

News Roundup

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"K" Line Safety Campaign

Marine Safety Team, Marine Safety Administration Group

Crew members, the owners of chartered ships, KL group management companies, business and operating divisions, and technical divisions have been working together to maintain and improve navigational safety at Kawasaki Kisen Kaisha, Ltd. ("K" Line). As a part of this, "K" Line conducted Safety Campaign from December 2017 to March 2018.

Total 126 "K" Line board members and employees have visited 79 ships this year to maintain the safety with united efforts on shore and on board. With utilizing this opportunity, crew members and shore staffs actively exchanged opinions to achieve zero accidents particularly focusing on collisions and fires.

In the course of this campaign, Marine Safety Team have received many comments from ships. Some examples are as written below.

- Opportunities like this to exchange information face-to-face with board members and shore staffs are extremely meaningful.
- We recognized again how "K" Line thinks much of the safety on board.
- We expect "K" Line to reflect our opinions which were shared at the campaign in both tangible and intangible way.

In addition, "K" Line board members and employees who had visited ships submitted comments such as the following.

- This campaign is the good opportunity to understand and grasp the actual conditions of KL operating vessels, and the knowledge/safety awareness of the crew members.
- The campaign enabled us to reconfirm the sincere attitude to safety of the vessels.
- We recalled the attention of the crew members to the risk from stormy weather, which was alerted in the campaign of fiscal 2016. Continuing the campaign is really important.

The safety campaign again turned out to be a golden opportunity to reconfirm on shore and on board that safe navigation is the basis of "K" Line.

Finally, "K" Line would like to once again express its deep and sincere appreciation for all the crew members, board members and employees who took time to cooperate with the campaign this fiscal year.



A Poster for the Fiscal 2017 "K" Line Safety Campaign



"K" Line takes Delivery of 88,000-DWT Coal Carrier "CORONA XANADU"

Thermal Coal Team No.1 Thermal Coal Group

A naming and delivery ceremony for the 88,000-DWT coal carrier "CORONA XANADU" was held at Shin Kasado Dockyard Co., Ltd., a member of the Imabari Shipbuilding Group, on May 23, 2018. This ship joined the Corona series of post-Panamax coal carriers of Kawasaki Kisen Kaisha, Ltd. ("K" Line) that are especially suited to enter ports at power stations in Japan. The addition of "CORONA XANADU" raised the number of ships in the Corona series to 19.

Many stakeholders, including Managing Director Hideki Onkawa of Okinawa Electric Power Company, Inc., Managing Executive Officer Muneya Taniguchi of MUFG Bank, Ltd., President and Representative Director Katsunobu Kitamura of Osaka Asahi Kaiun Co., Ltd. and Executive Vice President Setsuhiro Kurokawa of Imabari Shipbuilding Co., Ltd., attended the naming and delivery ceremony for "CORONA XANADU." The wife of "K" Line's Executive Managing Officer, Kazuhiko Harigai, made the ship's comple-



tion official when she brilliantly cut the support rope. "CORONA XANADU" set off on her maiden voyage to Banjarmasin, a coal loading port in Indonesia, blessed by the many people present. The ship is scheduled to load thermal coal in Banjarmasin and enter a port at Okinawa Electric Power Company's Gushikawa Power Plant. Power demand is rising in Okinawa Prefecture due to factors such as an increase in the number of tourists. Coal-fired power plants are supplying 60% of this demand with coal-fired thermal power positioned as an extremely important source of energy. With this voyage as the start, "CORONA XANADU" will engage in operations based on agreements for shipping coal to Japan going forward.

This vessel has a weather adapted duct (WAD) in a frontal propeller section and a hybrid fin in a rear propeller section for raising propelling efficiency and improving fuel economy from that of older carriers. The ship is also installed with a ballast water disposal system. Additional features of "CORONA XANADU" include compliance with the International Convention for the Control and Management of Ships' Ballast Water and Sediments and initiatives taken for protecting the marine ecosystem.

"XANADU" means "earthly paradise." It is a word that calls to mind a country of affluence. "K" Line named this vessel "CORONA XANADU" with the wish that coal transported safely on this ship will lead to a stable power supply and contribute to maintaining more affluent lifestyles. "K" Line will devote the experience and technologies it has accumulated over the years to operation of "CORONA XANADU" to ensure that power companies will benefit from it for many years to come.

Taking the liberty of this space, "K" Line would like to once again express its appreciation to all who provided cooperation in many ways during the period through to the ship's completion. Finally, we express our sincere wish that "CORONA XANADU" enjoys safe navigation throughout her lifetime.



"K" Line President Murakami Pays a Courtesy Call on Coordinating Minister for Infrastructure and Minister of Transport Khaw Boon Wan of Singapore

"K" Line Pte Ltd

During his visit to the country, on April 13, 2018 President Eizo Murakami of Kawasaki Kisen Kaisha, Ltd. ("K" Line) paid a courtesy call on Coordinating Minister for Infrastructure and Minister for Transport Khaw Boon Wan of Singapore. Chief Executive Andrew Tan of the Maritime and Port Authority of Singapore, and Director Tan Hoe Soon of the Sea Transport Division of the Singaporean Ministry of Transport, were also present. Cases in which Minister Khaw, who has a busy schedule, receives a courtesy call from a private company, are limited. Minister Khaw received President Murakami's courtesy call this time around in recognition of the contributions the "K" Line Group has made to Singapore over many years.

During their talk, President Murakami and Minister Khaw exchanged opinions on the shipping industry in general, in a congenial atmosphere. President Murakami expressed to Minister Khaw his gratitude for a great deal of cooperation the Singaporean government provided when Ocean Network Express Pte. Ltd. was established, in addition to raising a wide range of topics, including the history of the "K" Line Group's operations, the Group's approach to a joint venture for a car carrier terminal in Singapore, and the centennial for "K" Line approaching in 2019. Their meeting continued longer than scheduled thanks to the great troubles taken by the Singaporean government.

Minister Khaw, who is a Japanophile, conveyed to President Murakami his gratitude for the "K" Line Group's contributions to Singapore, which has continued unbroken from the establishment of the forerunner to "K" Line (Singapore) Pte. Ltd. to "K" Line Pte. Ltd. (KLPL). The minister also spoke of a strong affinity he feels with "K" Line, which belongs to the same group as Kawasaki Heavy Industries, Ltd., the supplier of rolling stock to the Mass Rapid Transit of Singapore since its commercial launch, and praised the history of "K" Line, which is approaching its centennial. For "K" Line, the courtesy call was a golden opportunity to show its presence in an important country as it seeks to rebuild in preparation for achieving rapid progress.

Meanwhile, Senior Minister of State for Health and Transport Lam Pin Min, a leading figure in the Singaporean government, is anticipated to pay a courtesy call on President Murakami during his visit to Japan scheduled in July 2018. "K" Line expects Minister Lam's prospective courtesy call to help the "K" Line Group and the Singaporean government deepen their relationships further.

Singapore occupies an important position in marine navigation. As a regional center for finance and trade, Singapore has marine industries as key to its economy. "K" Line hopes that the presence the Group has built in this country and its good relationships with the Singaporean government will help it achieve even greater strides over the next 100 years.

Historic First ONE Container Unloaded at Husky Terminal (Tacoma, Washington State, United States)

International Transportation Service, Inc.

Unusually for late April, normally rainy month in Washington State, cloudless skies spread over Tacoma from early morning.

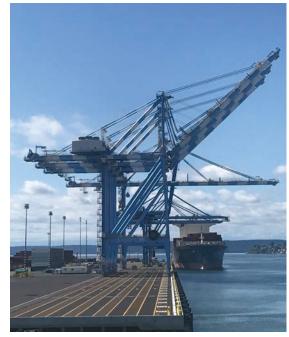
GRANVILLE BRIDGE, an oceangoing vessel operated by Ocean Network Express Pte. Ltd. (hereinafter referred to as "ONE"), reached Husky Terminal (hereinafter referred to as the "Husky") early in the morning on April 24, 2018. At 9:15 a.m. GRANVILLE BRIDGE unloaded the ONEU 000001-2, the container having the first serial number for ONE.

This container loaded Toyota Motor Corporation's auto parts was taken on board GRANVILLE BRIDGE at Nagoya Port. A ceremony to commemorate the unloading of the historic first ONE container was held at Husky with attendance of officials from ONE and the Tacoma port authority. After unloaded at Husky, this container traveled safely to Georgetown, Kentucky, its final destination, by rail.

Taking this opportunity, International Transportation Service, Inc. would like to introduce Husky. Husky opened business at Tacoma Port, suburbs of Seattle, on July 15, 1983. Since then, Husky has been supporting Kawasaki Kisen Kaisha, Ltd. ("K" Line) container business for more than 30 years. In particular, Husky has provided the region's best quality services in terms of connectivity with double stuck trains (DSTs) used for inland transportation. Capacity buildups are now in progress to improve in response to the rapid expansion of container vessel size in recent years. As first step, Husky completed construction work for straightening berth this April. This makes Husky to enable to handle two ultra large container vessels (in the 18,000 to 20,000TEU class) simultaneously. Also, container handling equipment investment is underway to handle increasing container volume. Four super post-Panamax gantry cranes (able to handle 24-wide containers) arrived at the Husky in February 2018. Those cranes are scheduled to enter service in August 2018. Also, four same size additional gantry cranes will join them in February 2019.

"K" Line's red containers, a familiar sight for many years, will gradually decrease at Husky. Instead of "K" Line's red containers, new ONE's magenta containers will increasingly fill Husky terminal. The arrival of the first ONE container commemorating the launch of the new shipping company left its mark on the history of the Husky together with memories of "K" Line's container shipping business.





"K" Line Group Announces the Winners of Environmental Awards 2018

Environment Management Group



The "K" Line Group Environmental Awards honor outstanding activities for environmental preservation undertaken by "K" Line Group directors and employees according to a course of action established in the "K" Line Environmental Vision 2050. The Environment Management Group received 22 entries from Group companies in Japan and overseas on this fourth occasion since the Awards' establishment in 2015 (compared with 25 entries received in the previous year). The Environment Management Group would like to express its heartfelt appreciation for cooperation in the Awards extended by the concerned parties.

At its meeting held on Monday, April 2, 2018, the Screening Committee for the "K" Line Group Environmental Awards selected the following entries as award winners (one entry as the Grand Award winner and six others as Excellent Award recipients) based on deliberations by its members. In addition, the Sustainability Award was created this year. Paying attention to grassroots activities that can be called an idea behind the DRIVE GREEN NETWORK (DGN), the environmental promotion system the "K" Line Group launched last year, this new award recognizes companies that have given the DNG momentum by submitting a large number of entries, even if individually their activities may have only limited influence. This year, the Screening Committee chose companies that have made 10 or more entries for the Award to date.

At an award ceremony held at the head office of Kawasaki Kisen Kaisha, Ltd. ("K" Line) on June 5, 2018, President Eizo Murakami of "K" Line presented commemorative items and their catalog to awardees. The Environment Management Group would like to congratulate them sincerely on this occasion.

[Grand Award] The Grand Award is given to an entry befitting its point, which can be evaluated as a "K" Line Group initiative.

CO2 and shipping cost reduction utilizing a truck carrier (PT. "K" Line Mobaru Diamond Indonesia, Jakarta, Indonesia (KMDI))



PT. "K" Line Mobaru Diamond (KMDI) began using a carrier car (truck carrier) able to load four small trucks it had developed with PT Hino Motors Manufacturing Indonesia (HMMI), its client, for exported vehicles in February 2017. Previously, HMMI had handed over trucks (products) to customers at its factories, from which many of them drove away. Damage to truck bodies sustained during the travel was a cause for concern for that reason. KMDI theoretically reduced fuel consumption by developing the truck carrier able to transport four trucks, instead of causing them to drive away on their own, in addition to raising the quality of transported products. The truck carrier



generated many more effects through its use in long-distance delivery to Surabaya and other domestic destinations (road distance totaling about 750 kilometers which correspond to the distance from Tokyo

to Onomichi in Japan) in cooperation with PT. Hino Motors Sales Indonesia (HMSI), a truck dealer. KMDI operates three carriers of this type as of May 2018. KMDI improved the quality of carried products and reduced the environmental impact at the same time in collaboration with other companies. The Screening Committee rated KMDI high in terms of the degree of environmental contribution and originality.

[Excellence Award] The Excellence Award is given to initiatives that can be evaluated as excellent from the viewpoint of originality and continuity even if they may be small in scale. (six awardees mentioned in random order)

Shore power utilization for offshore support ships at the Bergen Port (K Line Offshore AS)



"K" Line Offshore AS installed a shore power supply system on KL SANDEFJORD, an anchor handling tug supply ship (AHTS) it owns and operates. Its installation enabled the ship to switch to a shore source when using power during port calls, reduce fuel used by its power generator, and substantially lower the atmospheric emissions of NOX, SOX, CO₂ and other particles that result from fuel consumption. The shore power supply system is contributing to preserving the environment in surrounding areas. Moreover,

KL SANDEFJORD gained the class notation for shore power issued by DNV GL, the first offshore support ship in the world to do so. The Screening Committee rated those points high from the viewpoints of originality and the degree of environmental contribution.



News Roundup



Prevention of marine pollution with rust through occurrence, scatter and emission controls in operations for rinsing tugboats (Daito Corporation)

Daito Corporation inspected stains on its tugboats and found most of them had resulted from rust. Based on this discovery, Daito Corporation took initiatives focused on efforts to prevent rust from emerging and scattering. The company reduced to about one quarter the volume of rust that emerges per cleaning by installing covers for pre-

venting scattering and improving methods for cleaning the hull. The Screening Committee rated Daito Corporation highly in terms of continuity because its initiatives require no complex procedure or high skill, but can still be expected to produce great effects on the environment.





Preservation of a resource recycling environment and cost reduction by selling waste materials ("K" Line Container Service (Thailand) Ltd)

"K" Line Container Service (Thailand) Ltd. began recycling and selling waste materials left in its warehouses (plastic trays, corrugated cardboards and other packing materials) in June 2017. The company had built a scheme for returning the trays to their manufacturing plants in Vietnam for their reuse. The scheme has generated transportation demand because vehicles and oceangoing vessels are used for returning the trays.



Those initiatives made the recycling of waste materials and cost reduction compatible with each other.

The Screening Committee rated "K" Line Container Service (Thailand) Ltd. highly based on their originality and influence.



Environmental preservation activities in Bacolod City, Bohol Island and the Manila Bay (in the Philippines)

(Veritas Maritime Corporation (Manning Agency of Taiyo Nippon Kisen))

planted 630 trees in those areas. In addition, about 80 people from the company participated in a proj-

Veritas Maritime Corporation planted trees in Bacolod City and Bohol City, both of which were devastated by an earthquake that occurred in 2013 and a typhoon that struck the Philippines after the earthquake. A total of 67 people including Veritas Maritime Corporation employees and local volunteer workers took part in this operation and



ect to clean the Manila Bay and collected waste, the volume of which was large enough to fill two garbage wagons, in cooperation with municipal authorities in Manila. Planting trees plays the function of building disaster-prevention forests that protect elementary schools and neighboring districts from landslides, floods and other disasters that may occur in the future, in addition to performing the role of restoring landscapes. Based on those points, the Screening Committee rated Veritas Maritime Corporation highly in terms of the degree of social contribution and influence.



Environmental education for the crew members of ships under management ("K" Line Ship Management (Singapore) Pte. Ltd.)

"K" Line Ship Management (Singapore) Pte. Ltd. prepared easy-to-understand slides on environmental issues, such as global warming and climate change. Using those slides, ship inspection supervisors for "K" Line Ship Management (Singapore) Pte. Ltd. are providing training to crew members when they visit ships under the company's management. In addition, "K" Line Ship Management (Singapore) Pte. Ltd. is holding

discussions on the "K" Line Environmental Vision 2050. The Screening Committee rated "K" Line Ship Management (Singapore) Pte. Ltd. highly in terms of influence and continuity in view of activities it is undertaking energetically for raising crew members' awareness for the environment.





Sato-yama preservation activities at Sarumachi-zuka, the "K" Line's forest ("K" Line Satoyama Club)

A total of 300 people have participated in the "K" Line Satoyama Club since its birth in 2012. They have made substantial contributions to preserving regional ecosystems by continuing their efforts to make the most of land owned by "K" Line Group companies in cooperation with the Chiba University Student Committee for ISO Environmental Management Systems. Based on that point, the Screening Committee rated the "K" Line

Satoyama Club highly in terms of continuity and the degree of environmental contribution.



[Sustainability Award] The Sustainability Award is given to companies that have submitted 10 or more entries up to the present (two awardees mentioned in random order).



Seagate Corporation: 14 entries
Nitto Total Logistics Ltd.: 12 entries



Seagate Corporation



Nitto Total Logistics Ltd.

To achieve the goals set out in the "K" Line Environmental Vision 2050, all directors, employees and crew members of oceangoing vessels working in the "K" Line Group must retain a sincere commitment to activities to protect the environment in their everyday life. This year, all applicable Group companies in Japan will begin taking part in a comprehensive environmental management network for the "K" Line Group launched last year called The DRIVE GREEN NETWORK (DGN). Let's continue our efforts to share the environmental preservation activities of each other widely, extend them as Group-wide initiatives, and link them to improvements in levels through the "K" Line Group Environmental Awards.

The Environment Management Group will invite entries for next year's Environmental Awards at the beginning of 2019. The Environment Management Group is looking forward to receiving many entries for the Awards.

News from Overseas



The City Where I Live in

Contributed by Mr. Hiroyasu Dojima, K Line Offshore AS

K Line Offshore AS, the company where I started working in October 2015, is located neither in Oslo, the capital of Norway, nor in Bergen, the second largest city in the country. It is located in Arendal, a small city that is even more unlikely to be familiar. Taking this precious opportunity, I would like to introduce some things that make Norway and Arendal wonderful.



Norway is a country whose territory extends north and south. It may surprise you, but the country is located in the northernmost part of the European continent. With an area of 385,252 square kilometers, Norway roughly equals Japan in size. However, its population is approximately 5.3 million, or about 4% of the approximately 126.6 million people living in Japan. In other words, calculated roughly, the population density of Norway is one twenty-fifth that of Japan.

Arendal, my current home, is a small city with a population of about 44 thousand located in the southern part of this country. Some of you may recall a popular film at the mention of the name, Arendal. Yes, Arendalle, the scene for the masterpiece movie, Frozen, is said to have been named after our city, which reportedly inspired its scriptwriter. (Unfortunately, Bergen, the second largest city in Norway, is said to have served as a model for the snow landscapes that appeared in Frozen.)



Syttende Mai

Discuss Norway, and you have to talk about Syttende Mai. Literally translated into English as the "seventeenth of May," it is the liveliest annual holiday in Norway, on which Norwegians dressed in folk costumes march in parade waving their national flag in every corner of the country. This is the day to celebrate the enactment of the Norwegian constitution on May 17, 1814.

As a nation, Norway formed Union with Sweden and was the peaceful separation from Sweden on 7 June 1905. However, a groundswell of sentiment in favor of independence arose under the effects of the French Revolution, to the point to which Norway enacted its own constitution in 1814. The enactment of the constitution did not immediately result in the separation from Sweden, but the constitution, said to have been the most democratic one in the world at the time of its enactment, remains the pride of the Norwegian people. It has been retained to the present with several amendments along the way.

Of course, a parade takes place in our city, Arendal, on May 17, too. It is the time of the year when the weather begins to stabilize following the end of the long winter. People take to the streets on this day as if to explode in joy. The large number of people on the streets makes us wonder where in the world they are hiding in ordinary times. A group called "RUSS" is a particular sight to see. Members of this group are students in their last year of high school. They are openly permitted to go on a spree at this time, just before their graduation. They put on red overalls, sit on the window of moving cars for exclusive RUSS use, play loud music with a bottle of beer in one hand, and parade down the streets. The generous characteristics of Norwegian people may be in the background of the public acceptance of such behavior by senior high school students just before graduation.

Boating Arendal in Summer

Nights under the midnight sun are perhaps what comes to your mind at the mention of summer in Scandinavian countries. In parts of Northern Norway like Tromsø, a city in the Arctic Circle, the sun does not go down and the midnight sun prevails from the middle of May until late July. However, the midnight sun is not present in Arendal, in the south of Norway. Still, during the summer solstice, sunrise is 4 a.m. and sunset is past 10:30 p.m. In fact, the sky does not darken until past 1 a.m. and it begins to brighten up around 3 a.m. Light-blocking curtains to keep out light is essential for a sound sleep.

Located in the southern part of Norway, Arendal is also a popular summer resort in Norway, as the city boasts one of the highest ratios of fair weather in the summertime. The temperature here is around 20 to 25 degrees Celsius. Humidity is low. I feel that summer in Arendal is extremely comfortable. In Japan, people go to resorts to avoid heat on summer vacations. In Norway, many tourists visit Arendal during the summer as if looking for heat. Norwegians fill sunny outdoor tables at restaurants and cafes to enjoy the summer sun during vacationing season as if they are Olaf, the snowman yearning for summer in Frozen.

As you may expect, boats are an indispensable part of summer in Arendal. The idea may seem like a dream for Japanese people, but it is common for people in Arendal to own a boat for personal use. Many local people start servicing their respective boats with the arrival of spring and they set out to sea on their boats on days blessed with good weather. They admire from the ocean the beautiful wooden houses in various colors, and enjoy sailing their boats through geographical features peculiar to Norway, such as small fjords and islands, at a leisurely pace. Afterwards, they anchor at seafront restaurants where they devour fish and shellfish, such as shrimps and blue mussels caught in local waters, with white wine. Sometimes they enjoy barbecuing fresh seafood and meat on a large grill that each family in Norway owns as a matter of course. This is how people spend summer, the most wonderful season in Norway.



A restaurant enjoyed by mooring a boat alongside

Cross-Country Skiing Rules Arendal in Winter

In the twinkling of an eye, summer is over and winter comes to Arendal. In contrast to summer, during the winter solstice sunrise does not occur until after 9 a.m. and sunset is a little after 3:30 p.m. Sometimes we can go days without seeing the sun from the time we leave home for work to the time we get back after work. Unfortunately, while northern light (aurora) appear frequently in parts of northern Norway, they are rarely visible in Arendal. To be honest, the cold and dark winter is mentally hard sometimes. Yet people here enjoy winter without stress.

As you may expect, cross-country skiing (cross-country) is an indispensable part of winter in Arendal. Speaking of skiing, Alpine skiing is the common image in Japan. In Norway, however, cross-country skiing, in which skiers run through woods, is what is most often meant by skiing. It is distinguished from Alpine skiing, otherwise known as downhill skiing. There are cross-country skiing courses maintained throughout Norway. To put it in extreme terms, people in Norway can ski cross-country before going to work, after returning from work and before going to sleep. Even cross-country skiing courses near the center of cities are designed to meander through woods, lakes and small fjords. They enable skiers to enjoy cross-country skiing and refresh themselves amid the splendid nature. It is also common for people in Norway to seclude themselves in mountain huts they own and enjoy cross-country skiing at their leisure on weekends and long vacations. I hear there are some experienced skiers who set out on a course with a backpack filled with food on their back, make a fire by themselves mid-course, cook the food, have a meal, and enjoy skiing cross-country all day long.

I imagine that the spectacular performance of the Norwegian squad at the Pyeongchang Olympics recently is still fresh in your memory. In Norway, there is even a saying, "Norwegians are born with skis on their feet." All we talked about in our office was cross-country skiing while the Olympics were in progress. It made me realize once again the strength of Norwegians' passion for this sport.

Life in Arendal

There are just eight Japanese people living in Arendal. They include six related to Kawasaki Kisen Kaisha, Ltd. (hereinafter referred to as "K" Line), including four who are my family, and two women married to Norwegians. Unfortunately, there is no Japanese grocery or Japanese restaurant here in this environment, my family and I are living in a way that is entirely blended into the local community. I spend a typical day here in the ways described below. I want to invite you all to visit Arendal regardless of seasons. Here in Arendal, you can count on finding some wonderful nature and enjoying some precious experiences not available in Japan. We will give you a hearty welcome.



I began cross-country skiing myself.

	SUMMER	WINTER		
8:00	I wake up, agonizing over the raucous singing of the birds that began at 4 a.m. I go to work in the sun, which is scorching already as if it is high noon.	I wake up in darkness with the sounds of an alarm clock as the only support, unable to tell whether it's early or late. I go to work, watching my steps on the slippery road surface.		
8:30	Start o	of work		
10:30	There is considerable noise from tourists enjoying their vacations outside, because our office is located in the center of Arendal. Pulling myself together, I start concentrating on my work again.	The world outside has finally brightened. The temperature is below zero, but I instinctively feel like going out on a sunny day. I can understand well how a turtle feels when lying on its stomach to sunbath.		
12:00	All employees enjoy a healthy lunch served at the office together because eatheir seats when they like because the office has no official lunch hour. They	ating out at lunch is not part of the Norwegian culture. Employees go back to work diligently to get home as early as possible.		
13:30	A quiz competition for employees is held every day at this time. Usually the question is in Norwegian, but the theme was Japan today. For that reason, I took part. I feel depressed after failing to get the right answer, which was Bushido (the code of the samurai).			
15:30	On a fine day, thinking about the time to go home.	It's already pitch-dark. thinking about the time to go home.		
16:30	Work ends			
17:30	To enjoy the sunshine in daytime that is still long, I set up a large barbecue grill and grill thick slices of meat for dinner at home. To prepare for boating on a weekend, I take care not to drink too much as the sun takes a long time to go down.	Nights are dark and long, but I enjoy them stylishly in my own way with the combinations of Scandinavian furniture and indirect lighting by candles and a fireplace. To prepare for cross-country skiing on a weekend, I take care not to drink too much under the influence of a pleasant atmosphere.		