



**WEEK 1: Sunday, 31 December 2023 - Saturday, 6 January 2024 - ALL MARKETS**

Date	Start Time	Genre	Title	Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description
2023-12-31	0500	News - Overseas	Al Jazeera News Hour	Al Jazeera News Hour First Edition 2022		0	In-depth global news from Al Jazeera Satellite Network, Doha, Qatar, in English.	QATAR	English-100	2022		NC				
2023-12-31	0600	News - Overseas	TRT World News	TRT World News		0	The latest news from around the globe from TRT World, Istanbul, Turkiye, in English.	TURKEY	English-100	2022		NC				
2023-12-31	0630	News - Overseas	France 24 Africa News	France 24 Africa News 2022		0	International and Africa news in English from France 24.	FRANCE	English-100	2022		NC				
2023-12-31	0650	News - Overseas	Indian Country Today News	Indian Country Today News 2022		0	Indian Country Today News is an independent news channel that serves Indigenous communities with news, entertainment, and opinion.	USA	English-100	2022		NC				
2023-12-31	0720	News - Overseas	Fbc News	Fbc News Fiji		0	Local, world, sport and entertainment news in English from Fbc News, Suva Fiji.	FIJI	English-100	2023		NC				
2023-12-31	0750	News - Overseas	France 24 Feature	France 24 Feature Second Edition 2022		0	News feature in English from France 24, Paris.	FRANCE	English-100	2022		NC				
2023-12-31	0810	News - Overseas	ABC America Nightline	ABC America Nightline 2023		0	ABC America's late-night television news program for in-depth reporting on today's major news stories.	USA	English-100	2023		NC				
2023-12-31	0840	News - Overseas	CBC The National	CBC The National 2022		0	CBC's flagship nightly news with hosts Adrienne Arseneault and Andrew Chang from Toronto, Canada, via satellite in English.	CANADA	English-100	2022		NC				
2023-12-31	0930	Business & Economics	Small Business Secrets	Small Business Secrets Series 3 Ep 20	03	20	Small Business Secrets shines a light on the small business owners and innovators playing a vital role in Australia's economic growth.	AUSTRALIA	English-100	2017	RPT	NC		Y		
2023-12-31	1000	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 219	04	219	The hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022	RPT	PG	a		Y	
2023-12-31	1030	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 220	04	220	The hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022	RPT	PG	a		Y	
2023-12-31	1100	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 221	04	221	Jack's keen to step up when Harper leaves him in charge of ED for a week as part of his training. The role comes with its challenges, not least managing the staff - bickering Maeve and Nicole, in particular. But Jack's equal to the challenge. However when a staffing crisis hits, he's under pressure to find a solution.	NEW ZEALAND	English-100	2022	RPT	PG	a		Y	
2023-12-31	1130	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 222	04	222	The high-tech capabilities of Chris' house are the source of much glee...and woe, causing Drew and Harper to squabble. Meanwhile, Monique quells her feminist fire in favour of helping the hospital and an exhausted Jack is disconcerted when he finds a locum for ED - who doesn't want to work at Shortland Street.	NEW ZEALAND	English-100	2022	RPT	PG	a			
2023-12-31	1200	Quiz	Patriot Brains	Patriot Brains Series 1 Ep 6	01	6	Hosted by legendary UK comedian Bill Bailey, Patriot Brains is a trans-Tasman comedy panel show that sees Australian and New Zealand comedians battle it out to determine once and for all, who's best - Kiwis or Aussies?	NEW ZEALAND	English-100	2020	RPT	M	l s		Y	

2023-12-31	1255	Culture & Society	<b>The Kimberley Cruise: The Full Journey</b>	Kimberley Cruise, The Full Journey Series 1 Ep 6, The	01	6	Travelling by boat from Broome to Darwin, this route in Australia's top end is a breathtaking coastline of open seas, bays, basins, islands and estuaries. This area is dubbed 'Australia's last great witness' and surprising stories of multicultural history abound.	AUSTRALIA	English-100	0	RPT	G			
2023-12-31	1550	Culture & Society	<b>The Casketeers</b>	Casketeers, The	04	1	Francis and Kaiera navigate the difficulties of supporting grieving whanau during COVID-19 while operating under strict guidelines, and with the mortuary now up and running, the funeral home has a flamboyant new staff member.	NEW ZEALAND	English-95; Maori-5	2020	RPT	PG	a	Y	Y
2023-12-31	1615	News - Overseas	<b>France 24 English News</b>	France 24 English News Morning Second Edition 2022		0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	2022		NC		Y	
2023-12-31	1645	History	<b>The Buildings That Fought Hitler</b>	We Shall Fight Them In The Fields	01	3	With the entry of the Americans into the war, Rob Bell explores the extensive air and naval structures used by Britain and her Allies in preparation for the fight back against the Nazis.	UNITED KINGDOM	English-100	2020	RPT	PG		Y	
2023-12-31	1740	History	<b>The Buildings That Fought Hitler</b>	We Shall Fight Them In The Air	01	4	Explores the structures built into the natural hill barriers surrounding London, and the public and private air raid shelters built to protect the capital's eight million inhabitants during the Blitz.	UNITED KINGDOM	English-100	2020	RPT	PG		Y	
2023-12-31	1835	Comedy	<b>Super Mario Bros.</b>			0	Brooklyn plumbers Mario and Luigi get the shock of their lives when they discover a parallel world populated by the intelligent descendants of dinosaurs. It's up to our unlikely heroes to battle the evil King Koopa and his Goomba guards, free the beautiful Princess Daisy and save mankind in this adventure of a lifetime.	USA	English-100	1993	RPT	PG	h v	Y	Y
2023-12-31	2030	Culture & Society	<b>Billy Connolly's Great American Trail</b>	Episode 1	01	1	Billy embarks on his great American trail as he opens the New York tartan day parade to 30,000 people. Then, he heads to Plymouth, Massachusetts where the pilgrims first landed on American soil, followed by a meeting with the Native American tribe who almost had their people and language wiped out. Later, onto Boston - home to possibly the naughtiest group of nuns on the planet.	UNITED KINGDOM	English-100	2019	RPT	M	a s	Y	Y
2023-12-31	2125	Quiz	<b>Taskmaster's New Year Treat</b>	Taskmaster New Year Treat 1		0	Feeling in a particularly festive mood, the almighty Taskmaster Greg Davies has gathered Adrien Chiles, Claudia Winkleman, Jonnie Peacock and TV personality Lady Leshurr for a standalone special. He will put his celebrity guests through their paces in a series of ludicrous challenges supervised by his devoted sidekick, assistant, and stats keeper Little Alex Horne.	UNITED KINGDOM	English-100	2021	RPT	M	a l s	Y	
2023-12-31	2220	Culture & Society	<b>Perfect Pairs</b>	<b>DOCUMENTARY PREMIERE</b> Perfect Pairs		0	Sometimes there are names that are almost inseparable - Venus and Serena, Ali and Cosell, Lennon and McCartney. Join host Peyton Manning as he counts down the top ten Dynamic Duos of all time, as voted on by a panel of experts. Which terrific twosome is the most unforgettable?	USA	English-100	2023		PG			
2023-12-31	2310	Culture & Society	<b>Dark Side Of The 90s</b>	Viper Room: Hollywood's Sanctuary, The	01	2	The Viper Room was a refuge for young Hollywood to hide from the prying eyes of the press, until one fateful night when the death of a rising star instantly made it headline news.	USA	English-100	2021	RPT	MA	d	Y	Y
2023-12-31	2400	Culture & Society	<b>QAnon: The Search For Q</b>	Insurgency	02	3	The January 6 insurrection failed, but a failed coup is often a test run. Marley Clements and Bayan Joonam investigate the new war waged by Anons in school boards and local elections.	USA	English-100	2022	RPT	MA	a w	Y	Y
2023-12-31	2455	Culture & Society	<b>QAnon: The Search For Q</b>	Reckoning, The	02	4	The powerful forces behind the ongoing QAnon conspiracies threaten to undermine future elections. Bayan and Marley go behind the scenes to investigate. Then - Q posts again.	USA	English-100	2022	RPT	MA	a	Y	Y
2023-12-31	2550	Culture & Society	<b>Hamilton's Pharmacopeia</b>	Lazy Lizard School Of Hedonism, The	01	6	Hamilton Morris meets with famed LSD chemist Casey Hardison in the Nevada desert and embark on a roadtrip to visit a key figure in psychedelic history: Darrell Lemaire.	USA	English-100	2016	RPT	M	d l n	Y	Y
2023-12-31	2640	News - Overseas	<b>NHK World English News</b>	NHK World English News 2023		0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2023		NC			

2024-01-01	0500	News - Overseas	Al Jazeera News Hour	Al Jazeera News Hour First Edition 2022	0	In-depth global news from Al Jazeera Satellite Network, Doha, Qatar, in English.	QATAR	English-100	2022		NC			
2024-01-01	0600	News - Overseas	TRT World News	TRT World News 2024	0	The latest news from around the globe from TRT World, Istanbul, Turkiye, in English.	SPAIN	English-100	2024					
2024-01-01	0630	News - Overseas	France 24 Feature	France 24 Feature Second Edition 2022	0	News feature in English from France 24, Paris.	FRANCE	English-100	2022		NC			
2024-01-01	0650	News - Overseas	DW English News	DW English News Morning 2023	0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	2023		NC		Y	
2024-01-01	0720	News - Overseas	Fbc News	FBC News Fiji	0	Local, world, sport and entertainment news in English from FBC News, Suva Fiji.	FIJI	English-100	2023		NC			
2024-01-01	0735	News - Overseas	DW Global Us	DW Global Us 2023	0	Deutsche Welle's news magazine looks at the issues that are moving us today and shows how people are living with the opportunities and risks of globalisation.	GERMANY	English-100	2023		NC			
2024-01-01	0810	News - Domestic	APAC Weekly	APAC Weekly 2023 Ep 6	2023	6	Asia-Pacific's brightest minds at the forefront of charting a sustainable future for the world from APAC Network Brisbane, in English.	AUSTRALIA	English-100	2023		NC		Y
2024-01-01	0840	News - Overseas	France 24 English News	France 24 English News 2022	0	International news and current affairs from Paris, offering a French perspective on world events via satellite in English.	FRANCE	English-100	2022		NC			
2024-01-01	0930	Business & Economics	Small Business Secrets	Small Business Secrets Series 4 Ep 1	04	1	Small Business Secrets shines a light on the small business owners and innovators playing a vital role in Australia's economic growth.	AUSTRALIA	English-100	2018	RPT	NC		Y
2024-01-01	1000	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 223	04	223	Maeve embarrasses herself at the IV and faces rejection from Nicole and disdain from her friends and colleagues. Wilder's closeness with Cassie and Justine sparks jealousy, and Maeve formulates a plan to drive Wilder and Cassie apart by providing them with condoms to infuriate Justine.	NEW ZEALAND	English-100	2022	RPT	PG	a	
2024-01-01	1030	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 224	04	224	TK tries to remain stoic despite grieving for Sid, assuring a concerned Cece she has nothing to worry about. However, he is left frustrated when his anger gets the better of him at work and he snaps at Dawn and Jack in front of VIP Rebekah.	NEW ZEALAND	English-100	2022	RPT	PG	a v	
2024-01-01	1100	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 225	04	225	TK puts on a good show of leadership after a tragedy within the hospital community, but it fires up his grief for his own deceased son. Raihu's intrigued to clock the new locum Jack successfully hired - Gia, and turns on the charm to put her at ease. A busy Esther finds Gia strangely familiar but is pulled away before she can place her.	NEW ZEALAND	English-100	2022	RPT	PG	a	Y
2024-01-01	1130	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 226	04	226	Despite reassuring Marc of her love for him, Madonna remains concerned about Viliam's welfare, and is desperate to check up on him after Dawn admits to being too distracted with Wilder's death to mind her flatmate. Though Logan urges Madonna to keep her distance, he reluctantly agrees to keep an eye on Vili in her stead.	NEW ZEALAND	English-100	2022	RPT	PG	a	Y
2024-01-01	1200	Culture & Society	The Kimberley Cruise: The Full Journey	Kimberley Cruise, The Full Journey Series 1 Ep 5, The	01	5	Travelling by boat from Broome to Darwin, this route in Australia's top end is a breathtaking coastline of open seas, bays, basins, islands and estuaries. This area is dubbed 'Australia's last great wilderness' and surprising stories of multicultural history abound.	AUSTRALIA	English-100	0	RPT	G		
2024-01-01	1420	Court Sports	Sidelined: Women In Basketball	Sidelined: Women In Basketball Series 1 Ep 4	01	4	Filmed during the Deskin Melbourne Boomers 2021/22 Championship Season, this four-part series looks at the fight for equality in women's basketball.	AUSTRALIA	English-100	2022	RPT	PG		Y

2024-01-01	1525	News - Overseas	BBC News at Ten	BBC News at Ten 2023	0		The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2023	NC				Y	
2024-01-01	1545	News - Overseas	ABC World News Tonight with David Muir	ABC World News Tonight with David Muir 2023	0		America's number one network news bulletin with anchors David Muir weekdays, Whit Johnson Saturday edition and Linsey Davis Sunday edition.	USA	English-100	2023	NC				Y	
2024-01-01	1615	News - Overseas	ABC America This Week	ABC America This Week With George Stephanopoulos 2023	0		ABC America's pre-eminent weekly public affairs program with George Stephanopoulos from New York, USA.	USA	English-100	2023	NC				Y	
2024-01-01	1715	News - Overseas	PBS News Weekend	PBS News Weekend 2023	0		Analysis of national and international news, as well as in-depth reporting on topics ranging from education and politics to technology and finance. Hosted by John Yang for the Public Broadcasting Service (PBS) in the United States.	USA	English-100	2023						
2024-01-01	1745	Culture & Society	The Joy Of Painting With Bob Ross	Joy Of Painting With Bob Ross Series 13 Ep 1, The	13	1	Bob Ross' brushes captivate the graceful and uncommon qualities of distant sloping hills and a peaceful nearby lake.	USA	English-100	1987	RPT	G				
2024-01-01	1815	Culture & Society	The Fast History Of	Classic, The	01	1	This is the epic story behind the most iconic soft drink in the world, and the incredible lengths its creators took to stay on top.	USA	English-100	2022	PG		a d v			
2024-01-01	1840	Quiz	Jeopardy!	Jeopardy Series 40 Ep 1	40	1	Ken Jennings hosts Jeopardy! Where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2023		G				
2024-01-01	1905	Quiz	Jeopardy!	Jeopardy Series 40 Ep 2	40	2	Ken Jennings hosts Jeopardy! Where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2023		G				
2024-01-01	1930	Quiz	8 Out Of 10 Cats Does Countdown	8 Out Of 10 Cats Does Countdown Series 9 Ep 24	09	24	8 Out Of 10 Cats Does Countdown is hosted by Jimmy Carr, with team captains Sean Lock and Jon Richardson, and features Rachel Riley and Susie Dent on maths and dictionary duty respectively.	UNITED KINGDOM	English-100	2016	RPT	M	a l s		Y	
2024-01-01	2030	Quiz	Taskmaster	Don't Like Them Go Bang	09	9	The five comics go undercover as they try to impress Greg with their attempts at high-level espionage. Results, involving a white van, a newspaper and a paper cup, are mixed.	UNITED KINGDOM	English-100	2020	RPT	M	a l		Y	Y
2024-01-01	2125	Narrative	Scrubs	My First Day (Pilot)	01	1	Fresh out of med school, new intern John 'J.D.' Dorian feels inept as he is forced upon quirky patients and must endure abuses by the resident doctors at Sacred Heart hospital. He's joined by fellow interns Chris Turk and Elliott Reid. He's got to cope with ill-tempered, impatient Dr. Cox, one of the senior physicians at the hospital, and the sociopathic janitor, who may be out to kill him.	USA	English-100	2001		M	s		Y	
2024-01-01	2150	Narrative	Scrubs	My Mentor	01	2	Sardonic Dr. Cox gets to J.D., who's in desperate need of acceptance; tactless Elliot irks Carla, who's being wooed by slick Turk.	USA	English-100	2001		M	a		Y	
2024-01-01	2215	Narrative	Scrubs	My Best Friend's Mistake	01	3	Professional and personal situations test the bounds of friendship between J.D. and Turk; a sexist matter entangles Elliot with Kelso.	USA	English-100	2001		M	a s		Y	
2024-01-01	2240	Narrative	Scrubs	My Old Lady	01	4	J.D. forms a bond with a dying woman; Turk performs surgery on a hernia patient; Elliot deals with a wild Carla.	USA	English-100	2001		M	a		Y	
2024-01-01	2305	Narrative	Scrubs	My Two Dads	01	5	J.D. points out what seems to be a technical mistake to Dr. Kelso, but it was really an attempt of Dr. Cox to save a woman without insurance using a dead guy's insurance.	USA	English-100	2001		M	s		Y	
2024-01-01	2330	Narrative	Scrubs	My Bad	01	6	Dr. Cox is still facing the threat of suspension, and coincidentally, J.D. is assigned to a special patient: Jordan Sullivan, an important board member. J.D. ends up slippery situation.	USA	English-100	2001		PG	l s			

2024-01-01	2355	Narrative	Scrubs	NEW EPISODE	My Super Ego	01	7	J.D. has finally earned the spot as brightest student, but he's got competition: Nick Murdoch, who seems to be nicer, friendlier and has a better butt than him. Meanwhile, Turk is having problems at the operation table and doesn't tell Carla.	USA	English-100	2001	M	s	Y		
2024-01-01	2420	Narrative	Scrubs	NEW EPISODE	My Fifteen Minutes	01	8	J.D. and Turk become heroes after saving a cameraman's life on TV. But Turk quickly becomes the target of a new publicity campaign led by Dr. Kelso, exploiting the hospital's diversity.	USA	English-100	2001	PG	l s	Y		
2024-01-01	2445	Culture & Society	The Devil You Know		Vampire Witch	02	1	In this true crime docu-series, a bizarre murder in Pennsylvania reveals the online cult of Sherry Shriner, a wannabe CNN news anchor, who leads thousands of Americans to believe that a race of devil-worshipping, shape-shifting reptiles from outer space is ushering in a New World Order.	USA	English-100	2021	RPT	MA	v	Y	
2024-01-01	2535	Culture & Society	Jack The Ripper: Hidden Victims		Jack The Ripper Series 1 Ep 2	01	2	The three experts, consultant forensic psychologist Kerry Daynes, ex-Scotland Yard detective Howard Groves and social historian Ruth Goodman are back to continue re-examining the most infamous unsolved crime in British history. Beginning with the discovery of another body of a woman with her throat slashed in Whitechapel, the team explore the life of the victim Elizabeth Stride. Howard and Kerry then cast their expert eyes over the 1888 evidence, but when taking into account the smog and lack of lighting, they begin to question the reliability of witness statements.	USA	English-100	2022	RPT	M	a v	Y	Y
2024-01-01	2630	News - Overseas	NHK World English News		NHK World English News 2023		0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2023		NC			
2024-01-02	0500	News - Overseas	Al Jazeera News Hour		Al Jazeera News Hour First Edition 2022		0	In-depth global news from Al Jazeera Satellite Network, Doha, Qatar, in English.	QATAR	English-100	2022		NC			
2024-01-02	0600	News - Overseas	TRT World News		TRT World News 2024		0	The latest news from around the globe from TRT World, Istanbul, Turkey, in English.	SPAIN	English-100	2024					
2024-01-02	0650	News - Overseas	APTN National News		Aptn National News Weekend Edition Series 01 185	2020	185	News week in review from Canada's Indigenous broadcaster APTN.	CANADA		2020		NC			
2024-01-02	0720	News - Overseas	Fbc News		FBC News Fiji		0	Local, world, sport and entertainment news in English from FBC News, Suva Fiji.	FIJI	English-100	2023		NC			
2024-01-02	0755	News - Overseas	France 24 Feature		France 24 Feature Second Edition 2022		0	News feature in English from France 24, Paris.	FRANCE	English-100	2022		NC			
2024-01-02	0810	News - Overseas	DW English News		DW English News Morning 2023		0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	2023		NC		Y	
2024-01-02	0840	News - Overseas	CBC The National		CBC The National 2022		0	CBC's flagship nightly news with hosts Adrienne Arseneault and Andrew Chang from Toronto, Canada, via satellite in English.	CANADA	English-100	2022		NC			
2024-01-02	0930	News - Overseas	BBC News at Six		BBC News At Six 2023		0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2023		NC		Y	
2024-01-02	1000	Contemporary	Shortland Street		Shortland Street Series 4 2022 Ep 227	04	227	When it transpires that Vili collapsed with pneumonia an upset Madonna lashes out at TK for cutting more hospital resources, and will Dawn's suspicions of foul play cost her her relationship?	NEW ZEALAND	English-100	2022	RPT	PG	a		
2024-01-02	1030	Contemporary	Shortland Street		Shortland Street Series 4 2022 Ep 228	04	228	A determined TK resists cutting resources, instead selling shares in Shortland Street. When Gia later sees TK's obvious love for an upset Tillie, she softens and TK's relieved for a thawing.	NEW ZEALAND	English-100	2022	RPT	PG	a		

2024-01-02	1100	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 229	04	229	Though TK tries to reassure her, Harper is anxious about her upcoming court appearance - and fears losing her HOD position if convicted. When a fire breaks out in a nearby suburb Harper's determined to get the best out of her ED to prove herself.	NEW ZEALAND	English-100	2022	RPT	PG	a	
2024-01-02	1130	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 230	04	230	Waiting to be discharged, Vili notices Logan is struggling - burning the candle at both ends with back to back shifts. As Logan pastes on a smile and resolves to soldier on, Vili endeavours to get Logan to follow his lead and take up the free counselling sessions. Monique backs him up.	NEW ZEALAND	English-100	2022	RPT	PG	a	
2024-01-02	1200	Contemporary	The Tailings	Gorge, The	01	1	A remote mining town in Tasmania reels from the death of a local miner. The tight-knit community are quick to rule the death as an accident, but the miner's teenage daughter, Jas, refuses to believe his death was accidental. She decides to launch her own investigation into what happened. Stars Tegan Stimson, Mabel Li and Kris McQuade.	AUSTRALIA		2018	RPT	M	I	Y
2024-01-02	1210	Culture & Society	In My Own World	Demon Hunters	01	8	Delivery driving may be Erik's job but the paranormal is his passion. While he will go anywhere and do anything to hunt a demon, his career-counsellor mother would like him to hunt a paycheck.	USA	English-100	2021	RPT	M	a h I	Y
2024-01-02	1300	Culture & Society	Rhod Gilbert: Stand Up To Shyness	Rhod Gilbert - Stand Up To Shyness		0	Comedian Rhod Gilbert can stand up in front of a massive crowd and make them laugh for two hours solid without breaking sweat. But stick him in a room on his own with one of his fans and he'll start perspiring. It is estimated that nearly half of the world's population have some manifestation of shyness and social anxiety. Rhod tries to understand exactly what made him so shy, how it can be identified and, most crucially, what can be done to reduce its impact.	UNITED KINGDOM	English-100	2020	RPT	M	I	
2024-01-02	1410	Culture & Society	Cat Ladies	Cat Ladies		0	A filmmaker interviews four women whose lives and self-worth are tied together with their cats. What happens to a cat lover that turns her into a cat hoarder?	CANADA	English-100	2009	RPT	PG	a I	
2024-01-02	1520	News - Overseas	BBC News at Ten	BBC News at Ten 2023		0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2023		NC		Y
2024-01-02	1550	News - Overseas	ABC World News Tonight with David Muir	ABC World News Tonight with David Muir 2023		0	America's number one network news bulletin with anchors David Muir weekdays, Whit Johnson Saturday edition and Linsey Davis Sunday edition.	USA	English-100	2023		NC		Y
2024-01-02	1615	News - Overseas	PBS Newshour	PBS Newshour		0	Reviews and analysis of the day's news, presented by Anna Nawaz and Geoff Bennett for the Public Broadcasting Service (PBS) in the United States.	USA	English-100	2023		NC		Y
2024-01-02	1715	Culture & Society	Counter Space	Chinatowns	02	2	China's recent wealth re-makes Chinatowns around the world in its image as Sophia pays tribute to Buwei Yang with a classic recipe. Comedian Jenny Yang explains diaspora foodways over shaved ice, and we eat the best fried rice in the Mississippi Delta.	USA	English-100	2021	RPT	G		Y
2024-01-02	1745	Culture & Society	The Joy Of Painting With Bob Ross	Joy Of Painting With Bob Ross Series 13 Ep 2, The	13	2	A snowy mountain range, an ice-covered lake, and a lost little cabin combine to create a wintry testimony to Bob Ross' artistic magic.	USA	English-100	1987	RPT	G		
2024-01-02	1815	Culture & Society	The Fast History Of	Special Delivery	01	2	Can you imagine your life without delivery? Well, it wouldn't be possible without Domino's Pizza. Domino's created the practice of home food delivery, and transformed it into a global empire. And yet in 2009, Domino's released a shocking ad campaign in which they told the world their pizza was bad! Why would they do that? Find out in this story full of bitter rivalry, pilfered ideas, and piles and piles of dough.	USA	English-100	2022		PG	I	
2024-01-02	1840	Quiz	Jeopardy!	Jeopardy Series 40 Ep 3	40	3	Ken Jennings hosts Jeopardy! Where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2023		G		
2024-01-02	1905	Quiz	Jeopardy!	Jeopardy Series 40 Ep 4	40	4	Ken Jennings hosts Jeopardy! Where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2023		G		

2024-01-02	1930	Quiz	8 Out Of 10 Cats Does Countdown		8 Out Of 10 Cats Does Countdown Series 9 Ep 25	09	25	8 Out Of 10 Cats Does Countdown is hosted by Jimmy Carr, with team captains Sean Lock and Jon Richardson, and features Rachel Riley and Susie Dent on maths and dictionary duty respectively.	UNITED KINGDOM	English-100	2016	RPT	M	a l s	Y	
2024-01-02	2030	Culture & Society	Dark Side Of The 2000s	SERIES DOCUMENTARY PREMIERE	Jon And Kate Plus 8: Family Circus	01	1	The Gosselin's marriage dissolves on TV. When the couple weaponize their fame in a messy divorce, they fracture the image of the perfect American family.	USA	English-100	2023					
2024-01-02	2125	Entertainment	Alone: The Skills Challenge	NEW EPISODE	Fishing Kit And Smoker	01	9	Three of Alone's standout fishermen are challenged by Jordan Jonas to make a fishing kit, catch and smoke a fish with only four tools in three days. Britt Ahart, Joel van der Loon, and Clay Hayes work to one up each other in this showdown.	USA	English-100	2022		PG	a w	Y	
2024-01-02	2150	Entertainment	Alone: The Skills Challenge	NEW EPISODE	Nature-Powered Rotisserie	01	10	Given only two tools, this week's challengers are tasked with one of their most unique builds yet, a nature-powered rotisserie. Callie North, Amos Rodriguez, and Joel van der Loon built some unique projects during their time on Alone, but Clay Hayes' challenge will push their skills and creativity to the next level.	USA	English-100	2022		PG	a w	Y	Y
2024-01-02	2215	Crime	Hudson & Rex	NEW EPISODE	Mourning Show, The	01	9	Charlie investigates the host of a local morning show after her media mogul husband is suddenly found dead.	CANADA	English-100	2019		M	a v	Y	
2024-01-02	2305	Crime	Hudson & Rex	NEW EPISODE	Art Of Darkness	01	10	With a gallery curator found murdered on his showroom floor and a missing sculpture, Charlie, Rex and Sarah are thrown into the world of high art. Jesse feels the burn when Sarah picks him as her new running buddy.	CANADA	English-100	2019		M	a v	Y	
2024-01-02	2355	Thriller	Box 21		Box 21 Series 1 Ep 2	01	2	Following a brutal assault on Lidia, young police officer Mariana Hermansson is determined to find the people responsible. Lidia, on the other hand, decides to take matters into her own hands and ends up in a hostage situation in the morgue at Löwenströmska hospital.	SWEDEN	Swedish-100	2019	RPT	M	a l v	Y	
2024-01-02	2450	Narrative	Future Man		Precipice Of Yesterday, The	03	1	When their time travels land them in a New Pangea detention center in 3491 A.D., Josh, Tiger, and Wolf are facing Death by Entertainment for Time Crimes that killed billions of people on twenty-seven planets.	USA	English-100	2020	RPT	MA	s v	Y	Y
2024-01-02	2520	Culture & Society	Hate Thy Neighbour		Border Vigilantes	02	1	British comedian Jamali Maddix spends time with two vigilante groups intent on protecting the border between Mexico and the USA.	UNITED KINGDOM	English-100	2017	RPT	MA	l	Y	Y
2024-01-02	2615	Biography	Vice Guide To Film		Ang Lee	01	14	Director Anthony Chen, award-winning author Yann Martel and Elijah Wood reflect on the brilliance and versatility of two-time Oscar winning director Ang Lee, who has worked in Taiwan and Hollywood without losing his artistic identity.	USA	English-100	2016	RPT	M	a l v	Y	
2024-01-02	2645	News - Overseas	NHK World English News		NHK World English News 2023	0		English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2023		NC			
2024-01-03	0500	News - Overseas	Al Jazeera News Hour		Al Jazeera News Hour First Edition 2022	0		In-depth global news from Al Jazeera Satellite Network, Doha, Qatar, in English.	QATAR	English-100	2022		NC			
2024-01-03	0600	News - Overseas	TRT World News		TRT World News 2024	0		The latest news from around the globe from TRT World, Istanbul, Türkiye, in English.	SPAIN	English-100	2024					
2024-01-03	0650	News - Overseas	Indian Country Today News		Indian Country Today News 2022	0		Indian Country Today News is an independent news channel that serves Indigenous communities with news, entertainment, and opinion.	USA	English-100	2022		NC			
2024-01-03	0720	News - Overseas	Fbc News		FBC News Fiji	0		Local, world, sport and entertainment news in English from FBC News, Suva Fiji.	FUJI	English-100	2023		NC			
2024-01-03	0755	News - Overseas	France 24 Feature		France 24 Feature Second Edition 2022	0		News feature in English from France 24, Paris.	FRANCE	English-100	2022		NC			

2024-01-03	0810	News - Overseas	ABC America Nightline	ABC America Nightline 2023	0	ABC America's late-night television news program for in-depth reporting on today's major news stories.	USA	English-100	2023		NC			
2024-01-03	0840	News - Overseas	CBC The National	CBC The National 2022	0	CBC's flagship nightly news with hosts Adrienne Arseneault and Andrew Chang from Toronto, Canada, via satellite in English.	CANADA	English-100	2022		NC			
2024-01-03	0930	News - Overseas	BBC News at Six	BBC News At Six 2023	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2023		NC		Y	
2024-01-03	1000	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 231	04	231	This hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022	RPT	PG	a l	Y
2024-01-03	1030	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 232	04	232	Rahu withdraws his resignation with TK, who's pleased to keep a good doctor but unhappy with Rahu for stringing Ngaia along. Though Rahu's keen on Gia, she rejects him - keen to keep the work place problem-free. TK warns Gia off Rahu and, frustrated by TK's paternalism, Gia impulsively asks Rahu out.	NEW ZEALAND	English-100	2022	RPT	PG	a l s	Y
2024-01-03	1100	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 233	04	233	Gia successfully treats a patient with an injured foot. Jack wants the patient discharged but Gia's concerned with other symptoms that indicate bowel disease. Jack dismisses, so Gia hides the patient around the hospital - with Rahu's help. Later, Esther proves Gia's instincts were correct, leaving Jack embarrassed.	NEW ZEALAND	English-100	2022	RPT	PG	a d s	
2024-01-03	1130	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 234	04	234	Chris is uneasy when TK insists he take Rebekah out for a schmoozy lunch. However, before they can leave, an MVA requires Chris to stay and help out in ED. Rebekah is impressed with the teamwork and decides to chip in - alerting the team to two very unwell patients left sitting out in triage. After the chaos dies down, Chris and Rebekah share a quiet moment, a new mutual respect and friendship forming.	NEW ZEALAND	English-100	2022	RPT	PG	a	
2024-01-03	1200	Contemporary	The Tailings	NEW EPISODE	Second Bend	01	2	Jas's investigation into her dad's death causes trouble and Ruby conceals the truth about her teaching history. Directed by Stevie Cruz-Martin, starring Tegan Stimson, Mabel Li, Kris McQuade.	AUSTRALIA		2018	M	l	Y
2024-01-03	1210	Contemporary	The Tailings	NEW EPISODE	Smudges, The	01	3	Jas endangers herself in order to find some revealing information about her father, as Ruby struggles to make friends in town while also keeping her past a secret. Directed by Stevie Cruz-Martin, starring Tegan Stimson, Mabel Li, Kris McQuade.	AUSTRALIA		2018	M	l	Y
2024-01-03	1220	Culture & Society	The Indian Pacific: The Full Journey	Episode 4	01	4	Crossing Australia from Perth to Sydney, the pivotal part played by the transcontinental railway line in linking the far-flung west coast with the eastern states is explored, including how the rail impacted Indigenous Australians on the Nullabor Plain, the new colony of South Australia, and the Indigenous trade route of the Blue Mountains.	AUSTRALIA	English-100	0	RPT	G		
2024-01-03	1520	News - Overseas	BBC News at Ten	BBC News at Ten 2023	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2023		NC		Y	
2024-01-03	1550	News - Overseas	ABC World News Tonight with David Muir	ABC World News Tonight with David Muir 2023	0	America's number one network news bulletin with anchors David Muir weekdays, Whit Johnson Saturday edition and Linsey Davis Sunday edition.	USA	English-100	2023		NC		Y	
2024-01-03	1615	News - Overseas	PBS Newshour	PBS Newshour	0	Reviews and analysis of the day's news, presented by Anna Nawaz and Geoff Bennett for the Public Broadcasting Service (PBS) in the United States.	USA	English-100	2023		NC		Y	
2024-01-03	1715	Culture & Society	Counter Space	Wild Pantry	02	3	Hunters in Appalachia are turning to wild game to address food access as Sophia Roe cooks duck gumbo at the New York's Soul Fire farm. Black forager Alexis Nikole shows us that the beach isn't just for surfing and we meet a man who turns to roadkill for his dinner.	USA	English-100	2021	RPT	PG	a w	



2024-01-03	1745	Culture & Society	<b>The Joy Of Painting With Bob Ross</b>		Joy Of Painting With Bob Ross Series 13 Ep 3, The	13	3	Bob Ross creates an innocent creek that slices its way across a landscape of colour in a setting dreams are made of.	USA	English-100	1987	RPT	G				
2024-01-03	1815	Culture & Society	<b>The Fast History Of</b>	<b>NEW EPISODE</b>	Chocolate Factory, The	01	3	Tracing the dramatic rise of one of the world's largest chocolate makers, from their inauspicious beginnings on a small dairy farm to an epic partnership with a former employee, the story of Hershey's is full of surprises.	USA	English-100	2022		G				
2024-01-03	1840	Quiz	<b>Jeopardy!</b>	<b>NEW EPISODE</b>	Jeopardy Series 40 Ep 5	40	5	Ken Jennings hosts Jeopardy! Where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2023		G				
2024-01-03	1905	Quiz	<b>Jeopardy!</b>	<b>NEW EPISODE</b>	Jeopardy Series 40 Ep 6	40	6	Ken Jennings hosts Jeopardy! Where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2023		G				
2024-01-03	1930	Quiz	<b>8 Out Of 10 Cats Does Countdown</b>		8 Out Of 10 Cats Does Countdown Series 9 Ep 26	09	26	8 Out Of 10 Cats Does Countdown is hosted by Jimmy Carr, with team captains Sean Lock and Jon Richardson, and features Rachel Riley and Susie Dent on maths and dictionary duty respectively.	UNITED KINGDOM	English-100	2016	RPT	M	a l s		Y	
2024-01-03	2030	Action Adventure	<b>The Vault</b>	<b>MOVIE PREMIERE</b>			0	When an engineer learns of a mysterious, impenetrable fortress hidden under the Bank of Spain, he joins a crew of master thieves who plan to steal the legendary lost treasure while the whole country watches the World Cup.	FRANCE	English-25; German-25; Italian-25; Spanish-25	2021						
2024-01-03	2245	Science Fiction	<b>Looper</b>				0	In this futuristic action thriller, time travel has been invented and illegalised, but thrives as a black market service. When the mob decides to close the time travel 'loop', hired gun Joe (Joseph Gordon-Levitt) is caught in the middle. Soon, he finds himself on the run from a future version of himself (Bruce Willis). Directed by Rian Johnson. Stars Emily Blunt, Paul Dano.	USA	English-100	2012	RPT	MA	v		Y	Y
2024-01-03	2500	Culture & Society	<b>VICE</b>		Lone Star Justice & The Cost Of War	10	5	Paola Ramos travels to Texas to see how Republican Governor Greg Abbott's border enforcement initiative, Operation Lone Star, is circumventing the federal government's authority over immigration. One year after Russia's invasion of Ukraine and an estimated 300,000 casualties, Ben C. Solomon treks to the war-torn frontlines to reveal the grim reality of the ongoing conflict.	USA	English-100	2023	RPT	MA	a v w		Y	
2024-01-03	2535	Culture & Society	<b>VICE</b>		Catfished By Captives & The Disappeared	10	6	Natasha Gutierrez investigates a dark new online scam industry built on violence and enslaved labour, gaining rare access to the human trafficking victims who were forced into stealing billions of dollars from everyday Americans. David Noriega investigates the deaths and disappearances of dozens of migrants in Morocco, and the European policies that likely caused them.	USA	English-100	2023	RPT	M	a v		Y	
2024-01-03	2610	News - Overseas	<b>NHK World English News</b>		NHK World English News 2023		0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2023		NC				
2024-01-04	0500	News - Overseas	<b>Al Jazeera News Hour</b>		Al Jazeera News Hour First Edition 2022		0	In-depth global news from Al Jazeera Satellite Network, Doha, Qatar, in English.	QATAR	English-100	2022		NC				
2024-01-04	0600	News - Overseas	<b>TRT World News</b>		TRT World News 2024		0	The latest news from around the globe from TRT World, Istanbul, Turkey, in English.	SPAIN	English-100	2024						
2024-01-04	0650	News - Overseas	<b>Indian Country Today News</b>		Indian Country Today News 2022		0	Indian Country Today News is an independent news channel that serves Indigenous communities with news, entertainment, and opinion.	USA	English-100	2022		NC				
2024-01-04	0720	News - Overseas	<b>Fbc News</b>		FBC News Fiji		0	Local, world, sport and entertainment news in English from FBC News, Suva Fiji.	FUJI	English-100	2023		NC				
2024-01-04	0755	News - Overseas	<b>France 24 Feature</b>		France 24 Feature Second Edition 2022		0	News feature in English from France 24, Paris.	FRANCE	English-100	2022		NC				

2024-01-04	0810	News - Overseas	ABC America Nightline	ABC America Nightline 2023	0	ABC America's late-night television news program for in-depth reporting on today's major news stories.	USA	English-100	2023		NC						
2024-01-04	0840	News - Overseas	CBC The National	CBC The National 2022	0	CBC's flagship nightly news with hosts Adrienne Arseneault and Andrew Chang from Toronto, Canada, via satellite in English.	CANADA	English-100	2022		NC						
2024-01-04	0930	News - Overseas	BBC News at Six	BBC News At Six 2023	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2023		NC					Y	
2024-01-04	1000	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 235	04	235	Logan ropes Dawn into helping TK think that he's fit for light duties at work again. But Dawn insists that they share deep and meaningful chats. Next day, Logan helps a young couple when their vehicle has a flat battery. TK's impressed with Logan's fresh charitable attitude - and insists that Chris and Rebekah follow suit - not just throw money around. Later, Logan is shocked when he finds an abandoned baby in his ambulance.	NEW ZEALAND	English-100	2022	RPT	PG	a v				Y
2024-01-04	1030	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 236	04	236	This hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022	RPT	PG	a l v				
2024-01-04	1100	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 237	04	237	This hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022	RPT	PG	a s				
2024-01-04	1130	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 238	04	238	This hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022	RPT	PG	a v				
2024-01-04	1200	Contemporary	The Tailings	NEW EPISODE	Lover's Basin	01	4	Jas and Toby's investigations force Laurie to reveal a secret that Brendan was trying to keep, and Ruby's traumatic past is no longer possible to keep secret. Directed by Stevie Cruz-Martin, starring Tegan Stimson, Mabel Li, Kris McQuade.	AUSTRALIA		2018		M	l s			Y
2024-01-04	1210	Contemporary	The Tailings	NEW EPISODE	Siren's Gate	01	5	Jas tracks down her father's ex-lover, and clashes with Ruby as she gets one step closer to solving the mystery of her father's death. Directed by Stevie Cruz-Martin, starring Tegan Stimson, Mabel Li, Kris McQuade.	AUSTRALIA		2018		M	l s			Y
2024-01-04	1220	Culture & Society	The Indian Pacific: The Full Journey	Episode 5	01	5	Crossing Australia from Perth to Sydney, the pivotal part played by the transcontinental railway line in linking the far-flung west coast with the eastern states is explored, including how the rail impacted Indigenous Australians on the Nullabor Plain, the new colony of South Australia, and the Indigenous trade route of the Blue Mountains.	AUSTRALIA	English-100	0	RPT	G					
2024-01-04	1515	News - Overseas	BBC News at Ten	BBC News at Ten 2023	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2023		NC						Y
2024-01-04	1545	News - Overseas	ABC World News Tonight with David Muir	ABC World News Tonight with David Muir 2023	0	America's number one network news bulletin with anchors David Muir weekdays, Whit Johnson Saturday edition and Linsey Davis Sunday edition.	USA	English-100	2023		NC						Y
2024-01-04	1615	News - Overseas	PBS Newshour	PBS Newshour	0	Reviews and analysis of the day's news, presented by Anna Nawaz and Geoff Bennett for the Public Broadcasting Service (PBS) in the United States.	USA	English-100	2023		NC						Y
2024-01-04	1715	Culture & Society	Counter Space	Food Guards	02	4	Researchers in the Netherlands are creating a better banana as Sophia Roe makes chow chow on a bunless burger. Also, we meet the task force charged with intercepting smuggled food at JFK Airport, and a retired detective working to make sure that no apple goes extinct.	USA	English-100	2021	RPT	PG	l				Y
2024-01-04	1745	Culture & Society	The Joy Of Painting With Bob Ross	Joy Of Painting With Bob Ross Series 13 Ep 4, The	13	4	The day's sun is almost gone, but Bob Ross finds what's left of it in this unusual blend of late afternoon tones.	USA	English-100	1987	RPT	G					

2024-01-04	1815	Culture & Society	<b>The Fast History Of</b>	<b>NEW EPISODE</b>	Breaking Breakfast	01	4	Tracing the dramatic rise of the world's second-largest snack food company from their humble beginnings making granola for patients at their sanitarium to an epic rivalry with a former patient and beyond, the story of Kellogg's is full of surprises.	USA	English-100	2022		PG			
2024-01-04	1840	Quiz	<b>Jeopardy!</b>		Jeopardy Series 40 Ep 7	40	7	Ken Jennings hosts Jeopardy! Where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2023		G			
2024-01-04	1905	Quiz	<b>Jeopardy!</b>		Jeopardy Series 40 Ep 8	40	8	Ken Jennings hosts Jeopardy! Where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2023		G			
2024-01-04	1930	Quiz	<b>8 Out Of 10 Cats Does Countdown</b>		8 Out Of 10 Cats Does Countdown Series 9 Ep 27	09	27	8 Out Of 10 Cats Does Countdown is hosted by Jimmy Carr, with team captains Sean Lock and Jon Richardson, and features Rachel Riley and Susie Dent on maths and dictionary duty respectively.	UNITED KINGDOM	English-100	2016	RPT	M	a l s	Y	
2024-01-04	2030	History	<b>Beyond Oak Island</b>	<b>NEW EPISODE</b>	Lost Cache Of Cornwallis, The	03	9	Matty Blake goes blackwater river diving with firefighter Matt Howell in Virginia to search for the legendary Revolutionary War treasure of British Army General Charles Cornwallis.	USA	English-100	2022		PG	a v		
2024-01-04	2120	History	<b>Beyond Oak Island</b>	<b>NEW EPISODE</b>	Legend Of Oderin Island, The	03	10	Treasured Adventures Marty Laguna and Matty Blake help investigate a mysterious island in Newfoundland where the notorious 17th century English pirate Peter Easton is believed to have hidden millions in plundered treasure.	USA	English-100	2022		G			
2024-01-04	2210	Culture & Society	<b>Guns That Changed The Game</b>		If You Seek Peace Prepare For War		1	The golden age of small arms production began in the early 1800s with the invention of the modern cartridge, which combined the percussion cap, the propellant and the projectile into one small, but lethal package. Accuracy, power and loading speed all took a quantum leap forward.	AUSTRALIA	English-100	2020	RPT	PG	a	Y	Y
2024-01-04	2310	Culture & Society	<b>Locked Up: Teens Behind Bars</b>		Episode 3	01	3	On their 4th day behind bars, tensions between 17 year olds Tunde and Korede, both from rival post codes in East London, lead them to fight. Officers become alarmed when a padlock, which could be used as a lethal weapon, goes missing and they mount a shock late night search. The teens meet former members of America's most notorious street gangs, the Bloods and Crips, who describe how gang life led them to them to being shot and jailed. The behaviour programme comes to a climax when the teens come face to face with murder victims at the police morgue. As the week ends they reflect on what they've learnt and how they've changed.	UNITED KINGDOM	English-100	2019	RPT	M	a d l	Y	
2024-01-04	2405	Culture & Society	<b>Dark Side Of Comedy</b>		Chris Farley	01	1	Featuring different comics and their personal journeys, this series explores the internal battles, unexpected fame and societal pressures in the comedy world. Struggling with addiction and a dangerously low self-image, Chris Farley's old friends at Saturday Night Live conspired to help save the falling star. Farley died of a drug overdose at the age of 33.	USA	English-100	2022	RPT	MA	a w	Y	
2024-01-04	2500	Travel	<b>F-ck That's Delicious</b>		Art Of Food Pairings, The	03	7	If pairing wine with food is an art, then consider this episode a masterpiece. The guys drink their way around town, from donut shops to Thai food in a tattoo parlour.	USA	English-100	2017	RPT	M	a d l s	Y	Y
2024-01-04	2530	Culture & Society	<b>Dark Side Of The Ring</b>		Fabulous Moolah, The	01	6	The legacy of wrestling's biggest female star, The Fabulous Moolah, is re-examined after controversial allegations surface following her death.	USA	English-100	2018	RPT	MA	a l v	Y	Y
2024-01-04	2620	News - Overseas	<b>NHK World English News</b>		NHK World English News 2023		0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2023		NC			
2024-01-05	0500	News - Overseas	<b>Al Jazeera News Hour</b>		Al Jazeera News Hour First Edition 2022		0	In-depth global news from Al Jazeera Satellite Network, Doha, Qatar, in English.	QATAR	English-100	2022		NC			
2024-01-05	0600	News - Overseas	<b>TRT World News</b>		TRT World News 2024		0	The latest news from around the globe from TRT World, Istanbul, Turkiye, in English.	SPAIN	English-100	2024					

2024-01-05	0650	News - Overseas	Indian Country Today News	Indian Country Today News 2022	0	Indian Country Today News is an independent news channel that serves Indigenous communities with news, entertainment, and opinion.	USA	English-100	2022		NC					
2024-01-05	0720	News - Overseas	Fbc News	FBC News Fiji	0	Local, world, sport and entertainment news in English from FBC News, Suva Fiji.	FJI	English-100	2023		NC					
2024-01-05	0755	News - Overseas	France 24 Feature	France 24 Feature Second Edition 2022	0	News feature in English from France 24, Paris.	FRANCE	English-100	2022		NC					
2024-01-05	0810	News - Overseas	ABC America Nightline	ABC America Nightline 2023	0	ABC America's late-night television news program for in-depth reporting on today's major news stories.	USA	English-100	2023		NC					
2024-01-05	0840	News - Overseas	CBC The National	CBC The National 2022	0	CBC's flagship nightly news with hosts Adrienne Arseneault and Andrew Chang from Toronto, Canada, via satellite in English.	CANADA	English-100	2022		NC					
2024-01-05	0930	News - Overseas	BBC News at Six	BBC News At Six 2023	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2023		NC				Y	
2024-01-05	1000	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 239	04	239	This hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022	RPT	PG	a l v			
2024-01-05	1030	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 240	04	240	This hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022	RPT	PG	a l v		Y	
2024-01-05	1100	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 241	04	241	This hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022	RPT	PG	a l v			
2024-01-05	1130	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 242	04	242	This hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022	RPT	PG	a l s v			
2024-01-05	1200	Culture & Society	The Indian Pacific: The Full Journey	Episode 6	01	6	Crossing Australia from Perth to Sydney, the pivotal part played by the transcontinental railway line in linking the far-flung west coast with the eastern states is explored, including how the rail impacted Indigenous Australians on the Nullabor Plain, the new colony of South Australia, and the Indigenous trade route of the Blue Mountains.	AUSTRALIA	English-100	0	RPT	G				
2024-01-05	1445	Culture & Society	Vice World Of Sports	Boys Of Bukom	01	1	VICE World of Sports gets on the field and into the ring through a series of compelling stories at the fringe of culture and politics, across a range of places and people through the one lens that connects them all: sport. Bukom is a town too small for a map. But somehow, this tiny, slum village on the coast of Ghana has produced more world champion boxers per capita than anywhere else in the world.	USA	English-100	2016	RPT	PG	a	Y	Y	
2024-01-05	1515	News - Overseas	BBC News at Ten	BBC News at Ten 2023	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2023		NC				Y	
2024-01-05	1545	News - Overseas	ABC World News Tonight with David Muir	ABC World News Tonight with David Muir 2023	0	America's number one network news bulletin with anchors David Muir weekdays, Whit Johnson Saturday edition and Linsey Davis Sunday edition.	USA	English-100	2023		NC				Y	
2024-01-05	1615	News - Overseas	PBS Newshour	PBS Newshour	0	Reviews and analysis of the day's news, presented by Amna Nawaz and Geoff Bennett for the Public Broadcasting Service (PBS) in the United States.	USA	English-100	2023		NC				Y	
2024-01-05	1715	Culture & Society	Counter Space	Agave Forever	02	5	The mezcal boom has made sustainability a crucial part of Mexico's recipe, and actor/entrepreneur Eva Longoria explains why business is a key ingredient. Sophia Roe makes ceviche with tequila and we meet the man who's dedicated his life to saving the animal behind agave - bats.	USA	English-100	2021	RPT	PG				Y

2024-01-05	1745	Culture & Society	<b>The Joy Of Painting With Bob Ross</b>		Joy Of Painting With Bob Ross Series 13 Ep 5, The	13	5	Bob Ross' painting technique is at its best as he shows a rugged group of mountains peering down upon nature's lovely greenery.	USA	English-100	1987	RPT	G			
2024-01-05	1815	Culture & Society	<b>The Fast History Of</b>	<b>NEW EPISODE</b>	Making The Hut	01	5	This is the story of how two Kansas brothers borrowed 600 bucks to turn a relatively obscure Italian food into an 8-billion-dollar global phenomenon called Pizza Hut.	USA	English-100	2022		PG	I		
2024-01-05	1840	Quiz	<b>Jeopardy!</b>		Jeopardy Series 40 Ep 9	40	9	Ken Jennings hosts Jeopardy! Where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2023		G			
2024-01-05	1905	Quiz	<b>Jeopardy!</b>		Jeopardy Series 40 Ep 10	40	10	Ken Jennings hosts Jeopardy! Where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2023		G			
2024-01-05	1930	Quiz	<b>8 Out Of 10 Cats Does Countdown</b>		8 Out Of 10 Cats Does Countdown Series 9 Ep 28	09	28	8 Out Of 10 Cats Does Countdown is hosted by Jimmy Carr, with team captains Sean Lock and Jon Richardson, and features Rachel Riley and Susie Dent on maths and dictionary duty respectively.	UNITED KINGDOM	English-100	2016	RPT	M	a l s	Y	
2024-01-05	2030	Culture & Society	<b>Hoarders</b>	<b>NEW EPISODE</b>	Peggie Part 2	13	14	While Peggy's friends and family have not been able to assist in the past, Peggy continues to accept guidance from the Hoarders team of experts in Part 2. If her hoarding disorder isn't addressed, it will have a severe financial and personal impact on her future.	USA	English-100	2020		M	a		
2024-01-05	2120	Sexuality	<b>Sex Actually With Alice Levine</b>	<b>NEW EPISODE</b>	Sex By Numbers	02	2	Alice continues meeting those pushing the boundaries of sex, relationships and intimacy. She meets those tearing up the rule book entering relationships with multiple partners in a bid for deeper connections. A young married couple with dalliances with other couples to a 20-person polycele.	UNITED KINGDOM	English-100	2022		MA			
2024-01-05	2215	Sexuality	<b>Planet Sex with Cara Delevingne</b>		Monogamish	01	5	In an effort to understand monogamy and why people cheat, Cara meets partners in committed relationships who are doing things differently.	UNITED KINGDOM	English-100	2020	RPT	M	a l s	Y	Y
2024-01-05	2310	Thriller	<b>The Sister</b>		Sister Series 1 Ep 1, The	01	1	How far would you go to keep a secret? One rainy evening, Nathan is surprised by an unwelcome face from the past.	UNITED KINGDOM	English-100	2020	RPT	M	a l	Y	Y
2024-01-05	2405	Thriller	<b>The Sister</b>		Sister Series 1 Ep 2, The	01	2	Nathan discovers his loved ones to be under threat. As the secrets of the past threaten to come to light, a surprising connection between past and present is revealed.	UNITED KINGDOM	English-100	2020	RPT	M	a d l	Y	Y
2024-01-05	2500	Sexuality	<b>Love And Sex In Russia</b>		Love And Sex In Russia	0		It's a country of contradictions, where love and sex clash with customs and patriarchy. Where traditional values and large families are glorified but 40% of children grow up without a father and domestic abuse isn't a crime. Welcome to Putin's Russia. Xenia and Kyrill are about to get married and everything from the way the ceremonial bread is broken to their wedding rings leaves no doubt about their future roles. But even in Putin's Russia, not all relationships resemble Xenia and Kyrill. Anzol, Irene and Belka live happily in a threesome in a house they share with Anzol's 62-year-old mother. They even run monthly conferences on polyamory. Meanwhile Tanya, dubbed the leader of Russia's sexual revolution by the Moscow press, organises 'kinky parties' for 700 - 800 people.	FRANCE	Russian-100	2020	RPT	M	a s		Y
2024-01-05	2600	Sexuality	<b>Couples Therapy</b>		Couples Therapy Series 2 Ep 2	02	2	Michal and Michael strike a deal. Tensions around an upcoming trip reveal a deeper rift between Matthew and Gianni. Tashira admits to hidden resentments.	USA	English-100	2021	RPT	M	a l	Y	
2024-01-05	2630	News - Overseas	<b>NHK World English News</b>		NHK World English News 2023	0		English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2023		NC			
2024-01-06	0500	News - Overseas	<b>Al Jazeera News Hour</b>		Al Jazeera News Hour First Edition 2022	0		In-depth global news from Al Jazeera Satellite Network, Doha, Qatar, in English.	QATAR	English-100	2022		NC			
2024-01-06	0600	News - Overseas	<b>TRT World News</b>		TRT World News 2024	0		The latest news from around the globe from TRT World, Istanbul, Turkiye, in English.	SPAIN	English-100	2024					

2024-01-06	0650	News - Overseas	Indian Country Today News	Indian Country Today News 2022	0	Indian Country Today News is an independent news channel that serves Indigenous communities with news, entertainment, and opinion.	USA	English-100	2022		NC					
2024-01-06	0720	News - Overseas	Fbc News	FBC News Fiji	0	Local, world, sport and entertainment news in English from FBC News, Suva Fiji.	FII	English-100	2023		NC					
2024-01-06	0755	News - Overseas	France 24 Feature	France 24 Feature Second Edition 2022	0	News feature in English from France 24, Paris.	FRANCE	English-100	2022		NC					
2024-01-06	0810	News - Overseas	ABC America Nightline	ABC America Nightline 2023	0	ABC America's late-night television news program for in-depth reporting on today's major news stories.	USA	English-100	2023		NC					
2024-01-06	0840	News - Overseas	CBC The National	CBC The National 2022	0	CBC's flagship nightly news with hosts Adrienne Arseneault and Andrew Chang from Toronto, Canada, via satellite in English.	CANADA	English-100	2022		NC					
2024-01-06	0930	News - Overseas	BBC News at Six	BBC News At Six 2023	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2023		NC					Y
2024-01-06	1000	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 243	04	243	This hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022	RPT	PG	a l v			Y
2024-01-06	1030	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 244	04	244	This hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022	RPT	PG	a l v			
2024-01-06	1100	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 245	04	245	This hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022	RPT	PG	a v			Y
2024-01-06	1130	Contemporary	Shortland Street	Shortland Street Series 4 2022 Ep 246	04	246	This hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022	RPT	PG	a l			
2024-01-06	1200	Contemporary	The Tallings	FINAL EPISODE	Landing, The	01	6	Jas brings to light everything she has discovered about the death of her dad, and the town has to face some difficult truths. Directed by Stevie Cruz-Martin, starring Tegan Stimson, Mabel Li, Kris McQuade.	AUSTRALIA		2018	M	a l			Y
2024-01-06	1215	Gymnastics	Gymnastics Artistic Individual Apparatus	Gymnastics: Artistic Apparatus World Cup Series, Baku	2023	3	Artistic Individual Apparatus World Cup Series takes place in Baku.			2023	RPT	NC				Y
2024-01-06	1350	Culture & Society	187 Minutes: Capitol Riots	187 Minutes	0	We take a chronological look at the attack on the US Capitol using footage from VICE, SPAN and dozens of people who shared their experiences on various social media platforms.	USA	English-100	2022	RPT	M	l v				Y
2024-01-06	1445	News - Overseas	BBC News at Ten	BBC News at Ten 2023	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2023		NC					Y
2024-01-06	1515	News - Overseas	ABC World News Tonight with David Muir	ABC World News Tonight with David Muir 2023	0	America's number one network news bulletin with anchors David Muir weekdays, Whit Johnson Saturday edition and Linsey Davis Sunday edition.	USA	English-100	2023		NC					Y
2024-01-06	1540	News - Overseas	PBS Newshour	PBS Newshour	0	Reviews and analysis of the day's news, presented by Anna Nawaz and Geoff Bennett for the Public Broadcasting Service (PBS) in the United States.	USA	English-100	2023		NC					Y
2024-01-06	1640	Entertainment	Asia's Next Top Model	Asia's Next Top Model Series 6 Ep 1	06	1	The reality of the competition quickly sinks in when an unexpected twist is revealed at their very first challenge, making the girls strut their stuff for a place in the competition.	THAILAND	English-100	2018	RPT	PG	l			Y

2024-01-06	1740	History	Australia In Colour	Outpost Of Empire	01	1	This episode charts the story of the nation from 1897 to 1929 as agriculture transforms the land. Explorer Douglas Mawson, swimmer Annette Kellerman and the men fighting under Britain in World War I become the new nation's first heroes.	AUSTRALIA	English-100	0	RPT	PG	a w	Y	Y	
2024-01-06	1840	History	The Toys That Built The World <b>NEW EPISODE</b>	Brick By Brick	02	4	At the height of the industrial age, as America's cities go vertical for the first time, a Yale educated medical doctor and Olympic gold medalist turns his attention to toys. Leaving his profitable magic business behind, he goes all in on his revolutionary steel building toy that will inspire generations of Americans to build bigger.	USA	English-100	2022		PG				
2024-01-06	1930	Culture & Society	Building The Ultimate	Super Bridge	01	1	This episode unlocks the engineering secrets of Montreal's mighty New Samuel de Champlain bridge to reveal what allows North America's toughest mega structure to carry a staggering one million vehicles every week and survive 125 years of extreme temperature fluctuations.	UNITED KINGDOM	English-100	2020	RPT	G			Y	
2024-01-06	2030	Quiz	Big Fat Quiz Of The Year 2023	Big Fat Quiz Of The Year 2023	0		Who was the real star of the King's Coronation? Who went viral for wearing a puffer jacket? Were you team Barbie or Oppenheimer? All these questions and more will be answered in The Big Fat Quiz Of The Year 2023. Question master Jimmy Carr is joined by celebrity teams as they battle it out to see who knows the most about the year that's been.	UNITED KINGDOM	English-100	2023	RPT					
2024-01-06	2200	Narrative	Letterkenny <b>NEW EPISODE</b>	I'm A Degen	12	3	Dary gets in with a bad crowd.	CANADA	English-100	2022		M	a d l s			
2024-01-06	2230	Narrative	Letterkenny <b>NEW EPISODE</b>	Snooters	12	4	The Skids open an after hours club.	CANADA	English-100	2022		M	a l s v			
2024-01-06	2300	Thriller	Fear The Walking Dead	Good Out Here	04	3	Madison and Morgan try to help Nick find inner peace. A quest for revenge exacts its toll on the group.	USA	English-100	2018	RPT	MA	h v		Y	
2024-01-06	2355	Thriller	Fear The Walking Dead	Buried	04	4	Al's questioning uncovers some surprising truths about the group's past. John Dorie receives unexpected news.	USA	English-100	2018	RPT	MA	h v		Y	
2024-01-06	2450	Thriller	The X-Files	Blood	02	3	Mulder and Scully investigate a series of violent killings committed by seemingly normal residents of a small town.	USA	English-100	1994	RPT	M	h v	Y		
2024-01-06	2540	Thriller	The X-Files	Sleepless	02	4	Mulder searches for a Vietnam vet who can project his consciousness into other people's minds.	USA	English-100	1994	RPT	M	h v	Y		
2024-01-06	2630	News - Overseas	NHK World English News	NHK World English News 2023	0		English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2023		NC				