statue.
	Budo Techniques and Power 5'10"	During the 10,000 years of the Jomon Period, starting about 12,000 years ago, the people of the Japanese islands gave up their nomadic lifestyle to live in fixed settlements. Instead of farming or breeding livestock, the Jomon people lived by hunting, fishing and gathering nuts and fruits. They made pottery and ornaments and ceremonially buried their dead. Of the many Jomon sites in the Tohoku region the most famous are Goshono (Iwate), the Oyu Stone Circles (Akita) and Sannai-Maruyama (Aomori).
	Traditional Budo Equipment 3'26"	The subtropical islands of Okinawa Prefecture attract over five million tourists a year with their sparkling seas, vibrant local culture, and many historical remains, now a World Heritage. There's the magnificent 15th century Shuri Castle, the royal palace of the Ryukyu Kingdom. Unique Okinawan castles with beautifully curved stone walls. And mysterious sacred groves, naturally formed in the forests and rocks. The World Heritage Sites of Okinawa are a living legacy of this region's rich history and cultural traditions.

	Budo Today 2'54"	With its distinctive symmetrical outline, Japan's highest peak is surrounded by magnificently varied scenery. In the summer season, around 300,000 climbers scale Mount Fuji. The mountain was venerated as a holy place since ancient times, and the summit is considered especially sacred. Mount Fuji has profoundly influenced much Japanese art and culture, used as the theme of many prints and paintings, for example. The timeless beauty of this towering peak never fails to stir the hearts of all who see it.
2012/2013 No 2 DVD Format A glimpse of Japan's Cultural Heritage	Kamakura- Home of Samurai Culture 5'10"	
	Jomon Archaeological Sites in Tohoku 4'45"	
	Okinawa World Heritage 4'11"	
	Mt Fuji, Japan's Sacred Mountain 4'27"	
Tohoku Selection DVD format	1. Miyagi- Where the Samurai Spirit Lingers 5'40"	
	2. Lacquer Reborn 3'24"	Japan is making rapid progress with environmentally-friendly urban development, notably by expanding use of renewable energy. In the Tohoku region, hard struck by the 2011 disaster, such initiatives include the construction of large scale solar power generation facilities, plans for local energy independence and urban developments designed to minimize energy consumption. Eco-friendly urban development is slated to play a major role in the reconstruction of the Tohoku region.
	3. Hiraizumi- Glories of Long Ago 4'40"	Geothermal is a long utilized source of renewable energy in Japan, a land of volcanoes and therefore abundant geothermal resources. Japan leads the world in geothermal technology, producing about 80% of all geothermal generating equipment. In this video, we see both advanced geothermal power plants and private enterprise initiatives to exploit this resource at the local level. Renewed focus on the importance of this energy resource is driving Japan's current enhanced development of geothermal power.
	4. Nanbu-tekki Cast Ironware 3'51"	Learning from its long experience in coping with natural disasters, Japan is implementing a wide range of initiatives aimed at disaster prevention and reduction. These include the early earthquake warning system of the Japan Meteorological Agency and the seismic detection systems of the Shinkansen and other railway networks. Technology such as base-isolated construction and airlift systems are making buildings more resistant to earth tremors, and we also see high tech robots for rescue work at disaster sites.
	5. Lakes of Many Colors 3'44"	Stretching for 600 kilometers along the Pacific coastline of the Tohoku region, Sanriku is one of Japan's most scenic areas. An enormous range of plant and animal life flourishes in this beautiful natural ecosystem, but Sanriku was hard hit by the great disaster of 2011. As part of the post-disaster reconstruction, there are now plans to designate the entire Sanriku area as one huge national park in order to revive a region where humankind and nature have long lived in harmony. The unique nature of this area is helping the regional reconstruction effort.
2012/2013 No 1 DVD Format	1. Tohoku's Eco- friendly Reconstruction 4'03"	Hagi, in Yamaguchi Prefecture, is an historic city set among beautiful scenery, containing many fascinating relics and reminders of the key role it played in Japan's 19th century modernization. Hagi's major attraction for visitors, though, is its camellias. Over 25,000 camellia trees grow in a natural hillside forest, and the simple beauty of these blossom-covered trees is an irresistible magnet for the flower-loving Japanese.
	2. Geothermal Energy in Japan 3'45"	Arita, in Saga Prefecture, was where Japanese ceramics began, about 400 years ago. Arita ware is made in many variations, from simple blue and white pieces hand colored using the <i>sometsuke</i> process, to gorgeously colored, richly ornamented items. Arita also produces the world-famous style known as Kakiemon. From a shrine gateway tiled in porcelain to walls of old kiln bricks, a visitor will see reminders of Arita's proud past everywhere.
	3. Pioneering Disaster Technology 5'09"	In Japan's modern water-purification facilities, leading-edge technology converts seawater into drinking water. The secret is ultra-thin membranes wound in many layers. These Japanese developed membranes are finer than any other, able to block 99.8 percent of all viruses, chemicals, organisms and even ions. Supplying 70% of membranes used in water treatment plants worldwide, Japanese technology is helping to solve the global water shortage.
	4. New National Park for Sanriku 3'36"	Producing a powerful sound that resonates throughout the whole body, <i>wadaiko</i> drums have been an important part of Japanese culture since ancient times. A mainstay of traditional Japanese music, <i>wadaiko</i> are also sacred instruments in Shinto and Buddhism. Today, the <i>wadaiko</i> is known worldwide thanks to a number of famous professional groups who are interpreting this traditional instrument in fresh and unique ways.
2011/2012 No 9 DVD Format	1. The Camellias of Hagi 3'22"	An oasis of green deep in the heart of the Tokyo megalopolis. The Meiji Jingu Shrine, located near the fashion districts of Omotesando and Harajuku, has over 170,000 trees in its 700,000 square meter grounds. These woods, originally planted by hand, have grown into a natural forest environment. A wonderful spot to relax among greenery, it's popular with tourists as well as Tokyo locals, and with five nearby stations couldn't be easier to get to.
	2. Arita Porcelain 4'22"	In this traditional street stall skill, the artist works swiftly, squeezing, stretching, twisting and cutting the candy with bare hands before it cools and hardens. In just three minutes, a tiny, lifelike – and edible – sculpture is born. It takes many years of practice to become a good <i>amezaiku</i> artist, able to craft any shape a customer orders – even recognizable portraits. Young and old love to watch them at work, before enjoying the resulting candy.

	3. Leading- Edge Desalination Technology 4'06"	Japan is home to some of the most advanced infrared and ultrasonic sensor technology, producing 70% of the world's sensors. Sensors play a vital role in energy-saving, preventing waste in everything from escalators to microwaves. Used in automatic taps, they reduce wasted water too. Now often combined with other technologies, sensors continue to evolve and change our world, and Japanese technology leads the way.
	4. Wadaiko Drumming 3'23"	Kyo Yuzen is a famous traditional kimono dyeing technique from Kyoto. It is notable for the beauty of the elaborate and colorful scenes from nature, often of flowers and birds, that are used to decorate the kimono fabric. This method requires a great many processes to complete a single piece, each being done by a separate specialist artisan. With a history of over 300 years, Kyo Yuzen is as popular as ever today
2011/2012 No 8 DVD Format	1. Meiji Jingu- A Tokyo Oasis 3'56"	The mountain village of Gokayama lies in a region of heavy snows. To counter this, a special kind of thatched roof design developed here. Gokayama was made a World Heritage Site because of the beauty of this <i>gassho-zukuri</i> architecture, and its perfect preserved view of old Japan. The village is also famous for traditional folk arts, including dance, handicrafts, unique musical instruments and some of Japan's oldest folk music.
	2. Amezaiku Candy Sculpture 4'50"	A whole style of cooking, very popular in Japan, uses a base of batter cooked on an iron griddle. The best known of these dishes is <i>okonomiyaki</i> , in which a batter mix made from flour and <i>dashi</i> stock is cooked together with vegetables, meat or fish and then given a coating of thick sauce. 500 years ago it was a simple recipe – today many different ingredients are used. Other delicious dishes in this style are <i>monjayaki</i> and <i>takoyaki</i> .
	3. Saving Energy with Sensors 4'34"	Japan leads the world in cutting-edge carbon fiber technology, and has developed reinforced fibers so strong that they can now be used to construct every part of an aircraft, tail, wings and fuselage. Because these materials are lighter as well as stronger than metal, flight distances can be 1.3 times greater. High-quality Japanese carbon fiber now accounts for 70% of world production, and demand continues to increase.
	4. Kyo Yuzen Kimono Dyeing 4'20"	Since ancient times, the Japanese have been fond of lacquer, especially for furniture and eating utensils. Many of these items are gorgeously decorated using a unique Japanese technique for applying gold dust called <i>maki-e</i> . By using dust rather than foil, the designs can be painted on the lacquer in much finer detail. The beauty of <i>maki-e</i> is widely admired, although it takes many years for an artisan to master this skill.
2011/2012 No 7 DVD format	1. Gokayama's thatched farmhouses 5'00"	The city of Niihama in Ehime Prefecture developed along with the Besshi Copper Mine, which played a significant role in 19th-century Japan's industrialization, and which today is an industrial city with many chemicals and machinery factories. Every year in October, the city holds the Niihama Taiko Festival, a magnificently spectacular event with a long tradition and history behind it.
	2. Another taste of Japan 3'23"	The Japanese enjoy an enormous variety of food products that use rice as their raw material. There are <i>mochi</i> rice cakes and <i>dango</i> dumplings, and recently even rice bread. But perhaps the oldest and best loved of rice snacks are the crackers known as <i>senbei</i> . These crisp, crunchy crackers are traditionally round and flavored with soy sauce, but they are also made in many other shapes and flavors.
	3. Stronger and lighter than steel 3'30"	Japan has many unique technologies for mixing and processing synthetic resins. Ears, arms, fingers and other prosthetic body parts are made ultra-lifelike using multiple types of resin, while innovative methods for resin mixing and coloring produce the realistic model dishes displayed outside restaurants. There is a worldwide demand for the high quality products made using these unique technologies, which can even create resins harder than steel. They can also combine durability with crystal clear transparency, and most large aquarium tanks worldwide are Japanese-made.
	4. Maki-e- Gold on lacquer 4'51"	The history of Bunraku began when a traditional performing art called Joruri, where the story was told through chanting and shamisen music, was enhanced by the addition of puppets. Bunraku is unique among the puppet theaters of the world in that each puppet is controlled by a team of three puppeteers, a method that produces an amazingly lifelike effect. Bunraku remains popular with modern audiences, and is listed by UNESCO as an Intangible Cultural Heritage, along with Japan's other theatrical traditions of Kabuki and Noh.
2011/2012 No 6 DVD Format	1. Niihama Taiko Festival 4'50"	Solar power is widely and increasingly used in Japan in power stations and public facilities, and its advanced technology has given Japan an almost 25% world share in solar generating equipment. High energy conversion solar panel systems are installed on many private homes, and new household-use, high-capacity lithium storage batteries now allow energy generated in daytime to power homes at night. Semi-transparent solar panels provide illumination as well as generating power, eliminating a common problem of overhead panels blocking sunlight. New panels use lenses to multiply solar power conversion efficiency three to four times. Japanese research continues to improve solar technology, lowering costs and increasing generating capacity.
	2. Japanese Rice Snacks 3'56"	Sited at the heart of Japan, the beautiful coast of the Ise-Shima peninsula is a famous tourist destination, attracting 10 million visitors every year. Over 80% of them come to visit the 1,800-year old Ise Jingu, Japan's most important Shinto Shrine. Through all those centuries, believers never ceased to travel from all over the nation to Ise to give thanks to the <i>kami</i> , or deities, enshrined here. The Ise-Shima coast is also famous for its abundant marine life, and this area was the birthplace of the world's cultured pearl industry. You can still see the traditional women divers, who gather shellfish from the sea bed using no breathing equipment.
	3. Shaping our world with plastics 3'42"	Japanese stationery products are known the world over for their ingenious design and for their practicality. For example, scissors fitted with a special cap to make them safer to handle, and an environmentally-friendly stapler that doesn't actually use staples. Very popular among collectors is the vast range of erasers that are perfect replicas – just 3 cm in size – of animals, foods and almost any object you could imagine. Such ideas could only be born in Japan, with its long tradition of meticulous miniature craftsmanship. At the other end of the scale, we also see cutting-edge high-tech stationery such as a ball point pen using ink that can be erased using only friction.
	4. The puppet art of Bunraku 4'44"	Ukiyoe is a genre of Japanese popular art dating back to the late 17th century that mostly depicts scenes from daily life or seasonal motifs. Whether hand painted or woodblock printed, ukiyoe is distinguished by bold, dramatic designs and vibrant colors. These prints are known and loved worldwide, and right from the start had a deep influence on artists in many countries. Ukiyoe prints are made by a sophisticated work-sharing process in which each print passes through the hands of three highly skilled artisans: an artist, a woodcarver and a printer.

2011/2012 No 5 DVD format	1. Solar Power in Japan 3'50"	Held in Sendai, the biggest city of the Tohoku region, the Tohoku Rokkon Sai is an event showcasing the region's six most famous festivals. This region was the area worst hit by the Great East Japan Earthquake of March, 2011, and the new event was planned to revive the spirits of the people, help them overcome the effects of the disaster, and show the rest of Japan and the world that Tohoku is as exciting and dynamic as ever. The featured festivals are Nebuta (Aomori), Kanto (Akita), Sansa (Morioka), Hanagasa (Yamagata), Waraji (Fukushima), and Tanabata (Sendai).
	2. Ise-Shima- Ancient Shrines and Pearls 5'20"	With a history going back over 800 years, this is one of the great summer events in Tohoku's Fukushima Prefecture, and one of the most famous of Japan's Gion festivals. The daytime part includes a parade of about 30 women dressed in gorgeous bridal kimonos carrying traditional offerings to the local shrine. At night, there is a parade of huge floats that stop at various points to act as stages for kabuki performances. The kabuki actors are children, and each time the floats move on, children from the audience ride along, chanting encouragement to the teams of haulers
	3. Stationary moves with the times 4'48"	Each year in early August, a festival of Tohoku regional performing arts is held in Kitakami, Iwate Prefecture. The whole town becomes a stage for a wide variety of traditional dances from all over the region, performed in Kitakami's shrines, department stores, plazas and parks. About 120 groups took part in the festival this year, held in the aftermath of the disaster that devastated this region. Lively performances were provided by dancers from Tohoku and beyond, including groups from towns and villages destroyed by the earthquake and tsunami.
	4. The Ukiyoe Tradition 4'49"	This festival was started after the second world war to pray for divine protection and inspiration as the people of the region struggled through the post-war reconstruction period. Deities from the two hilltop Shiogama and Shiwahiko Shrines are carried in procession in two <i>mikoshi</i> portable shrines to the harbor. Each <i>mikoshi</i> is then placed on its own special ship which sails around scenic Matsushima Bay, accompanied by dozens of fishing boats. The festival takes on a special significance this year, as the region once again faces the difficult task of reconstruction.
2011/ 2012 No 4 DVD format	1. A Festival of Festivals Tohoku Rokkon Sai 4'21"	Located in a fertile plain by the Kitakamigawa River, Hiraizumi became the political and cultural center of the Tohoku region in the 11th and 12th centuries, after the end of a period of civil war. The unique culture of its golden age was fostered by the ruling Oshu Fujiwara clan, who ordered the construction of many temples and gardens embodying the Buddhist concept of the Pure Land paradise. Many of these 12 century masterpieces have survived to this day, most notably Chuson-ji Temple with its Golden Hall and Motsu-ji Temple with its famous Pure Land garden. Magnificent representations of this Buddhist Pure Land concept, the gardens and temples of Hiraizumi are now a World Heritage site.
	2. 800 Years of Tradition Aizu Tajima Gion Festival 4'12"	The small city of Shirakawa, in Fukushima, is home to some of the world's most advanced aluminum processing plants. One of these produces the world's most precise aluminum tubing using its own specialist drawing technology. The plant makes its own dies to draw the raw stock aluminum tube and achieve an incredible, almost distortion free precision of 1/100 mm. These finished tubes are used to manufacture precision parts such as camera lens rings and high-speed train doors. The tubes are the key to an Antarctic scientific drilling project now bringing up 800,000-year old ice samples from depths of over 3000 m in order to study climate change. These Fukushima plants have bounced back from the recent disaster and continue to keep global industry supplied with irreplaceable specialist parts.
	3. Showcasing Tohoku Dance Kitakami Michinoku Geino Festival 3'43"	Sendai City in Miyagi, one of the areas of Tohoku hard hit by the Great East Japan Earthquake, is home to a famous craft tradition with a history going back over one hundred years. This is the craft of making Sendai Tansu chests. Made from especially beautiful and durable wood, these chests are treated with a complex lacquering process that allows the grain to shine through, and decorated with fine ironwork fittings. Some of these artisans lost their tools and workshops in the tsunami but, typical of the resilient people of this region, they have overcome the disaster and work on, powered by a determination to keep their family craft traditions alive for future generations.
	4. Festival on Matsushima Bay Shiogama Minato Festival 4'23"	The huge earthquake that devastated the Tohoku Region in March seriously affected the auto industry, which relies on many specialist component manufacturing plants located in this part of Japan. Most recovered rapidly and are now back in production, including a small manufacturer of extremely precise metal dies. This technology, with a product reject rate of less than 1%, is used to manufacture the high accuracy components required by automakers around the world. The expressway system, depended on by manufacturers for distribution, also recovered quickly - Japan's road engineers had 90% of the stricken highways open for traffic again just 13 days after the earthquake. The speedy response depended on knowhow and techniques employed and polished every day by the specialists who keep society's systems and lifelines running.
2011/ 2012 No 3 DVD format	1. Hiraizumi- Once Again a Beacon of Hope 4'41"	Takachiho, a small town in the mountains of northern Miyazaki, is the legendary home of some of Japan's most ancient myths. The landscape around Takachiho is filled with sacred spots, the best known being Gokase-gawa Gorge, a mysteriously beautiful ravine of sheer volcanic cliffs cutting through deep forest. Performed in Takachiho for over 800 years, the Kagura dance portrays the stories of the old gods, backed by the music of traditional drums and flutes.
	2. Fukushima's World leading Aluminium Technology 4'04"	<i>Zori</i> and <i>geta</i> are two traditional kinds of Japanese footwear that are still popular and widely worn today. Since they don't enclose or restrict the feet, these sandals keep feet healthy and free from perspiration and various ailments like corns. Both styles are made in a wide variety of materials and designs, and <i>geta</i> in particular are often crafted by artisans and beautifully decorated using traditional methods such as lacquer and gold ornamentation.
	3. The Magnificent Wooden Chests of Sendai 5'15"	In a recent new fashion style, young Japanese are remaking and redesigning store-bought clothing to reflect their own personal tastes and to project an image that's unique to each wearer. They use both purpose-made decorations and accessories and any everyday objects that happen to seize their fancy, sewing or sticking them to store-bought garments. Limited only by your imagination, it's an inexpensive and easy way to transform your appearance with clothes that are absolutely one of a kind.
	4. Keeping the Auto Industry on the Road 5'05"	Many of the electronic components at the heart of modern appliances are developed in Japan, and one of the most essential uses technology inspired by a traditional handicraft. Japanese companies have the world top share in ceramic capacitors thanks to a technique from Kiyomizu-yaki, a centuries-old Kyoto ceramic tradition. We also see how traditional methods for making ultra-thin decorative gold foil have made printed circuit board manufacture more efficient.

2011/ 2012 No 2 DVD format	1. Takachiho- Land of Legends 4'45"	<i>bentobako</i> , the special containers for carrying these meals, also play a significant role in Japanese culture. Historically, they were made of wood, often lacquered. Today, <i>bentobako</i> are made <i>Bento</i> (meals cooked and packed for convenient carrying) are an old tradition in Japan. And e in a variety of materials and in a huge range of designs aimed at offering greater functionality. A blend of traditional wisdom and ingenious technology, <i>bentobako</i> ensure that meals stay fresh and delicious, even after being carried for long periods.
	2. Walking on Wood 4'03"	Leading edge micro-technology is now widely used in the medical field, and many innovative developments are coming from small Japanese factories. These include the world's thinnest hypodermic needle (0.2mm) and ultra-compact medical light bulbs just 5mm across. Thanks to the vastly increased power of recently developed Japanese microscopes, surgeons are now able to operate on blood vessels as thin as 0.5mm. And robots just one millionth of a mm long allow researchers to study even single cells.
	3. Flea Markets for Fun 4'06"	In a recent new fashion style, young Japanese are remaking and redesigning store-bought clothing to reflect their own personal tastes and to project an image that's unique to each wearer. They use both purpose-made decorations and accessories and any everyday objects that happen to seize their fancy, sewing or sticking them to store-bought garments. Limited only by your imagination, it's an inexpensive and easy way to transform your appearance with clothes that are absolutely one of a kind.
	4. Technology Inspired by Tradition 4'25"	The island of Miyajima lies in the Seto Inland Sea, near Hiroshima. The entire wooded island, 30 kilometers around, stands as a shrine symbolizing reverence for nature. The 1,400-year old shrine is built over the water and seems to float against a backdrop of green mountain. Each April over 400 Noh performers gather here from all over Japan for a special sacred event. The sense that they are performing in the midst of nature is especially intense at high tide, when the sea rises almost to the level of the shrine's Noh stage.
2011/ 2012 No 1 DVD format	1. The Colorful World of Bentobako 4'17"	The entrance to the Izu Peninsula is an easy one hour train ride from Tokyo. Tourists flock here for Izu's year-round mild climate, magnificent coastline and famous hot springs. The most popular destinations are the spots where many flowers bloom simultaneously in February – you can see plum, camellia, cherry, daffodil and rape blossoms. Plum and cherry blossoms flower earlier here than anywhere else in Japan, and early spring on the Izu coast is a picturesque sight.
	2. Miniaturizing Medicine 4'35"	<i>Ojiya chijimi</i> is a woven fabric that has been produced in Ojima, in Niigata Prefecture, for about 350 years. In this snowy area, weavers discovered that they could bleach their fabric to a distinctive hue by laying it out on the winter snow. They use a local variety of hemp called <i>choma</i> which is very absorbent and dries quickly. In combination with a special crimping technique to produce linen crepe, this makes a comfortable fabric that's ideal for summer kimonos. Hand woven on unique looms, these fabrics also feature very beautiful patterns.
	3. Experimenting with Fashion 3'58"	Japan's home moving companies provide a service that's unrivaled for reliability and comprehensiveness. You don't need to make any preparations at all – from packing to unpacking, the movers will handle it all. Special packing materials protect fragile items like crockery, and prevent creases in clothing. Everything is unpacked at your new home and placed precisely where you're used to having it – you simply resume life with no interruption. This service is so complete that they even clean your home before they leave.
	4. Miyajima- Island Shrine to Nature 4'05"	Hina-Ningyo are dolls are dressed in the gorgeous costumes of Japan's 11th century court nobility. It's an ancient belief in Japan that dolls can absorb evil and misfortune, and in the Hina Matsuri (March 3rd) dolls are displayed to pray for young girls' health. Hina-Ningyo dolls come in many varieties, all with individual, distinctive faces. At the top of the stepped display sit emperor and empress dolls, backed by a gold or richly decorated screen. The number of steps varies, but a fine seven-step display has 15 dolls, including three court ladies and five musicians.
2010/ 2011 No 9 DVD format	1. Izu- Paradise of Flowers 4'02"	Japan's high-speed rail network began in 1964 with the launch of the Shinkansen Bullet Train, at the time the world's fastest. The network now has over 2,000 km of track and links all the nation's regions. The trains too have continued to evolve, becoming faster, more comfortable and quieter. The latest in this evolution is the Hayabusa, a new design that debuted on the Tohoku Shinkansen route in March, 2011, with a maximum operating speed of 320 km/h.
	2. Snow and Hemp in Ojiya 3'49"	Matsue City in Shimane Prefecture grew up around the castle built in 1611, and it still retains much of the look of that old period. Rivers and waterways crisscross the city, giving it much of its beauty, and a riverboat tour is by far the best way to enjoy the sights of old Matsue. Boats operate all year round, with old-style charcoal heaters to ward off the winter chill. Another popular boat tour is on Lake Shinji, to the west of the city, to watch the spectacular sunsets.
	3. Leave it all to the Movers 3'58"	In Japan, highly advanced, computerized technology carries eggs from hen to shop. At the processing plant, eggs are first cleaned and externally sterilized with boiling ozonated water. Then come a series of computer controlled inspections for surface dirt, shell cracks and internal defects. Computerized conveyor belt systems clean, check and package about 120,000 eggs per hour with such high levels of hygiene that it's always safe to eat Japanese eggs uncooked.
	4. Hina-Ningyo Dolls 4'14"	<i>Origata</i> is a traditional art of folding Japanese <i>washi</i> paper to wrap gifts and make decorations for ceremonial events. The essence of this art is to show respect and consideration for the recipient of the gift, so the paper is always folded for easy opening and arranged to indicate what its contents are. Many levels of meaning can be expressed through this artistic folding of white sheets of paper, and <i>origata</i> is a tradition that's alive and well in Japan today.
2010/ 2011 No 8 DVD format	1. Japan's high speed rail system 5'22"	Small red <i>azuki</i> beans are often eaten in Japan on auspicious occasions. They are mixed with sticky rice to form <i>sekihan</i> , eaten in <i>miso</i> soup, and boiled with sugar to make <i>anko</i> bean paste. As the base material of <i>wagashi</i> Japanese confectionery, <i>anko</i> adds protein and fiber to an enormous range of beautiful looking, healthy sweets. This little red bean is found at the heart of many uniquely Japanese dishes and confectioneries.
	2. Matsue- the water city 4'09"	Of all traditional Japanese lacquerware, that made in Wajima City, Ishikawa, is famous for its special combination of fine decoration with the strength to endure many years of use. Over 20 different processes go into the making of a single piece, each handled by its own specialist artisan. Unique techniques for reinforcement and for delicate golf leaf and powder ornamentation are the hallmarks of a lacquer tradition much loved both for its beauty and its practicality.

	3. Speedy and safe-Japan's egg technology 3'04"	One of Kyoto's best-known tourist spots, this area of picturesque scenery, ancient shrines and temples is transformed each December by nighttime illuminations. The beauty of Togetsukyo Bridge and the bamboo forest walk become even more magical, lit by electricity generated hydraulically from the river and from solar panels. Streets lined with <i>andon</i> lanterns also feature ikebana flower displays, while illuminated temple buildings and gardens shine magnificently among the surrounding darkness. It's a time of year when the nights of this scenic area are just as entrancing as the days.
	4. Artful gift wrapping 3'32"	The Hakone Yosegi-zaiku marquetry craft tradition, featuring complex geometrical patterns formed using the natural colors of different types of wood, began about 200 years ago in Hakone, a forested area containing many tree species. Several types of wood are cut and glued into a solid block so that a pattern runs all the way through it. Thin veneers shaved off this block are used to decorate products ranging from jewelry cases to chests and trays. Hakone Yosegi-zaiku ware is also famous for intricate secret puzzle boxes.
	5. Azuki- the versatile little red bean 3'32"	Autumn is chrysanthemum season in Japan, and flower shows are held all over the country, where you can see an enormous variety of displays, from plants with giant blossoms over 20 cm across to huge cascades with up to 2,000 blossoms all growing on the same stem. The Japanese have been refining their chrysanthemum growing skills for almost 200 years, and today techniques like night time greenhouse lighting can control flower growth so that hundreds or even thousands of flowers will bloom at exactly the same time.
2010/ 2011 No 7 DVD format	1. Wajima-nuri lacquer ware 4'22"	The area of Urabandai, on the northern side of Mt. Bandai in Fukushima Prefecture, has over 300 lakes and ponds. By late October, the forests covering the lakesides and mountain slopes begin to change color in a beautiful, many-hued spectacle. The most unique sight is the group of lakes called Goshiki-numa, each lake having its own distinctive color. These mysterious lakes are even more magnificent in autumn, when they reflect the red and gold leaves.
	2. Lighting up the night in Arashiyama 3'36"	In virtually every home throughout Japan, you can safely drink the water straight from the tap. The water supply technology that ensures this is globally among the best, and the Tokyo water system is renowned for having by far the world's lowest rate of leakage from its pipes. Japan's water supply is made so efficient by a combination of highly advanced water treatment, superior leakage detection techniques and a highly effective management system.
	3. Fine marquetry from Hakone 3'52"	<i>Kanzashi</i> are ornaments used by Japanese women to fasten their hair when wearing kimono. First becoming widely popular in the late 17th century, the designs and techniques for making them have since undergone centuries of refinement. The most complex and colorful type, known as <i>tsumami kanzashi</i> , uses tiny folded squares of very thin silk to create flowers and other natural designs portraying Japanese seasonal themes. This beautiful and highly developed craft continues to flourish today.
	4. A cascade of chrysanthemums 3'23"	Karatsu Kunchi is the autumn festival of Karatsu Shrine, held annually from November 2nd to 4th in Karatsu City, Saga Prefecture. At the center of the festival are 14 large gorgeously lacquered and decorated floats. Works of great artistic value, these floats were all hand-crafted between 1819 and 1876. The festival, a thanksgiving for both harvests and business success, features processions snaking through the streets with teams of townspeople heroically hauling their 2-ton floats, sometimes at considerable speed.
2010/ 2011 No 6 DVD format	1. Lakes of Many Colors 3'44"	Rice is the staple food of the Japanese, and it's prepared in many ways, including the easily portable style known as <i>onigiri</i> . The Japonica variety of rice grown in Japan becomes sticky and soft when cooked, making it ideal for shaping by hand into <i>onigiri</i> . Long-lasting and delicious, <i>onigiri</i> comes in many flavors and is very popular for eating at lunch or carrying on picnics.
	2. Safe Water from Every Tap 3'47"	<i>Inden</i> is a world-renowned type of luxury leather ware developed in Yamanashi Prefecture in the 17th century. It is mostly used to make items like bags and wallets. There are three <i>Inden</i> techniques: <i>Urushi-tsuke</i> , <i>Sarasa</i> and <i>Fusube</i> . In the <i>Urushi-tsuke</i> technique, lacquered designs are applied to dyed deerskin. Its special feature is the way the lacquer pattern stands out in relief. <i>Sarasa</i> is a technique for applying multiple colors and complex patterns. The <i>Fusube</i> technique creates patterns by smoking. The deerskin is stretched over a special rotating drum, and the designs are created by winding string around it. Recently, beautiful new designs are being created by combining these techniques and other methods.
	3. Tsumami Kanzashi Hair Ornaments 3'07"	Initiatives aimed at environmental issues are progressing in many countries, and among these, several kinds of eco-car have been developed. Now, Japan's major automakers are launching a constant stream of electric-powered vehicles. Technology developed by Japanese enterprises such as better batteries is making a major contribution. This video introduces the electric cars and scooters now being widely adopted in Japan, and which are seen as the next generation of transportation.
	4. Karatsu Kunchi Festival 3'57"	The Owara Kaze no Bon Festival is a folk music and dance event that takes place every year from September 1st to 3rd in Yatsuo-machi, Toyama City, Toyama Prefecture. It is said to have begun 300 years ago. The male dancers wear <i>happi</i> coats, while the females wear <i>yukata</i> with black sashes and braided straw hats. Since this is a festival to pray for good harvests, the dances represent farming activities. The attraction of this festival is the sight of the slow, elegant dance as it passes through the streets of this old town, accompanied by the Owara Bushi folk music which is characterized by the distinctive tones of the <i>kokyū</i> , a traditional bowed instrument.
2010/ 2011 No 5 DVD format	1. Onigiri- rice to go 3'23"	Almost 80 percent of all dinosaur fossils discovered in Japan have been found in the area around Katsuyama City, in Fukui Prefecture, a highly scenic area that shows the remains of volcanic activity and ancient geological upheavals. Dinosaur fossils unique to Fukui are displayed in the Fukui Prefectural Dinosaur Museum along with many other exhibits, ranging from over 40 impressive reconstructed dinosaur skeletons to the exactly preserved remains of a <i>Camarasaurus</i> - a specimen of world-class importance. The museum also has a huge animated robot <i>Tyrannosaurus Rex</i> . Another local attraction is the nearby park, where visitors can search for fossils in the rocks.
	2. When lacquer meets deerskin 3'55"	At the center of Tokyo, the three adjoining districts of Otemachi, Marunouchi and Yurakucho form the cultural and economic heart of Japan and are now the site of a major initiative in sustainable urban redevelopment. The redevelopment project has included measures such as centralized area heating and cooling systems to save energy and reduce carbon dioxide emissions, routes designed to control air temperatures by guiding cooling winds through the area, and street surfaces that retain water. This ongoing experiment is creating a green city where economic activity can thrive in harmony with a healthy environment.

	3. Electric vehicles hit the street 3'40"	The fine quality granite known as <i>Aji-ishi</i> has been mined in the area around Takamatsu City in Kagawa prefecture for about 1,000 years. When <i>Aji-ishi</i> is polished it takes on a beautiful glaze, revealing a surface covered with a unique pattern of dark and light spots. As hard as quartz and difficult to work, it can however be carved with fine details without fear of chipping or breaking. The many properties of <i>Aji-ishi</i> have made it popular with modern interior designers. Each summer, Takamatsu's traditional stonemasons compete to create the best design of stone lantern, crafted from <i>Aji-ishi</i> . Known as <i>Ishiakari</i> , about 200 of these lanterns light up the night along a 1-km stretch of city street.
	4. Owara Kaze no bon fest 4'05"	Japanese anime and manga often show robot heroes helping and rescuing humans. Advances in technology are making this dream a reality, with robot nursing assistants able to lift the heaviest bedridden person and cuddly robot animals that provide interactive therapy. Most impressive of all is the robot suit HAL. When sensors on the wearer's skin pick up nerve signals to muscles, HAL's motors provide the power to move or assist the intended limb. A full HAL suit provides extra lifting power for care givers, while partial suits can make effective training aids to help recover function in specific limbs
2010/2011 No 4 DVD format	1. The dinosaurs of Katsuyama 3'42"	Kumiko latticework is a craft tradition that became established in the 17th century, when craftsmen were brought together from all over Japan to decorate the shogun's great mausoleum at the Toshogu Shrine in Nikko. Ideas and techniques shared during this project formed the basis for the distinctive look that the craft would develop in later centuries - complex geometric patterns, often imitating nature, created from lattices of thin wooden sections. These are sawn or planed to an incredible precision of 1/100mm, so that they will fit firmly together without any nails or adhesive
	2. Tokyo's new green heart 5'00"	Rich in protein, soybeans have been an important source of nutrition for the Japanese since ancient times. Grown in many colors, shapes and sizes, these beans are used in an wide variety of products, the most famous being tofu, a highly nutritious food introduced to Japan from China at the start of the 8th century. The Japanese went on to develop their own distinctive styles of tofu, and now use it as the base for many dishes. Soybeans can be eaten fresh or cooked, processed into soy sauce, flour or miso, or even fermented in straw to produce sticky, flavorful natto, prized for its many health benefits.
	3. Ishiaki: stone lanterns 4'06"	Toyohashi City in Aichi holds a unique festival each July. The 400-year old Gion Festival centers around a firework display, but instead of the usual rockets these are long sections of specially cut bamboo trunk, wound with straw rope for extra strength, and packed with gunpowder material. The young men of the city hold these bamboo cylinders barehanded as they shoot pillars of fire into the sky. Flames can be 10m high, raining fiery sparks on the holders, and hundreds of fireworks are set off during the three hour festival. Traditionally a rite of passage from young adults, it's still a stirring test of courage.
2010/2011 No 3 DVD format	1. Cyber robot suits 4'30"	As indicated by its scientific name - <i>Wasabia japonica</i> - wasabi originates in Japan. Not just anywhere in Japan - this sensitive plant requires constant pure water in mountainous environments that stay cool and mild all year round. This hot spicy root first became popular in Japanese cuisine 200 years ago, along with the habit of eating raw fish as sushi. As well as adding a pungent, spicy taste, wasabi is an anti-bacterial that protects against food poisoning. The world knows grated wasabi root from sushi, but the stems and leaves are also used in many Japanese dishes to add a uniquely hot and aromatic flavor.
	2. Kumiko latticework 3'44"	The small island of Rebun split off from the mainland of Hokkaido after the last ice age. Isolation protected its unique environment and allowed the local plants to flourish undisturbed by invasive species. A northerly location and frequent sea mists keep temperatures low even in midsummer, and as a result, this low-lying island is home to many alpine flowers normally only found above 2000m. Take the hiking trail in summer from Cape Sukoton in the north to Momoiwa in the south, and you can enjoy up to 300 species of alpine plants, many of them found nowhere else in the world.
	3. The essential bean 4'26"	There are probably more vending machines on the streets of Japan than anywhere else, selling an ever wider range of items. New technology keeps adding more convenience, such as machines serving both hot and cold drinks, varied to match seasonal needs. Choose your type of coffee, cup size, cream and sugar amounts - and watch your cup being brewed on an eye-level monitor. Internal elevators improve accessibility by delivering purchases at a convenient height. And because these machines are everywhere, they make a useful place to provide emergency medical or survival equipment.
	4. Pillars of flame 3'43"	Used for centuries as an all-purpose hand cloth, the <i>tenugui</i> is a 90 by 35cm strip of unhemmed cotton, usually printed in a colorful pattern. In the 17th century, in a fashion started by kabuki actors, people began also wearing tenugui as a stylish head covering, inspiring the vast range of patterns and motifs we can buy today. At any shrine festival or traditional event, you can see people wearing these head cloths just the way they did in the 17th century. The versatile <i>tenugui</i> is still in common use in roles as varied as dishcloths, dust covers, wall hangings, tablecloths and tourist souvenirs.
2010/2011 No 2 DVD format	1. Wasabi 3'53"	Kakunodate is a small town in the northwest of Japan, famous for its magnificent cherry trees and samurai era architecture. After Kakunodate castle was built in 1620, a whole district grew around it containing the fine mansions of the samurai who served its lord. The wife of an early lord brought cherry seeds from Kyoto to plant, and 400 ancient weeping cherry trees still ornament the samurai residential district. These, and the 2-kilometers of <i>somei yoshino</i> cherries lining the riverbank, now attract over a million visitors each spring.
	2. Rebun- Island of flowers 4'23"	Universal Design is a design philosophy that aims to create products and environments that are easy and safe to use by everyone, especially the young, the elderly and people with disabilities. Japanese designers, who must cope with the world's most rapidly aging population, bring a special perspective and experience to this worldwide movement. Throughout Japan, household items, interiors, public facilities and even entire towns are now being redesigned to make them safe and easier to use by the entire population.
	3. Japan's advancing vending machines 3'46"	Japanese cuisine is famous for subtle tastes and visual appeal, and these depend greatly on the <i>hocho</i> - the Japanese kitchen knife. Samurai swords are world-renowned, and many <i>hocho</i> are forged using the same traditional materials and methods. They are solid, with a superb cutting edge - qualities essential for preparing <i>sushi</i> or <i>sashimi</i> to retain the natural flavour and texture, and to cut delicate food into precise shapes. <i>Hocho</i> come in a vast number of different types and sizes, each designed for a different function and food type.
	4. Tenugi- the handy cloth 3'25"	In 1635, the shogunate government licensed just five theaters to operate in Edo, the capital city. Some, like the Kabuki, remain famous to this day. Also surviving, but far less well known, is the puppet theater called Edo Ito Ayatsuri Ningyo. These marionettes are constructed and operated in a unique way that allows them to express human emotions far more realistically than any other puppets. Modern and even foreign plays have been added to the classical repertoire, but the traditional techniques are still carefully preserved.

2010/2011 DVD format No 1	1. Kakunodate-Sakura & Samurai 3'40"	Mount Fuji, Japan's tallest and most famous mountain, towers above a scenic region of lakes and highlands that is just 1 ½ hours drive from Tokyo. In summer, people come from all over to scale this beautiful peak, but the scenery around its base attracts visitors all year round. Winter attractions include views of the snow covered summit reflected in the lakes, horseback trekking through snow-covered woods, illuminated ice caves and spectacular lakeside fireworks events.
	2. Designed for Universal Use 3'57"	The yusan bako picnic box is a traditional handicraft product from Tokushima, where, from the 17th century until recently, there was a unique local custom for all the local children to go on a Spring picnic outing where no adults were allowed. Parents showed trust in their children's independence by sending them off alone on this picnic, proudly carrying food prepared by their mothers in these finely decorated 3-tiered picnic boxes. The special picnic no longer exists, but yusan bako are still a popular Tokushima souvenir.
	3.A tradition of fine blades 3'54"	Light, easy to work with and surprisingly strong, cardboard is one of the most common kinds of packaging material. Computer design has now taken the simple cardboard container to a new level, making it possible to produce both the box and the shaped protective liners to secure the contents out of a single cut and folded sheet of cardboard. Today's designers are also being inspired by the strength and easy workability of this material to create a surprisingly diverse range of products, from furniture to toys and playground equipment
	4.Edo period puppet theatre 4'06"	For 500 years, Kariwano in Akita has held a famous festival that pits the town's two neighborhoods against each other in a spectacular tug of war where chanting teams haul on a massive straw rope that's 72cm thick, weighs 20 tons, and stretches a full 120m when laid out. The O-Tsunahiki festival is a religious ritual that begins with special rites at the town's Shinto Shrine, and tradition has it that a win by the young men of the upper part of town means better prices for rice, while a win for the lower part means a fine harvest
2009/2010 No. 9 March '10 DVD Format	1. Mount Fuji in Winter 3'59"	Morioka is located near rich deposits of iron ore, and has been famous for its specialist ironware industry since the mid 17 th century. The city became known for nambu-tekki - a style of cast iron kettles and tea pots that combine delicate beauty and robust solidity. The good looks and practicality of this ironware method led to its adoption for a range of practical cooking utensils, and the modern version of this old craft method is also widely popular for ornamentation and interior design.
	2. Yusan-bako Picnic Boxes 2'50"	The Tsugaru region in the far north of Japan's main island is a remote area with its own unique culture and history, including the Tsugaru-jamisen, a type of shamisen played in a vigorously distinctive style. Tsugaru's winters are icy cold but also extremely beautiful, and a fine way to travel through this snow-covered landscape is by the special winter season train run by the Tsugaru Railway. Antique carriages featuring old-fashioned pot-belly stoves will carry you snugly on a route that links Tsugaru's major sights.
	3. New ways to Use Cardboard 4'08"	Some of the oldest pottery vessels in the world have been found in Japan, dating to what is called the Jomon period, from around 16 500 to 3000 years ago. "Jomon" means straw rope pattern - the method used to decorate these pots. As they turned from a nomadic to a semi-sedentary life, the Jomon people began producing increasingly sophisticated pottery, including human and animal figures. Jomon art has a striking and timeless beauty that continues to inspire modern Japanese artists.
	4. Kariwano's Giant Tug-of-war 4'33"	The popular sport of Kendo originated in sword training methods developed 300 years ago. The samurai invented ways to safely hone their sword skills by sparring with special bamboo sticks. In today's sport, competitors wearing protective clothing try to strike specified areas of their opponent's head and body to score points. Kendo's rigorous training of physical techniques and the calm quickness of mind needed for combat remain an excellent way to develop a strong spirit in a strong mind.
2009/2010 No. 8 February '10 DVD Format	1. Nambu-tekki Cast Ironware 3'51"	Most Japanese have a small ornament hanging from their cellphone strap. This modern trend is in fact an old tradition, originating in 17th century netsuke - tiny toggles used to secure pouches or boxes to kimono sashes. At first these were functional objects, necessary to carry items on a pocketless kimono, but custom designs became fashionable and antique netsuke are highly valued for their artistic beauty. Modern netsuke designers continue to find new uses for this old idea.
	2. Winter Train to Tsugaru 4'40"	Lake Akan, in eastern Hokkaido, is a beautiful lake set among mountains and primeval forest that has become a popular year-round leisure destination. One unusual pastime is to sit in tents to fish through holes in the ice when the lake freezes in winter. This is also the home of unusual green spheres of algae called marimo. Formed by the rare conditions in the lake, marimo found here are larger than anywhere else in the world. A festival at the lakeside town features song and dances in praise of nature by the local Ainu people.
	3. Jomon Art - Ancient yet Modern 4'05"	CAS stands for Cells Alive System, a revolutionary freezing technology that's now practically available. CAS freezes without destroying cellular structure - CAS frozen flowers will even begin blooming again after defrosting. This makes a huge difference to the taste, color and texture of frozen food products. Conventional flash freezing breaks down cells, so much taste is lost in liquid runoff after defrosting. Chefs are welcoming this technology, especially for marine products to be served raw far from the sites where they are frozen.
	4. Kendo - A Sport for Mind and Body 3'37"	Japanese stage magic is possibly one of the oldest in the world, originating as far back as the 8th century and with manuals of techniques surviving from 300 years ago. Old woodblock prints show <i>wazuma</i> magicians performing performing the same tricks you can see on stage today - illusions using traditional Japanese items such as <i>washi</i> paper, folding fans and of course, gorgeous kimonos. Most spectacular is the <i>mizugei</i> , where performers dexterously manipulate spouting columns of water.
2009/2010 No. 7 January '10 DVD Format	1. The miniature Appeal of Netsuke 3'51"	The first folding fans were made in Kyoto (the kyo in kyo-sensu) about 1, 200 years ago, much later spreading to China and then, via the Silk Road, to Europe. The Japanese, living in a country with long hot summers, quickly adopted this new design that allowed fans to be carried so conveniently when not in use. Over the centuries, craftsmen created a tradition of beauty in the making of their bamboo frames and hand-painted washi paper that lives on today in Japan, both in everyday life and in high culture.
	2. Nature's Beauty at Lake Akan 3'51"	Polishing is a key metal working technique, and the old metal-ware center of Tsubame City in Niigata is renowned throughout Japan for the quality and high level of its polishing work. Even simple jobs like restoring the shine to old pots and pans require refined manual skills as well as fine control over polishing machines, but there are also high-tech manufacturing tasks - such as finishing the leading edges of aircraft wings - where the trained hands of a traditional Tsubame craftsman achieve precision greater than any machine.
	3. Keeping Frozen Cells Alive - CAS 3'30"	Sushi is world famous, but the kind of sushi known overseas is just one of many that are eaten inside Japan. Matsuri-zushi is a term describing sushi eaten at festivals and celebrations, and even this comes in many varieties, made using different local ingredients and methods. We look at two famous regional styles - Okayama's extravagant bara-zushi, and Chiba's futomakizushi, featuring intricate designs that combine several layers of seaweed-wrapped rolls.
	4. <i>Wazuma</i> - Japanese Traditional Magic 3'43"	Iriomote is a subtropical, mangrove-covered island at Japan's southernmost tip, known for its rare wildlife, beautiful scenery and distinctive local culture. The Shichi Festival, unique to a small western part of Iriomote, is a harvest festival with a history going back several centuries. It features a masked man representing Miriku, god of happiness, who leads the villagers in a parade to the seashore where they dance as boats are rowed out to greet blessings sent from over the sea by the harvest god.
2009/2010 No. 6 December '09 DVD Format	1. Unfolding the story of the <i>kyo-sensu</i> fan 4'23"	Being an island nation where it was always easier to transport goods by water, Japan has a long and proud seafaring tradition. Back in the days of sail, no other country developed such sophisticated techniques for making beautiful, sturdy sea chests to protect valuables and documents. With secret compartments and cunning locks, precisely designed to be watertight and floatable, beautifully decorated old <i>funadansu</i> are sought-after collectors items and there is still a demand for these chests, hand-made using traditional techniques.

	2. Highly polished skills 3'08"	Right at this moment, there's a new trend sweeping the streets of Japan. Like women everywhere, Japanese women delight in sweet desserts and in fashion accessories, and now they've found a way to combine these two passions. On rings, pendants, cell phone straps, bracelets - the trend today is to wear tiny accessories that are perfect replicas of your favourite sweets. Top brands are even sold in stores resembling upscale confectionary boutiques.
	3. <i>Matsuri-zushi</i> - festival sushi 3'40"	In one of Japan's oldest and best-known fire festivals, a parade of blazing pine torches commemorates a legendary imperial visit to Yamaga. This venerable Kyushu merchant town has a unique 500-year old tradition of making lanterns out of <i>washi</i> craft paper, and the highlight of the festival is the sight of 1,000 dancers circling in the slow Sen-nin Toro Odori, illuminated by the gentle flickering glow of the paper lanterns they wear on their heads. The procession ends with the offering of the lanterns at ancient Omiya Shrine.
	4. Iriomote's Shichi Festival 3'42"	When the Japanese adopted the ancient Chinese court music tradition called <i>gagaku</i> , they also imported a complete orchestra of musical instruments. These were the ancestors of still played today, such as the 13-stringed <i>koto</i> harp, the <i>shakuhachi</i> bamboo flute and the 3-stringed <i>shamisen</i> lute. Over many centuries, Japanese musicians not only modified the instruments, they also evolved a unique variation on the pentatonic scale used everywhere else, giving this music a sound only heard in Japan.
2009/2010 No. 5 October '09 DVD Format	1. <i>Funadansu</i> Sea Chests 3'40"	Gujo Hachiman is a well-preserved old castle town in the mountains of Gifu; a town of rivers, springs and waterways. It is most famous for its 400 year-old dance festival, the Gujo Odori. For 32 nights each summer, the town's old streets are packed with people dancing and singing the traditional songs, and for several of these nights, the dancing goes on till dawn. A feature of this festival is that the dancing is open to anyone - visitors are encouraged to join in, and the dances themselves are quite easy to imitate
	2. Sweet Accessories 3'24"	Mottainai is a traditional Japanese custom of never wasting anything that can be reused, and Kaga Yubinuki are a good example. The old region of Kaga (part of today's Ishikawa), was famous for kimonos and textile dying. In the Kaga Yuzen style of kimono, many colours of thread are used for each piece, creating large amounts of cast off short lengths of silk thread. The old seamstresses recycled the threads to make thimbles (yubinuki), and over the centuries these silk thimbles evolved into delicately patterned little pieces of folk art
	3. Yamaga Lantern Festival 3'52"	The Shimanto River, on Shikoku, is one of Japan's clearest and most beautiful rivers. And for centuries, Japanese tourists have been coming here to enjoy the scenery from yakatabune river boats. These wooden boats have a large cabin in which passengers sit on tatami mats to enjoy a meal of freshly caught river fish and prawns while watching the deeply forested banks pass by. Among the sights you see as you eat are fishermen casting their nets in the traditional way to catch the next meal.
	4. Wagakki - Ancient Japanese Musical Instruments 4'18"	An umbrella is essential in Japan, a land of frequent, unpredictable showers, so it's only natural that Japanese umbrella makers have long been pioneers in designing folding umbrellas that you can carry at all times, just in case. New technology is now allowing folding umbrellas to be made flatter, smaller and lighter - indeed, there are now umbrellas weighing just 192 g, that fold as small as a mobile phone. But designers are not yet satisfied - they hope to reduce this convenient item to the size of a fountain pen
2009/2010 No. 4 September '09 DVD Format	1. Dancing the Summer Nights Away 3'51"	The hydrangea is a flower native to Japan, where it is called <i>ajisai</i> . This delicately coloured flower blooms everywhere during the rainy season, but one of the finest places to see it in all its many varieties is the beautiful mountain and hot spring resort of Hakone, one hour from Tokyo by train. The tracks of Hakone's nine kilometer-long switchback railway are lined with over 10,000 blossoms, the varieties changing as the train climbs higher up the mountain, and special sections are even illuminated at night
	2. Mottainai- Even Tiny Scraps Can be Reused 3'45"	Agriculture today faces problems from abnormal weather to chemical overuse that cause concern about the safety and reliable supply of our daily vegetables. One promising solution is the "plant factory", where food is grown indoors in a computer-controlled environment. Vertical stacked growing beds produce far greater amounts of crops than regular farms of the same area, while pest-free sealed environments simplify organic cultivation. New technologies are making factory-grown cultivation safer, more nutritious and more efficient than conventional farming.
	3. Cruising Down the Shimanto River 4'22"	A custom that's long been part of daily life in Japan is to present gifts or offerings in an envelope decorated with a complex knot of coloured cords. The 1,000 year old custom of <i>mizuhiki</i> the wish that the ties binding giver to receiver will never break. Today, in addition to the traditional use, people use mizuhiki to tie many other things, such as birthday cards, companies are developing new products using <i>mizuhiki</i> cords and artists are adapting the old materials and techniques to create art objects.
	4. Umbrellas to Slip in a Pocket 3'10"	In recent years, local communities all over Japan have been discovering the cultural and social benefits to be obtained by converting old facilities, buildings and infrastructure to serve new purposes rather than simply demolishing them after their service life is over. We see an old power station that has been converted to a flourishing art museum, a discontinued railway that is now a popular cycle trail, and a primary school reborn as a toy museum
2009/2010 No. 3 August '09 DVD Format	1. Ajsai- Hydrangeas in Hakone 3'41"	This newly completed hiking trail runs for 80km through the Sekida mountains, an easily accessible range of 1,000 peaks covered with old forests of Japanese <i>buna</i> beech trees. These woods, filled with springs, lakes and ponds, are unique for being almost entirely free from other tree species, and also for the way they have been shaped and polished by the region's heavy winter snowfall. The Shinetsu Trail is open year-round, and is a wonderfully convenient way to explore the delights of nature in Japan.
	2. Lettuce From a Factory 3'24"	<i>Mottainai</i> is a traditional Japanese custom of never wasting anything that can be repaired instead. <i>Kintsugi</i> originated 400 years ago as a method for mending broken pottery with a lacquer resin glue, repeatedly polishing many layers of lacquer to for a seamless join. Artisans decorated their repairs by adding gold dust to the lacquer, and <i>kintsugi</i> gradually developed into an art form in which the repair actually added beauty and value. Old ceramics mended in this way can be extremely valuable,
	3. Mizuhiki- The Art of Tying Paper Cords 3'18"	Japan, like many parts of the world, suffers from biting insects, during the hot, humid summer nights. Insecticides or air conditioning are not ideal for health or the environment, so people are rediscovering the benefits of the traditional mosquito net for insect-free sleep. The Japanese kaya mosquito net is a uniquely spacious, box-like design, but the weave used for its netting impeded the flow of air, making it warm inside. Modern weaving techniques have now solved this, and the kaya is regaining popularity as a natural, healthy way to ensure a good night's sleep.
	4. New Life for Old Facilities 3'36"	A vital factor in the current worldwide advance of disabled sports is the development of specialized technology to allow athletes with disabilities to take part in competitive sports. Athletic wheelchairs and prosthetic equipment must be specially designed for each sport and also customized to meet the greatly differing requirements of each user. We introduce a Japanese company that has revolutionized sports wheelchair design with a new frame-building technique, and a sports trainer/equipment developer who refines his designs through daily feedback from the athletes he coaches.
2009/2010 No. 2 May '09 DVD Format	1. Hiking the Shietsu Trail 4'29"	The mountainous area of Yoshino is possibly Japan's most famous spot for viewing cherry blossoms. It was in this culturally ancient region that the mountain ascetic practices of the <i>shugendo</i> sect first developed, and Yoshino's slopes are covered with cherry trees (30,000 of them), that were planted as offerings by pilgrims. Over the centuries the local people cared for these cherry forests, ensuring their scenic beauty survives today in all its glory.
	2. When Mending Becomes an Art 3'24"	Roofs in Japan were traditionally covered with heavy ceramic tiles. These gave excellent protection against fire and storms, but their weight was a drawback in this earthquake-prone country. The long search for a lightweight replacement finally resulted in titanium tiles, which are both stronger and 26 times lighter. First used for safety and esthetic reasons to retile famous temple roofs, they are now being adopted nationwide.

	3. A Better Way to Peaceful Sleep 3'21"	Japan has a very large number of old family firms still prospering a century or more after their founding. The secret to the success and survival of these firms through both good times and bad appears to be an attitude that combines respect for traditional skills and techniques with an open-minded readiness to react to changing conditions by adopting new methods and businesses.
	4. New Technology for Disabled Sports 4'22"	Unique local industries developed throughout Japan based on locally created craft techniques and raw materials. Skills and techniques refined over the centuries gave Japan one of the world's most distinctive craft traditions. Today, the inheritors of such traditional skills are increasingly using them in the service of fine art, employing old craft materials like bamboo, lacquer and clay to create freshly expressive works.
2009/2010 No. 1 May '09 DVD Format	1. The Cherry Blossoms of Yoshino 4'22"	The <i>donabe</i> , a type of earthenware pot used for cooking at the table, is one of the oldest and best loved Japanese kitchen utensils. Traditionally made from a special clay, a <i>donabe</i> retains heat even after the flame is turned off, cooking its contents gently and thoroughly. This versatile pot can be used for many different kinds of cooking, and Japanese families love to use it to prepare food at the table, serving themselves straight from the pot.
	2. Titanium Tiles for Temple Roofs 3'46"	<i>Bonsai</i> artists aim to create miniature, but completely convincing natural landscapes, pruning their tiny trees and training them with wire to grow into the desired shapes in a process that can take hundreds of years. It's a hobby with a huge following, and there is even an entire village of bonsai nurseries close to Tokyo. These living works of art, long popular among older Japanese, are now finding new fans in the younger generation.
	3. How Old Firms Survive 3'31"	<i>Kagura</i> is an old tradition of dance and music that traces its roots to the most ancient of Japan's creation myth about the Sun Goddess <i>Amaterasu</i> . Historically performed at shrines by Shinto priests, in the 19th century it was taken up by the public and transformed into the vigorous folk art we see today. Of all the types of <i>Kagura</i> , the Shimane regional style known as <i>Iwami Kagura</i> is the most lively, gorgeous and dramatically entertaining.
	4. Old Crafts in Modern Art 3'39"	Japan's cities are controlling rising temperatures due to the urban 'heat island' effect by planting greenery on building rooftops and walls. Rooftop gardens are dramatically cooler than concrete, and can now be added to most buildings thanks to new types of light, nutrient rich soil and special lightweight surfaces. Rooftop gardens are now a popular place to relax, and soon people will also be growing vegetables and rice on top of city buildings.
2008/2009 No. 9 March '09 DVD Format	1. Donabe - Most Versatile of Cooking Pots 3'41"	A scientific satellite launched on Jan. 23, 2009 was unusual in a number of ways. This tiny 50cm cube was the independent project of a group of small factories in Higashi-Osaka. Machi-koba is the term for small urban factories working under contract to major corporations, and these have been responsible for many of Japan's technological advances. Instead of simply supplying parts for other companies' products, this group wanted to design their own project and complete it using their own technology. The result is now in orbit, helping research into lightning storms.
	2. Bonsai - Nature's Beauty in Miniature 3'42"	Kawagoe is a popular tourist spot not just because of its easy access, an hour's train ride from Tokyo, but also because this small town offers a unique opportunity to stroll through streets that have survived intact from different periods of Japan's long history. There are rows of old shops and houses from as far back as 350 years ago when Kawagoe was a prosperous trade center, western-style buildings from the modernizing 19th century, and a whole street of old-fashioned confectionery stores still making candy the way they did in the 1930s.
	3. Iwami Kagura - Ancient Ritual to Modern Folk Art 4'49"	When eating at home, it's a Japanese custom for each family member to use their own chopsticks, rice bowl and other utensils, the familiar feel of these personal items adding to their enjoyment of the meal. That's one reason for the recent boom in carrying personal chopsticks to eat out, at work, or in restaurants, a boom encouraged by stores selling a wide range of chopsticks and cases in fashionable designs. The other reason is the cultural sense of <i>mottainai</i> - an aversion to waste that now makes people reluctant to use disposable restaurant chopsticks.
	4. Green Revolution Transforms City Rooftops 3'43"	No Japanese meal is complete without a dish of pickles, or <i>tsukemono</i> . Pickled with salt, vinegar, rice bran, even soy sauce - <i>tsukemono</i> come in a bewildering choice of varieties, colours and tastes - any combination of ingredients you can think of is bound to be pickled somewhere in Japan as a treasured regional delicacy. Originating as a way to preserve vegetables for winter eating, <i>tsukemono</i> retain their enormous popularity today for their health benefits and for the refreshing taste contrast they bring to a meal.
2008/2009 No. 8 February '09 DVD Format	1. Tiny Satellite Carries a Big Dream 4'14"	Huge wooden floats, fantastically decorated and hauled by chanting groups, are a feature of many Japanese festivals. One of the most spectacular is the Chichibu Night Festival, held in early December in a hilly town north of Tokyo. Taking all year to prepare and weighing up to 20 tons, the floats are pulled to the sound of drums through streets filled with festival crowds. The floats begin with Chichibu's 2000-year-old shrine and are strenuously hauled through the sharp corners and steep inclines of the town to end at a park under a huge firework display.
	2. A Stroll Through old Kawagoe 4'03'	<i>Monkiri Asobi</i> is a style of papercutting in which symmetrical patterns are cut with scissors in paper folded in four. Unfolded, the paper reveals the full design. This pastime, now popular again after almost disappearing, originated over 150 years ago from a technique developed by craftsmen to save time when preparing the patterns for painting <i>mon</i> , or family crests. Later used for many other decorative purposes, <i>mon</i> were created in a vast range of artistic designs that tell us much about the interests, lifestyle and world view of people centuries ago.
	3. Carry your own Chopsticks 4'11"	Japan is filled with magnificent wooden structures - temples, shrines, pagodas - some over 1,000 years old, and many still in excellent condition. The craftsmen who built these enduring buildings are known as <i>miyadaiku</i> , and even today master carpenters continue to use and pass on ancient skills, ensuring a future for this tradition. <i>Miyadaiku</i> apprentices learn their craft the old way, by directly imitating their master, and specialize in building and restoring Japan's shrines and temples with their intricate, superbly finished woodwork and gracefully curving roofs.
	4. Tsukemono - The Pleasure of Japanese Pickles 3'32"	Centuries ago, under the Shoguns, the people of Tokyo (then called Edo), referred to the abundant seafood they enjoyed from Tokyo Bay as <i>Edomae</i> . This vast bay, fed by many rivers and lined with fertile tidelands, was a plentiful source of the finest fish and shellfish that were used for <i>Edomae zushi</i> , the origin of the sushi that is now enjoyed worldwide. The bay's whole ecosystem came under threat from pollution and reclamation during the economic boom of the 60s and 70s, but environmental programs have now cleaned the waters and once again Tokyo can eat sushi from its bay.
2008/2009 No. 7 January '09 DVD Format	1. Night Festival in Chichibu 4'20"	Jellyfish have always been common in the seas around Japan, but just recently the Japanese have begun looking at these graceful, translucent creatures in a new light. The old image was of a stinging animal one tried to avoid when swimming, but the unexpected success of one aquarium's jellyfish displays has made people realize the soothing, healing effect of watching jellyfish swim. For example, customers at a bar in central Tokyo find that watching its large tank full of exotic jellyfish is an ideal way to unwind and relax after a stressful day at work.
	2. Monkiri Asobi - The Art of Papercutting 3'59"	Over 100 billion instant noodle meals are now eaten worldwide each year - a huge change in our eating habits that began 50 years ago with a new technology invented in a Japanese garden shed. Flash-frying in oil to quickly dry noodles created a tasty product that was easy to cook and had a long shelf life. Today, we can choose from a vast variety of instant meals, not just noodles. They are eaten at home, at the office, and even by astronauts in space. And they have proved especially valuable as emergency food supplies for disaster zones.
	3. Miyadaiku Guardians of a Tradition of building in Wood 3'43"	The bamboo has been an ever-present, well-loved part of Japanese daily life and culture for centuries. You see it in house exteriors and interiors, children still play with traditional bamboo toys like stilts and tops, and it's widely eaten in season. Traditional arts like the tea ceremony feature fine accessories and utensils crafted from bamboo. It is modern too - the first electric light bulbs used Japanese bamboo filaments, and innovative new bamboo products continue to be developed, ranging from silky textures to bamboo charcoal soaps and anti-allergy products.
	4. Sushi from Tokyo Bay Again 4'11"	In its golden age from the 17th to the 19th century, Kanazawa was one of Japan's greatest centers of culture and commerce. The old city retains much of its samurai era atmosphere, and its many highly-sophisticated traditional arts and crafts such as Kaga Yuzen dyeing, Kutani ceramics and fine gold leaf work continue to prosper. Today, the city is encouraging these local craft industries to apply their traditional artistic skills to modern designs, aiming to make beautiful hand-made objects, from fashion to jewellery and tableware, once again part of people's daily lives.

2008/2009 No. 6 November '08 DVD Format	1. The Healing Powers of the Jellyfish 4'03"	The Tokaido was the main highway of old Japan, linking Tokyo (then called Edo), in the east to the old capital of Kyoto in the west, and it played a vital role in the development of modern Japanese commerce, industry and culture. The Tokaido was also where Japanese tourism began, as travelers walking this 500-kilometre highway started to make detours to view famous shrines and temples, to admire the scenery and to sample famous regional delicacies. Today, hikers still enjoy walking the Tokaido, parts of which remain almost unchanged since 400 years ago.
	2. Ready to Eat. Instantly, Anywhere 3'56"	In 1952, architect Makoto Masuzawa started a boom in Japan for what he called the "minimum house" - very compact homes with an efficient open-plan interior that made them seem very spacious for their size. His ideas are now being revived by a group of young architects and designers calling themselves the 9-Tsubo House Project. Their popular and highly versatile designs are smaller than normal houses, allowing more of each site to be used for garden. Open interiors and large windows and doors that merge interior and exterior achieve a feeling of great spaciousness.
	3. Bamboo's Deep Roots in Japanese Life 4'00"	In the Japanese education system, food and nutrition education courses, where children learn about good diet and how to choose and make healthy food, are regarded as an important foundation for all education - intellectual, moral and physical. Many outside groups take part in these classes, from local school authorities to food manufacturers, as well as expert volunteers such as celebrity chef Kiyomi Mikuni who contribute their specialist knowledge of cooking, eating and food safety to teach young children valuable and basic lessons about life.
	4. Traditional Crafts, Modern Design That's Kanazawa 3'50"	Japanese toy and game manufacturers have made huge advances in home entertainment technology, and now they are starting to apply this knowledge for health, fitness and healing. Families enjoy exercising together in front of the TV, thanks to interactive sports games using advanced motion sensors and monitors. Walkers and runners listen to voice instructions providing expert guidance through their headphones, with music scientifically optimized for greatest aerobic benefit. And playing with lifelike robot pets is having a rejuvenating effect on the brains of many senior citizens.
2008/2009 No. 5 October '08 DVD Format	1. Walking the Old Tokaido Highway 4'42"	The worldwide spread of Japan's sub-culture was on view again at the second International Manga Awards, where prizes were presented to artists from many different countries for the best manga work produced outside Japan. Many who came for the Awards went on to the International Manga Summit in Kyoto, which focused on ways to use this rapidly internationalizing art form for the benefit of society in every nation, just as long as it has long been used in Japan.
	2. Compact Houses for Spacious Living 3'58"	Summer fireworks displays have long been a Japanese custom, and Japanese fireworks are among the world's most spectacular. Among the more than one thousand fireworks displays held here every year, there is one that features the world's biggest firework. The tiny town of Katakai (pop. 6,000) has had a fireworks industry for over 400 years. They used a combination of traditional and innovative techniques to produce the 420Kg, 120cm shell that now draws crowds of 200,000 to their annual display.
	3. Learning about Life from Food 3'17"	Japanese denim, currently the favourite for high-fashion jeans worldwide, was the theme of the Japan Blue Exhibition, part of this year's Japan Fashion Week in Tokyo. The world's fashion houses choose Japanese denim for a number of reasons: the excellent appearance produced by Japan's local indigo dye and traditional dyeing techniques, the leading ideas of contemporary Japanese jeans designers, and the pioneering efforts of Japanese jeans and denim companies to make the manufacturing process more eco-friendly.
	4. Fun Ways to Get Fit 3'46"	A new fashion trend is spreading from Japan to the world. It originated when nail artists discovered their clients wanted the same kind of decorations applied to cellphones and other personal objects. Driven by user demand, stores sprang up offering custom-decorated phones and the parts and tools for people to do their own decoration. This trend was quickly taken up by the world of street fashion, and a sub-culture known as "deco-art" now supports the desire of young Japanese to express their individuality by personalizing each product they wear.
2008/2009 No. 4 September '08 DVD Format	1. Manga Goes Worldwide (3'31")	Although the Ogasawara Islands lie 1,000km south of Tokyo, they are officially part of the metropolis because the only way to get there is a 25.5hr ferry trip from Tokyo. Geologically isolated from the mainland since their creation, the islands are known as the Galapagos of the East for their rich variety of unique plants and animals. Many visitors make the long trip to Ogasawara not just for its fine whale and dolphin watching, but also to enjoy the islands' warm and welcoming culture.
	2. World's Biggest Firework (4'03")	The Tokyo Toy Show is Japan's largest and most diverse toy fair, and the huge crowds that attend this 4-day event include many overseas buyers, here to check the latest trends and innovations by Japan's toy manufacturers. It's not just advanced technology that has made Japan a leading influence on worldwide trends in toys and games. New concepts developed here, such as games that involve parents with their children as they learn useful skills, are finding an enthusiastic reception abroad.
	3. Japanese Denim High Fashion and Eco-Friendly (3'31")	A look behind the scenes at a good Japanese restaurant gives us a glimpse into the working day of its itamae, or chefs and the central organising role played by the proprietress, the okami. These chefs not only spend years becoming highly skilled at creating dishes that look like works of art, they daily visit fish piers and markets learning to select the finest materials. This okami minutely manages her kitchen, as well as providing hospitality for her guests. But in the end, it is the sincere and wholehearted devotion to their craft of all involved that is the key to Japan's quality cuisine.
	4. Deco Art - It's Everywhere! (3'58")	Kengo Kuma is now a world-famed architect, with a company active in projects around the globe. We see how his style evolved into a current philosophy that focuses on using softer, gentler building materials designed to make his creations merge seamlessly with their surroundings and blend into the local environment. Kuma has taken the use of soft, natural materials such as wood, paper and earth to such an extent that with some of his recent designs it is becoming difficult to tell where the building ends and the scenery begins.
2008/2009 No. 3 August '08 DVD Format	1. Tokyo's Subtropical Islands (4'15")	Shirakami-Sanchi is the world's largest primeval beech forest, a unique ecosystem that has survived unchanged for over 8,000 years thanks to its remote location and harsh climate. This virgin forest, covering 1,300 square kilometres in northern Japan, was the nation's first Natural World Heritage Site to be listed. The core forest, a genetic treasure house of rare plant and animal species, is strictly protected but there are nature trails and other facilities for visitors to enjoy in the outer woods.
	2. Toys for all Ages (3'37")	Japan's steeplejacks and scaffolding workers were always an elite group. Their skill in working at dangerous heights meant that they became the first firefighting groups, centuries ago when Japan's wooden cities often caught fire. Proud of their skills and popular heroes for their courage, these workers competed in fashion too, striving to see who could display the most colourful garments. This was the origin of the distinctive workwear we still see today on Japan's building sites, a living tradition that continues to evolve and which has recently inspired designers in the world of high fashion.
	3. Japanese Cuisine Sincerity is the Key (3'33")	Global warming continues to raise temperatures worldwide, and large cities contribute to this trend through the urban heat island effect. Increased use of air conditioning is raising temperatures on the streets, and Japanese cities are experimenting with ways to counter this. One new system uses advanced technology to make spray nozzles so small that the fine mist emit immediately evaporates, leaving no moisture behind. The effect of the evaporating mist is to significantly cool the air beneath it. These mist systems are also being used in high-tech industry to cut dust and static electricity.
	4. Building to Blend with Nature (3'59")	The small southern Japanese fishing port of Minamata was the site of one of the world's worst cases of industrial pollution, giving it the terrible mercury poisoning syndrome called Minamata Disease. This tragedy was in the early 1950s, during Japan's rush to industrialize. Fifty years later, although problems still remain, Minamata has transformed itself into one of Japan's most environmentally conscious towns, successfully improving its local coastal environment. Minamata residents attribute their successes to the lessons learned during many years of cleaning up after the catastrophe, looking after its suffering victims, and becoming aware of the importance of living in harmony with their environment.

2008/2009 No.2 June '08 DVD Format	1. Untouched for 8,000 years Shirakami-Sanchi forest (3'50")	<p>Ever since the oil crisis of the 1970s, scientists and industry worldwide have been searching for ways to use oil more efficiently. A major goal has been to make fuel from an emulsion of oil and water, but all attempts at a practical solution failed since the mixture would always slowly separate into the original two fluids. Now a Japanese scientist has solved this problem, using nanotechnology to create super emulsion fuel, a stable mixture that provides all the power of regular diesel but with greater fuel efficiency, less polluting emissions and fewer greenhouse gases. This is another case of Japan's government, industry and scientific institutions collaborating on a successful project to benefit the global environment.</p>
	2. High-Rise Work Fashion (3'27")	<p>The northern island of Hokkaido covers over 20% of Japan's land mass, and contains some of its most beautiful and unspoiled scenery. It's also the home of an ancient breed of Japanese horse called the <i>dosanko</i>. A strong animal able to carry great loads and very stable on hillside trails due to its short legs, the <i>dosanko</i> played a significant historical role in the development of Hokkaido's agriculture. After having become somewhat rare in recent times, the dosanko is now seeing a revival due to the popularity of horse-trekking tours. This docile, stable mount can be ridden easily even by complete novices, and is the perfect way to explore the magnificently varied landscape of Hokkaido.</p>
	3. Fine Mist Cools City Heat (3'38")	<p>Mobile phones are an evolving worldwide phenomenon. In Japan, where 8 out of 10 people own a mobile phone, the pace of change is especially rapid. New technologies and ideas are continually emerging for using this device to make daily life more convenient. Parents keep track of their children using GPS phones, while the trains are full of people emailing, sending text messages or browsing the Internet on their phones. Mobile phones can be used as electronic wallets for e-money, accepted by many stores, public transport and even vending machines in Japan. They are even spurring new cultural developments - people don't just read comics and view movies on their phones, novelists are now first publishing their work on-line. And the excellence of Japanese phone design is winning phones a place in museum collections.</p>
	4. Minamata An Eco-Aware Community (3'45")	<p>Japan adopted the flush toilet just 40 years ago, but in that short time it has become the world leader in the industry, refining this essential facility both with high-tech functions and with ecological innovations. The latest Japanese toilets automatically open their lids as you approach and close as you leave, and have advanced washing and drying functions controlled by a wall panel. Today's home designs use less water and don't need paper, but outdoor models are being specifically designed with the environment in mind. These bio-toilets require no water and produce no sewage - everything is recycled using various methods to process the human waste into water and clean fertilizer products. Researchers are now trying to also make them independent of power supplies and even more self-sustaining.</p>
2008/2009 May '08 DVD DVD Format	1. Mixing Up a Super Fuel (3'39")	<p>Like many aspects of Japanese youth culture, its street fashion is influencing trends worldwide. At Tokyo Girls Collection, top models walk the runway just as they do in Paris haute couture collections, but there's an important difference - these fashions are all meant to be worn on the street, and the audience are normal young women rather than exclusive industry insiders. In a format likely to be adopted for fashion-conscious youth in other countries too, the show, open to anyone who can buy a ticket, also uses an innovative high tech system (via the audience's mobile phones) for placing orders in real time as the products are displayed.</p>
	2. Hokkaido Horse-trekking (3'14")	<p>Green tourism is a growing trend, and it's spreading widely in Japan. And naturally, it's being given a special Japanese twist. Farming and hillside communities are developing tours to introduce city visitors to the traditional land use and work practices of the Japanese countryside, long famous for its close integration of human and environmental needs. People can for example, help to work the <i>satoyama</i>, an area around each village that remains partly wild, but has been carefully tended over the centuries to provide the village with sustainable resources and a beautiful landscape. Volunteers are widely available to help the growing number of overseas visitors joining these tours.</p>
	3. Fresh Ideas for Mobile Living (3'38")	<p>Japan has a long tradition of making fine wigs, and their quality is world-renowned even today. In contrast to the focus on fun and fashion that dominates many overseas wig markets, Japanese wigmakers have focused very strongly on total realism and comfort. Each client's head shape and remaining hairline are precisely mapped to allow the factory to produce a custom wig that fits perfectly and looks just the way the client wants. And a high tech solution that creates microscopic irregularities in the fiber surfaces now allows wigs made of synthetic fibers that behave and look just like real hair under all conditions.</p>
	4. New Future for Smallest Room (3'06")	<p>Railways were introduced into Japan quite early - in the 1860s - and the nation would go on to develop one of the world's most intensive passenger rail networks, with 27, 000 km of track reaching into every part of the country. When you add the comprehensive subway systems found in most major cities, it's no exaggeration to say that rail travel forms a close and familiar part of every Japanese person's life from their earliest childhood. Fast, extremely punctual, high-tech and safe, trains carry the Japanese to work, to school and on vacation. As a result, the nation has huge numbers of train lovers of all ages, and a new railway museum - where you can actually drive a train - is proving a big hit.</p>
2008-3 DVD DVD Format	1. Tokyo Girls Collection (3'22")	<p>Thanks to Japan's complex geography and climate, the winter season here offers many sights found nowhere else. This video introduces three highlights of the Japanese winter: Niseko, famous among skiers for the world's finest powder snow and its superb hot springs; Mount Zao, where the ski slopes are topped by a forest that's frozen by ice-laden winds and coated by snow into a myriad of wonderful shapes; and Jigokudani Onsen, a mountain hot spring resort where the bathers are monkeys and humans may only watch.</p>
	2. Japan Tourism Goes Green (3'27")	<p>Japan has one of the world's strongest traditions of communities caring for their surrounding nature. This is especially true for old trees, partly due to an ancient belief that nature gods reside in certain vigorous long-lived trees. As a result, everywhere you go in Japan you can find magnificent specimens, many over 1, 000 years old. Today, these traditions are being given a modern technological boost by tree surgeons, who complement their human skills with the latest equipment for diagnosing and treating elderly or diseased trees.</p>
	3. High-Tech Hairpieces (3'29")	<p>Japan leads the world in the development and use of robots, especially humanoid robots. Recent advances in this field promise to revolutionize the way society works, as we begin to see the use of robots expanding from the factory floor into almost every aspect of our lives. Some of the most exciting developments are in nursing and welfare, and of these the most promising is a robot known as RI-MAN. This humanoid nursing aide is able to use its whole body to pick up and carry patients, using pressure sensors on its surface to ensure that its touch is always gentle as well as strong.</p>
	4. Railway Country (3'34")	<p>Comic Market, known to fans as Comiket, is the world's largest comic convention, a 3-day event that attracts a huge crowd of over 500,000 visitors. Held twice a year since 1975, Comiket was created as a place for Japan's countless amateur <i>manga</i> comic book writers and artists to sell and promote their privately produced fanzines known as <i>doujinshi</i>. Also providing a space for cosplayers to act out their costumed homage to <i>anime</i> and <i>manga</i> characters, Comiket continues to play a major role in promoting this Japanese pop culture that now has fans all over the globe.</p>
2008 - 2 DVD DVD Format	1. Winter in Japan's Snow Country (3'39")	<p>The scenic resort of Toyako, in Japan's northern island of Hokkaido, will be the site for the next G8 Summit. World leaders will discuss issues including the global environment in this area of great natural beauty, with its crater lake, forested mountains and nearby sea coast, that is also a fine example of sensitively adapting sports and leisure facilities into the environment. Facilities constructed for the Summit will include advanced environmental technology such as a snow cooling system.</p>
	2. Tree Surgeons at Work (3'53")	<p>Companies today are investing in recycling and reuse systems not just because it makes economic and ethical sense, but also because it appeals to consumers and enhances their brand image. In two examples, a chain store network saw it was wasteful to discard unsold food items and is testing a program to reprocess them into food for pigs who will eventually provide meat for the store's own eco brand of pork. And a major brewing company is pioneering systems for reprocessing beer by-products into cow feed, as well as recycling almost all items used at the brewery.</p>

	3. Robot, A Remarkable Companion (3'35")	Unique to the Oga peninsula in Akita, the custom of namahage is at least 900 years old. Each New Year's Eve, villagers dress in grotesque masks and straw costumes to represent the namahage, demon messengers from the mountain gods. Uttering wild cries, the demons visit each home in turn to scold its children for being lazy or misbehaving. After this duty is over, food and sake bring out the demons' friendly side, and they bless the home and promise to protect it for the coming year.
	4. World's Biggest Comic Convention (3'49")	It's a traditional aspect of the Japanese character to enjoy the skillful creation of miniature worlds, and we see this again today in the omake boom. From their origin as small toys included in packets of candy to promote sales, omake are now a large business in Japan that may follow other Japanese subcultures like anime and manga and spread in popularity worldwide. Produced for a limited period, omake recreate entire detailed worlds with anything from cartoon characters to wild animals, food and home appliances, and have a large following of collectors.
2008 - 1 DVD DVD Format	1. Toyako - Scenic Site of G8 Summit (3'32")	Over the last century and a half, Yokohama grew from a small village into one of the world's greatest port cities. Yokohama was the first gateway Japan opened to the world after ending centuries of self-imposed isolation, and Western ideas, culture and goods flowed through the port to stimulate the nation's modernization. Today's Yokohama combines historic areas where we can still see the beginnings of industrial Japan with futuristic modern districts that continue to influence and lead the nation's development.
	2. "Eco" - The New Brand Image (3'38")	Noh is one of Japan's oldest and most famous dramatic arts, while manga cartoon books are currently at the leading edge of pop culture world wide. In a curious twist, a new Noh play has recently been composed that takes its theme from popular manga. The Crimson Goddess was inspired by a play within the manga. The Glass Mask, a long-running serial story that has topped the charts for 30 years. The outcome of the play in the manga is still undecided, just like a Noh play, where storylines grow and change over generations.
	3. New Year's Friendly Demons (3'25")	The 39th World Skills Competition was held in Shizuoka in November 2007. It's completely fitting that Japan should be host for this international contest of technical and vocational skills for youths under 23, since Japan built its current prosperity on a long tradition of nurturing and respecting the old old craft industries that formed the foundation for its modern manufacturing base. We see two young Japanese landscape gardeners as they train hard for the contest, and eventually win the Gold medal in their category.
	4. The Miniature World of Omake (3'50")	It used to be true that Japanese workers focused on their careers to the exclusion of almost everything else, but times have changed and many middle-aged workers are now devoting serious amounts of spare time to hobbies such as making music. Across the nation, "jukunen" (middle-aged) groups of people in their 50s and up are forming bands and discovering the rewards and excitement of performing just for pleasure. There are also those who become professionals in mid life, determined not to waste their musical talents.
2007 - 12 DVD	1. Yokohama - Japan's First Modern City (3'45")	Tokyo's Shibuya is known as the center of youth culture and the focus of activity in many creative fields, so it was the natural place for a new experiment in community wide lifelong learning. Shibuya University Network employs innovative approaches to help creative people share their knowledge and experience with students in a constantly growing network of classroom and study spaces contributed by local organizations and companies. Just one year old, this successful experiment is already being copied by other communities.
	2. Traditional Art Meets Pop Culture (3'07")	Lake Biwa is Japan's largest lake, and the world's third oldest, formed over 4 million years ago. This beautiful area is a protected habitat for many kinds of wildlife, and it is also the spot where one of the world's oldest novels was written. Almost a thousand years ago, Lady Murasaki Shikibu was visiting a temple close by Lake Biwa when the beauty of the moon shining on its waters inspired her to begin writing her classic romance, the Tale of Genji.
	3. A Challenge of Skills (3'46")	Japanese fruits are world renowned for their superb quality and taste. What are Japanese growers doing to get such delicious fruit? We look at some of the techniques used to grow some of the world's finest fruits, focusing on apples as a typical example. Half of Japan's apples are produced in Aomori and a visit to a major grower and exporter reveals the hard work, delicate care and innovative techniques they use to produce their flawless, delicious apples.
	4. Never Too Old to Play (3'37")	When a specialist maker of acrylic panels developed a new adhesive, they realized it would allow them to construct single acrylic panels as transparent as glass but many times larger than had ever been seen before. Thinking creatively, they saw that this had great potential for aquarium fish tanks. Orders soon began rolling in from around the world, designers planned ever larger and more amazing tanks, the company evolved its technology in response to each new demand, and today's spectacular aquariums are the result.
2007 - 11 DVD	1. A new style of lifelong learning in Shibuya (3'46")	Sample Lab is a new store that opened in summer 2007 in Tokyo's trendy Harajuku area. Targeted at trendsetters and early adopters, especially women in their 20's and 30's, and situated in one of the area's most fashionable new buildings, Sample Lab allows its members to try out the latest - and often unreleased - products, and to take many samples home for free. In return, members agree to complete surveys that help designers and manufacturers to improve and fine-tune their products for the mass market.
	2. The Lake that inspired the Tale of Genji (3'18")	Educational tours that take you behind the scenes to learn about how industry and the social infrastructure really work are increasingly popular in Japan. Facilitated by today's heightened sense of corporate social responsibility, tours are based on the same idea as school social studies trips, but also visit sites not suitable for schoolchildren. Citizens interested in how their society functions can now sign up for a first hand look at sights such as a vast underground power plant and a giant hangar where aircraft engineers maintain jumbo jets.
	3. Why is Japanese fruit so delicious? (3'23")	No Japanese holiday trip by train feels complete without enjoying an ekiben, the special boxed lunches sold on trains and platforms and at stations stores. Eating a delicious ekiben as the scenery glides past is guaranteed to get anyone into a holiday mood. And since these boxed meals are always produced locally with fresh regional ingredients, they make an excellent and inexpensive introduction to the cuisine of the areas you visit.
	4. Clear as glass, but so much stronger (3'48")	When Kiyoyuki Okuyama, a world famous designer especially known for his automobile designs, looked at his birthplace of Yamagata, he saw a region with a long tradition of craft industry that was in danger of dying out. Japan's famous old regional-based crafts had been decaying since the post-war industrial modernization. Okuyama started a project that is revitalizing these industries - combining modern design concepts with traditional craft skills to create unique products and brands that are selling well abroad.
2007 - 10 DVD	1. Try new products for free at Sample Lab (3'24")	In January 2007, a new national museum opened in Tokyo. The National Art Centre is located in Roppongi, known as the most cosmopolitan district in Tokyo. A major feature of the museum is that it does not have its own permanent collection. Making the most of a total exhibition space of 1,400 square metres, the largest in Japan, it is planning to hold more than 70 exhibitions a year. It also aims to become a base for dispatching art-related materials and information and plans to collect all the catalogues of exhibitions that have been held in Japan since the end of World War II. The National Art Centre is completely barrier-free and is enriched with restaurants and a museum shop. This segment introduces the attractions of the new National Art Centre.
	2. Revealing the hidden side of industry (4'07")	Japan is an advanced country in terms of recycling activities. The average rate of recycling bottles and cans is now over 90%, but the recycling of plastic bottles has not been proceeding so smoothly. Adachi Ward in Tokyo decided to launch a new system using IC cards. If you take empty plastic bottles to a 'reverse vending machine' at a supermarket, you are awarded four points per bottle and obtain a shopping discount worth around one US dollar when the total points on your card reach 1,000. This system of pooling points has been well received by the local residents and is also now being applied to the recycling of other items, such as vegetable scraps that can be made into fertiliser. This segment introduces experimental recycling schemes using IT technology.

	3. Eating on the train ekiben boxed meals (3'00")	Calligraphy is still studied at Japanese schools but it has fewer practical uses these days. However, calligraphy is quietly gaining in popularity again because of its figurative beauty. It is increasingly being used for signs around town, in fashion design, and for interior decoration. Souun Takeda is a young calligrapher representing the current trend. His highly evaluated works are used for books, corporate advertising and food packaging. He is also enthusiastic about collaborating with musicians. This segment introduces the passion for Japanese calligraphy demonstrated by Souun Takeda, who is at the forefront of modern applications of Japanese traditional culture.
	4. A designer's ideas transform local industries (3'28")	The Izu Peninsula, located about two and a half hours by train from Tokyo, is a famous sightseeing area visited by 40 million tourists a year. Abundant natural scenery, products from both the sea and the mountains, and hot springs are always attractive elements for Japanese people. But what also supports the popularity of Izu are the efforts being made by the local communities to offer new attractions to visitors. For example, the town of Inatori invited members of the public to apply for the post of Secretary General of the Tourist Association, a first in Japan. The idea was to stimulate tourism from a fresh viewpoint. This segment introduces the attractions of Izu in early spring, including its beautiful early-blooming cherry blossoms.
Mar-07 (DVD)	1. A New Focus for Art in Central Tokyo (3'41")	Thanks to the "Tokyo Bay Aqua-Line" expressway that goes right across the bay, it's now a drive of just 15 minutes to the Minami Boso area, where spring arrives early. The Boso Peninsula has traditionally had a thriving flower-growing industry because it is near Tokyo, the major market for flowers. Besides the shipping of flowers, the local communities have recently been making efforts to promote tourism, including the serving of dishes that use flowers as ingredients combined with seafood. This segment introduces a day-trip to enjoy the early arrival of spring in Chiba Prefecture that offers the fruits of both the Pacific Ocean and Tokyo Bay.
	2. Recycling with IC Cards (3'45")	Japanese "paper craft" models made from card are popular with foreign tourists for their careful construction and exotic air. This segment introduces a recent new trend in the world of Japanese paper craft. Keisuke Saka, who describes himself as a "paper engineer", is well known even abroad for producing models featuring delicate movements. He uses both computer design and his fingers. His works, including "Hesitation" and "Ready to Fly", are distinguished by their simplified and stylised shapes and colours, unlike the realistic scale models that are common in other countries. Another reason behind the popularity of contemporary Japanese paper craft models is their imaginative renderings that reflect the aesthetic of Japanese animation.
	3. The Rebirth of Japanese Calligraphy (4'18")	Carbon fibre has drawn a lot of attention as a new material for golf clubs, bicycle frames and, most recently, for aeroplane construction. A Japanese scientist has discovered that it is also extremely useful for purifying water. Professor Akira Kojima of Gunma National College of Technology happened to discover that pond water became clean when some carbon fibre was dropped into it, and he began research into practical application of this mechanism. He now travels not only all over Japan but also in China to give instructions on restoring water quality using carbon fibre, and he hopes to expand his tours around the world. This segment introduces the mechanism of water quality purification using carbon fibre and Professor Kojima's activities.
	4. Izu Peninsula in Spring (4'18")	Along with cherry trees, the Japanese have been very fond of <i>ume</i> , the Japanese apricot, since ancient times. <i>Umeboshi</i> , pickled <i>ume</i> , are an essential element in the traditional Japanese diet. <i>Ume</i> have been drawing attention recently in connection with the present trend towards healthy living. Oyama-cho in Oita Prefecture on the island of Kyushu is a unique town that has set <i>ume</i> cultivation as the pillar for its farming business since Japan's period of high economic growth. The residents promoted farming modernisation using the slogan "Let's Plant Ume and Chestnuts and Go to Hawaii!" Following their success, Oyama-cho actually became the Japanese town with the highest percentage of residents holding passports. The town is still making innovative efforts today; in a business tie-up with a major brewer, it has developed a new type of apricot liqueur using local <i>ume</i> . This segment introduces the unique ways Oyama-cho is continuing to revitalize itself in line with the recent popularity of <i>ume</i> .
Feb-07 (DVD)	1. A Day Trip Across Tokyo Bay (3'50")	The Inland Sea of Japan located west of the city of Osaka, the biggest city in Western Japan, is famous for its mild climate and chain of beautiful islands. Naoshima Island is unique amongst them; with a population of about 4,000, it is today decorated with many famous works of contemporary art. "Benesse House", an art museum combined with accommodation facilities designed by the renowned architect Tadao Ando and his team was opened in 1992. Since then, works of internationally known artists have been exhibited one after another. The island is making an effort to activate the whole town as an exhibition site for contemporary art using not only the museum but old private houses.
	2. The Charm of Modern Paper Craft (4'25")	This segment introduces the world of bonsai, a unique feature of Japanese culture, and a young female bonsai expert who is breathing fresh life into it. The Japanese sense of beauty lay behind the development of the miniature trees planted in pots that can express the whole world of nature. Kaori Yamada is a young female bonsai professional who is ushering in a new phase of bonsai history by advocating the application of modern sensibility: she plants assorted grasses and seasonal flowers in the same pot as the bonsai. Bonsai are generally regarded as a hobby for the elderly, but Kaori is hoping to encourage people of different age groups, especially women, to appreciate bonsai cultivation.
	3. Cleaning Water with Carbon Fibre (4'08")	The world's first endoscope for the investigation of internal organs was developed in Japan 50 years ago, and ever since Japan has led the world in this field of medical technology. A new technique to send an endoscope deep into the small intestine has been drawing attention recently. The small intestine has been described as the most uncharted territory in the human body; being long and thin, it is not easy for an endoscope to penetrate it fully. But Dr. Hironori Yamamoto from Jichi Medical University has overcome this problem by developing an endoscope with two small balloon attachments. This segment introduces the latest developments in Japanese endoscopic technology that leads the world.
	4. Revitalizing a Town with Ume (3'56")	One of the cheeses produced at Shintoku Farm in Obihiro, on the northern island of Hokkaido, won the Gold Prize in the 2006 Monde Selection, an internationally prestigious food fair. It was the first time for a Japanese cheese to make such an outstanding achievement. Shintoku Farm has been producing cheese by hand for the last 30 years, with the aim of producing cheeses that suit the Japanese climate. As its name suggests, the "Sakura" (Cherry Blossom) cheese that won the Gold Prize features a subtle aroma of Japan's national flower. This segment introduces the cheese-making process at Shintoku Farm.

Jan-07 (DVD)	1. Naoshima ~The Island of Art~ (4'40")	This segment introduces an attractive location for a day trip from Tokyo on which you can enjoy mountain scenery, ocean delicacies and advanced technology. Since the opening of a new railway service in 2005 it has become possible to travel from central Tokyo to Tsukuba City in Ibaraki Prefecture in just 45 minutes. The symbol of the city is the famous Mt. Tsukuba, which often featured in classical Japanese poems and is today a popular location for casual hiking. The research carried out at Tsukuba Science City supports Japan's leading-edge technologies and the facilities of many of the research organisations are open to the public; the tours given by English-speaking guides are very well received. And just east of Tsukuba is the Pacific Ocean where the angler fish, a winter delicacy, is in season.
	2. Bringing a New Charm to BONSAI (3'40")	Traditional Japanese kites made of handmade Japanese paper and bamboo are very popular because of their charm as traditional craftworks. However, there are very few craftsmen left producing them. 82-year-old Tetsuya Kishida is one of the leading craftsmen who makes "Edo kites". Very popular about the kite frames and elaborate design, he produces kites that display the stylishness of Edo. In this segment we see Kishida at work in his atelier and also introduce the lively festival featuring kite competitions in Hamamatsu in Shizuoka Prefecture.
	3. At the Forefront of Endoscopy (4'37")	Development of the next-generation large-size passenger planes is advancing in Europe and the USA. Japanese textile manufacturers hold an unchallenged position in the production of carbon fibre, an essential element in their development. Super-fine fibres are bundled, heated and further woven to produce carbon fibre, the finest of trump cards for reducing the weight and strengthening the body of highly advanced aircraft. This segment introduces the carbon fibre composite materials that are created by the fusion of traditional textile industry technology and modern high technology.
	4. Japan's Creative Cheese (4'40")	Tokyo, originally known as Edo, is a city with a history of over 400 years. Many old establishments dating from the Edo period (1600-1868) remain in business in Tokyo today. They have gained support by preserving traditional ways. In this segment, we introduce three establishments at which "Edo period taste" has been handed down, centred around lunchtime menus with which you can casually enjoy the atmosphere of the past: "Sasa-no-yuki", a restaurant that specialises in dishes made from tofu, the globally popular health food; "Komagata Dojo" which serves dishes featuring the <i>dojo</i> loach, a freshwater fish traditionally loved by Tokyoites; and "Hanazono Manju" a confectionery shop where you can enjoy traditional sweet desserts with <i>matcha</i> green tea.
Dec-06 (DVD)	1. One-day Trip to Tsukuba ~Nature and Science~ (5'09")	Kesenuma is located on the northeastern edge of Miyagi Prefecture. The coast has a beautiful ria shoreline and the peninsula, with an intricate network of inlets, faces the sea in three directions. Since 1989, Shigeatsu Hatakeyama, who makes a living here from oyster farming, has been involved in tree-planting activities with his fellow fisherman. He also set up work-study programmes that invite children from all over the country to experience the importance of the relationship between forests and the sea. His philosophy is that in order to protect the marine environment, you must not only think about the sea itself but also care for the upstream forests and the rivers that run into it.
	2. Edo Kites Flying High (4'20")	Mobile game devices are now enjoying a boom among adults in Japan. Although they were originally designed for playing games, interest is now focused on the wide variety of software applications available for them, including English language instruction and cooking guides. Museums and art galleries are also paying attention to the use of the devices. The National Museum of Western Art in Ueno, Tokyo, is experimenting with a guidance system to explain the exhibits to visitors. In Kyoto, several makers have cooperated to create an interactive museum where visitors can enjoy the 'Ogura Anthology of 100 Poems by 100 Poets', playing the traditional card matching game using mobile game devices that continue evolving beyond the bounds of the existing framework.
	3. Supporting the Next Generation of Aircraft ~Carbon Fibre Composite Materials~ (4'08")	In this segment, two young foreign students experience a one-day trip around Tokyo using an economical ticket that allows unlimited travel on the Tokyo Metropolitan subway system as well as bus and train services all day for just 700 yen (around 6 US dollars). They visit various popular Tokyo spots, ranging in style from an ancient Edo atmosphere to the most advanced cityscape, as well as places where visitors can get a taste of the life of ordinary Tokyoites. Their first destination is Tsukiji Wholesale Market, where they enjoy fresh sushi at a very reasonable price. Then they visit Ameyoko in Ueno, Asakusa, and Hamarikyu Detached Palace Garden. After enjoying the atmosphere of old Edo, they end their one-day trip in a club in Roppongi that is right at the top of universal youth culture.
	4. Tokyo Traditional Taste (5'38")	This segment introduces one of the representative Japanese slow foods and how it is made. In the Inland Sea of western Japan, ferries weave their way through around 3,000 islands of different sizes. The calm mirror-like sea is the result of the mild climate that is unique to the Inland Sea area throughout the year. <i>Sanuki udon</i> , thick wheat noodles, is a popular 'slow food' dish from Kagawa Prefecture on Shikoku Island that has been drawing attention nationwide in the last few years as the 'final noodle boom'. The prefecture has low rainfall and shallow underground water supplies that provide the mineral-rich well-water ideal for producing <i>udon</i> noodles. The Kagawa noodle-makers are very particular about the preparation techniques: carefully mixing white flour with water and treading on the dough to help generate the distinctive 'body' of <i>Sanuki udon</i> . People from all over Japan visit the prefecture searching for that special taste.
Nov-06 (DVD)	1. Global Oysters Supported by Forests (5'35")	This segment looks at Japan's history as a member of the United Nations. Ever since it was admitted in 1956, Japan has consistently made appeals to the international community through the UN General Assembly on the need for nuclear disarmament and nonproliferation. Japan's role at the UN has become increasingly important since the fall of the Berlin Wall and the end of the Cold War. For example, the government of Japan played a central role in seeking the peaceful resolution of the international conflict in Cambodia. It has also been engaged in development assistance in various African countries, based on the concept of 'human security', and it takes initiatives to achieve the Millennium Development Goals. In order to help make the UN more effective in the 21st century, Japan is now seeking permanent membership in the UN Security Council.
	2. Not Just for Play ~Mobile Game Devices Evolve~ (4'37")	Beppu, in Oita Prefecture on the southern island of Kyushu, is one of Japan's most famous <i>onsen</i> hot spring resorts and the Japanese are fond of its distinctive townscape filled with steam. In recent years, Beppu has been trying to attract more foreign tourists; the number of overseas visitors has tripled over the past ten years. This segment introduces the attractions of Beppu, centered around an American who provides walking tours with an English commentary and a Japanese craftsman who creates beautiful wooden tableware in Yuftin, the attractive neighbouring town.

	3. Tokyo One-Day Trip (5'25")	This segment introduces the secrets of a dish that ordinary Japanese people just cannot resist-'ramen' noodles. Although ramen originated in China, a variety of ideas were added to the basic recipe to produce Japanese original versions. Japanese ramen chefs have created many ramen variations that incorporate 'umami', the subtle soup stock flavour produced from seafood products and fresh vegetables, and added distinctive soup seasonings based on soy sauce, <i>miso</i> , and so on. In the city of Yokohama, not far from Tokyo, there is even an amusement park with ramen as its theme. The irresistible attractions of ramen draw more than 1.3 million visitors to it every year, proving just how much the Japanese love ramen noodles.
	4. Udon ~Noodles Fostered by Nature~ (5'27")	This segment introduces a small island in southern Japan where biomass ethanol is being produced in the most cost-effective way in the world. In Japan, great efforts are being put into measures to protect the global environment and many technological developments have been carried out. One of these, research on mixing ethanol with gasoline, is now underway on Ie Island in Okinawa Prefecture, 1,500 kilometres from Tokyo. Biomass ethanol is produced from sugar cane, so in order to make the use of ethanol viable, the research team developed a new type of sugar cane that grows to about double the normal height. The ethanol factory makes full use of Japanese energy-saving technology.
Oct-06 (DVD)	1. Japan's 50 Years as a UN Member (5'57")	This segment introduces the latest technology centered around the development of assistive limbs and sports artificial legs. In 2005, the research project team at Tsukuba University in Japan announced its research results on HAL (Hybrid Assistive Limbs). HAL can increase the operator's muscle power by more than ten times, and it is expected to prove extremely useful in a variety of welfare situations, including disaster relief efforts and caregiving. Using state-of-the-art technology, a skilled prosthetic technician is also trying to produce artificial legs that are easier to use and give the disabled a feeling of security.
	2. Onsen, Warm-hearted Hot Springs-Beppu and Yufuin (5'01")	Mt. Koya, one of Japan's most famous Buddhist sacred sites, was inscribed on the World Heritage List in 2004. Since the news was serialized in a French newspaper, the number of foreign visitors has been increasing year by year. One secret behind this increase is the popularity of the <i>shukubo</i> , lodgings inside the temples that visitors can stay at. At the <i>shukubo</i> , you have the chance to experience part of the training for priests and also eat the same vegetarian meals-including many vegetables and seaweed-as the priests, who are not allowed to eat meat. This segment introduces the <i>shukubo</i> of Mt. Koya.
	3. Ramen, Japan's Favourite Noodles (3'46")	Most Japanese department stores have a handy basement food section that connects with railway stations via underground passages. In recent years, these sections have changed considerably as the lifestyle of the Japanese has changed. Today, the sections feature not only many world-leading food products and food from famous high-class stores throughout Japan, but also 'eat-in-corners' where you can taste freshly prepared dishes from an open kitchen on the spot or take them home. This segment introduces the latest situation at the department store basement food sections.
	4. The Small Island that Drives on Ethanol (3'54")	This segment introduces Japanese people's awareness of the effects of natural disasters and some of the measures taken to prepare for them. September 1st is designated as Disaster Prevention Day in Japan. Every year, the public and private sectors cooperate to hold major disaster prevention drills all over the country. Japan is regarded as being very advanced in terms of disaster preparedness. Special sections for emergency supplies are provided at department stores and other shops sell items such as easy-to-carry portable toilets, torches equipped with a wind-up dynamo, food with a long shelf life, etc. In addition, volunteer teams of local residents help others in their neighbourhood to secure their furniture against earthquake damage.
Sep-06 (DVD)	1. State-of-the-art Prosthetics (4'47")	This segment introduces modern beach cleaning equipment based on traditional techniques. This beautiful beaches of Japan are increasingly suffering from the problem of how to remove accumulations of trash. A Japanese car manufacturer has developed some equipment that is highly effective in removing trash from sandy beaches. Its designers used hints from traditional Japanese tools, including the sieves that were used to separate the bran from rice and the bamboo rakes that are still used all over Japan to collect fallen leaves. After a lot trial and error, the equipment could even sieve out cigarette butts from the sand. In summer 2006, two types of device were attached to a four-wheeled buggy. Its energetic cleaning efforts on beaches suffering from trash pollution have already been highly evaluated.
	2. Staynig at a World Heritage Site (5'03")	This segment introduces the many attractions of Himeji Castle, which was completed in early 17th century and designated as a World Heritage Site in 1993. The wooden construction soaring to a height of 46 metres is said to be the most beautiful castle in Japan. The design of its five-layered, seven-story keep with its curved rooves makes the castle resemble a white egret opening its wings, so it is also known as Shirasagi-jo, the White Egret Castle. Two huge pillars, 25 metres long and one metre in diameter, have protected the castle from earthquake damage over the centuries. The various defensive features include more than ten gates and the zig-zag approach to the keep that was designed to hinder access to the main citadel. The castle was, in fact, never attacked, but the lords who controlled it were often changed.
	3. Basement Food Riches (3'47")	This segment introduces the increasing popularity of the traditional light kimonos called <i>yukata</i> . Recently, more and more young women are wearing <i>yukata</i> , and they add colour to summer events such as fireworks displays and Bon Festival dances. <i>Yukata</i> were originally made from cotton cloth dyed with indigo and they were worn as a bathrobe or a housedress. But recently, as many more colours and designs have become available and prices have fallen, they have come back into favour as fashionable clothing, particularly with young women. Major department stores and leading brand clothes makers are promoting <i>yukata</i> sales, with expanded display spaces and <i>yukata</i> fashion shows. The use of the simple <i>yukata</i> has changed into a way for women to express their personal fashion sense in the heat of the Japanese summer.
	4. Preparing for Natural Disasters (4'36")	The high-quality hand-made paper called <i>washi</i> was invented in Japan in the 7th century. It is widely used today for various purposes that make full use of its thinness, strength and beautiful texture. <i>Washi</i> has traditionally been used not only for letter paper, but also for umbrellas, lanterns, <i>ukiyo-e</i> woodblock prints, and as an architectural material. It provides a distinctive sense and charm to Japanese life and culture. In the 17th century, the Dutch painter Rembrandt appreciated <i>washi</i> 's ability to fully express shading and he used it to print his copperplate etchings. Because <i>washi</i> provides a very effective way to moderate and soften light, it is attracting designers and artists worldwide. They are eagerly searching new ways to put it to artistic use, such as using it to wrap the exterior walls of a hotel and car bodies and interiors. This segment introduces the attractions of a traditional craft them that brings a simple and soft atmosphere to Japanese life.

Aug-06 (DVD)	1. Beach Cleaning Buggy (4'06")	Yellow 'Hato Bus' sightseeing buses take tourists to many sightseeing spots in Tokyo, Japan's capital city. Around 70,000 people a year enjoy sightseeing using the buses that provide an English commentary, a service that began in 1953. It is a very easy and comfortable way to see the Tokyo sights. The tours are led by female guides proficient in English who all have their own techniques to subtly change their explanations according to the nationality and cultural background of the tour members. Their efforts are always well-received. In this segment we join one of the popular bus tours that includes visits to the major sightseeing spots of Meiji Shrine, Odaiba and Asakusa.
	2. Secrets of the White Egret Castle (4'06")	In May 2006, Ken Noguchi, the internationally famous Japanese mountain climber, returned to the Himalayan peaks with colleagues to carry out 'climbing for cleaning' for the fifth time. Every visit they find several tons of garbage left behind by members of climbing expeditions, including heavy climbing gear such as oxygen cylinders. The network supporting Noguchi's actions to clean up the mountains is spreading in both the public and private domain, and 'climbing for cleaning' has begun on other mountains, including Mt. Fuji, Japan's highest mountain. Noguchi's dream is to find support for his efforts by getting more and more people interested in the environmental protection of mountains.
	3. The Yukata Fashion Boom (3'25")	This segment introduces how the Japanese live with flowers. Many Japanese incorporate flowers into their daily life, and more than 5 million people learn the traditional style of flower arrangement called 'ikebana'. There are many scenic spots for flower-viewing all over Japan and each season has its special blooms. The most popular are the morning glories in summer, the chrysanthemums in autumn, the <i>ume</i> Japanese plum trees in winter, and the cherry blossoms in spring. Some people take pleasure in planting miniature flowering trees in pots.
	4. WASHI, The Finest Japanese Paper (3'48")	The Japanese have traditionally used a <i>furoshiki</i> , a cloth about one metre square, as a handy way to wrap things. The <i>furoshiki</i> is now experiencing the revival. More and more people are using them as a bag or even as headwear, and there are classes available to learn how to wrap things efficiently and attractively with a <i>furoshiki</i> . Yuriko Koike, the Minister of the Environment, has been promoting use of the <i>furoshiki</i> as a means to save energy and encourage environment conservation. This segment introduces the revival of the long-neglected <i>furoshiki</i> .
	5. The Popular Tokyo English Bus Tour (3'42")	Personal computers have become an intrinsic part of daily life in Japan, and the number of 'digital artists' producing animation works using their computer is increasing today. This segment introduces several people deeply involved in the world of digital animation who produce original works based on their personal interests: a young woman who produces animations using traditional brushes and <i>sumi</i> black ink; a bar owner who tries to express himself by animating his original wire dolls; and a clever teenage boy who can easily produce an animated story in a short time.
Jul-06 (DVD)	1. Climbing for Cleaning (4'17")	There seems to be no end to the diversification of mobile phone functions. In April 2006, a 'one-segment broadcasting' service was launched in Japan. For the first time in the world, digital television programmes can now be viewed on a mobile phone. The service will be available nationwide by the end of 2006. The advent of the era in which you can watch television anywhere had begun. 'One-seg' has already been a big hit with young people who enjoy live sports programmes, but it is attracting everyone's attention because it will greatly influence the future of TV. This segment introduces the current situation of 'one-seg broadcasting'.
	2. Living with Flowers (3'35")	Mountains comprise 70% of Japan's land area and the Japanese have traditionally valued forests and carefully fostered the culture of wood. There are many large trees in Japan and Japanese people have venerated them as sacred objects while valuing their timber in their daily lives. In this segment, we will introduce the charm of Japan's wooden structures and introduce some of Japan's finest examples: Todaiji Temple Hall (48 meters high, the world's biggest wooden structure), the five-storied pagoda of Horyuji Temple (32.5 meters high, the world's oldest wooden structure), Kintai-kyo bridge (constructed in 1673), and Ise Shrine, which is regularly rebuilt to revere the freshness of wood.
	3. Furoshiki - The Flexible Wrapping Cloth (3'46")	This segment provides an update on studying in Japan. Recently, the number of young people from overseas countries who want to study at universities and advanced vocational schools in Japan has been increasing. The Japanese government has been making an effort to complete its system to help promote understanding about Japan. One of the measures taken is the introduction of a general examination called EJU, held every June and November. If students acquire a certain score, they can then apply for the entrance examination to the educational institution they wish to enter. In addition, there are Japanese language schools available that are specifically designed to help students master a sufficient level of Japanese to take the EJU. In addition, Japan Education Fairs are being held in several countries to encourage overseas students to come to Japan.
	4. Self-expression through Digital Art (4'05")	Japan's assistance for Iraq has been developed based on two main activities around the town of Samawa: the implementation of Official Development Assistance, ODA, including the provision of trucks to distribute clean water; and humanitarian relief provided by the Japan Self-Defence Forces, JSDF, including medical assistance and helping with reconstruction and repair work on roads and public facilities. In addition, construction has begun on Japan's assistance being conducted in cooperation with local people in Samawa.
Jun-06 (DVD)	1. Mobile Phone TV	The Japanese have traditionally lived with a deep respect for Nature, and they developed a lifestyle that was well harmonised with it. We introduce the Japanese sense of appreciation for natural sounds, including the croaking of <i>kajika</i> singing frogs living in the river, the rustling of bamboo leaves in the breeze, the refreshing tinkle of ' <i>furin</i> ' wind-bells, and the distinctive sounds of Japanese musical instruments produced from natural materials, such as <i>shamisens</i> , flutes and drums.
	2. Exploring Japan: Appreciating Wooden Architecture	Many elements of Japanese pop culture feature strongly in newspapers and magazines today in Malaysia, including character goods, fashions for young people, <i>manga</i> comics and <i>anime</i> animation films. There are even shops specializing in Japanese pop culture, and Japanese animation programmes compete for the top ratings on Malaysian TV. In this segment, we investigate Malaysians on the street.
	3. Japan Welcomes Young Students	The city of Mitaka, 18 kilometres west of the centre of Tokyo, has a population of about 170,000. It features Japan's most advanced example of local administration with citizen participation. The mayor of Mitaka asked residents to draw up basic plans for city revitalization and promised that their proposals would be implemented. The citizens of Mitaka came to participate in the administration, being regarded as founts of wisdom and knowledge rather than just as simple taxpayers. We introduce the unprecedented local administration being carried out by the enthusiastic residents of Mitaka.

May-06 (DVD)	1. Japan's Assistance for Iraq (4'23")	Japanese pop culture is spreading worldwide today and many young people overseas regard <i>anime</i> animated films and <i>manga</i> comics from Japan as 'cool.' Children in New York are fascinated by Pokemon and you can easily buy Japanese comics in Paris. Collaboration work has also begun between animation production companies in Japan and foreign artists. This segment investigates the roots of Japanese animation, which perhaps go all the way back to a picture scroll drawn 900 years ago or to the <i>ukiyo-e</i> woodblock prints of the 18th and 19th centuries.
	2. Exploring Japan: Appreciating Japanese Sounds (4'01")	Convenience stores have overtaken department stores and supermarkets in terms of sales figures, and they now enjoy the top position among retail shops in Japan. Why are their sales figures increasing? A leading convenience store chain not only uses computerised data for sales management, but has also introduced a system in which even the part-time shop assistants are responsible for purchasing. The segment introduces the backstage activities at Japanese convenience stores that can quickly grasp customer needs to increase their sales figures.
	3. Japanese Anime in Malaysia (2'48")	Traditional Japanese-style inns and ordinary houses feature Japanese-style rooms called ' <i>washitsu</i> ' where Japanese people can find peace of mind. Simplicity is the main characteristic of a <i>washitsu</i> and it is normally kept largely free of furniture. However, it can easily become a dining room if a table is placed on the <i>tatami</i> mats or a bedroom if <i>futon</i> mattresses are laid out. <i>Washitsu</i> rooms are divided by ' <i>fusuma</i> ', sliding wooden doors covered with paper. This segment presents the unique Japanese aesthetic by which a limited space can be put to a variety of uses.
	4. Citizens in City Planning (3'58")	Japan has at last escaped from the recession that has lasted since 1990, and it is now about to move on to a new stage of stable growth. This, however, has only been achieved by thorough reconsideration of the business systems that made Japan strong in the past and the implementation of initiatives such as rigid restructuring. This segment pursues the course of Japan's long-awaited economic recovery.
Apr-06 (DVD)	1. The Roots of Japanese Anime	
	2. Shop Assistants with Purchasing Power	
	3. Exploring Japan: Appreciating Japanese-style Rooms	
	4. The Japanese Economy Is Rising from Recession	