



WEEK 2 Sunday, 4 January 2026 Saturday, 10 January 2026

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
4/01/2026	500	News - Overseas	NHK World English News Morning	NHK World English News Morning	0	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2025		NC		Y		
4/01/2026	515	News - Overseas	France 24 Feature	France 24 Feature First Edition	2025	0	News feature in English from France 24, Paris.	FRANCE	English-100	2025		NC		Y		
4/01/2026	530	News - Overseas	ANC Philippines The World Tonight	ANC Philippines The World Tonight	0	0	Multi-award winning newscast on ABS-CBN and ANC, The World Tonight delivers the top stories of the day, covering political, economic, and social sectors on both local and global fronts.	PHILIPPINES	English-100	2024		NC		Y		
4/01/2026	600	News - Overseas	DW English News	DW English News Morning	2025	0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	2025		NC		Y		
4/01/2026	630	News - Overseas	Al Jazeera News	Al Jazeera News		0	News via satellite from Al Jazeera Satellite Network, Qatar, in English.	QATAR	English-100	2024		NC		Y		
4/01/2026	700	News - Domestic	APAC Weekly	APAC Weekly 2024 Ep 10	2024	10	Asia-Pacific's brightest minds at the forefront of charting a sustainable future for the world from APAC Network Brisbane, in English.	AUSTRALIA		2024		NC		Y		
4/01/2026	730	News - Overseas	France 24 English News	France 24 English News Morning First Edition	2025	0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	2025		NC		Y		
4/01/2026	800	News - Overseas	DD India News Hour	DD India News Hour	0	0	The most recent political, sports, entertainment and socio-economic updates across India and the world from New Delhi, in English.	INDIA	English-100	2025		NC		Y		
4/01/2026	900	Cooking	Destination Flavour China Bitesize	Steamed Oysters With Garlic, Ginger And Crab Tomalley	1	19	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	PG	a w	Y	Y	
4/01/2026	910	Cooking	Destination Flavour China Bitesize	Wenchang Chicken	1	20	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y		
4/01/2026	920	Culture & Society	Matched	Virginia And Lopeti + Manpreet And Manpreet	2	4	Princess Virginia prepares to marry Lopeti in the grandest Tongan wedding ever to be held in New Zealand but how will Her Royal Highness cope with marriage when she has never cooked or cleaned in her life? And Kiwi-Sikh Manpreet travels back to India for his arranged wedding to a woman with his same name but will they have anything else in common?	NEW ZEALAND	English-94; Punjabi-5; Tongan-1	2020	RPT	PG		Y	Y	Y
4/01/2026	1010	Culture & Society	Robson Green's British Adventure	Tyne, The	2	3	Actors and best friends Robson Green and Jim Murray have a shared passion for fly fishing and head to the River Tyne - Robson's home river - on another fly fishing adventure. The pair travel from Source to Sea along this famous river in the North East as they look for salmon and sea trout. The adventure begins at Kielder Water on the North Tyne, surrounded by the largest man-made forest in the UK.	UNITED KINGDOM	English-100	2022	RPT	PG	a w	Y		
4/01/2026	1105	Culture & Society	Robson Green's British Adventure	Hebrides And The Dee, The	2	4	Robson Green and Jim Murray are on a fishing adventure like no other. Heading due north, the pair go to the Isle of Lewis and Harris in the outer Hebrides - an unspoilt landscape teaming with fish. As ever, they are searching for wild Atlantic salmon and stop to talk to an environmental expert about why fish numbers are down and what can be done to change this.	UNITED KINGDOM	English-100	2022	RPT	PG		Y		
4/01/2026	1200	News - Domestic	APAC Weekly	APAC Weekly 2024 Ep 10	2024	10	Asia-Pacific's brightest minds at the forefront of charting a sustainable future for the world from APAC Network Brisbane, in English.	AUSTRALIA		2024		NC		Y		
4/01/2026	1230	News - Overseas	PBS Washington Week With The Atlantic	PBS Washington Week With The Atlantic	0	0	PBS Washington Week with The Atlantic is the longest-running primetime news and public affairs program on television. The show features a group of journalists participating in a weekly roundtable discussion of major news events. Moderated by Jeffrey Goldberg, Editor-in-Chief of The Atlantic.	USA	English-100	2023		NC		Y		
4/01/2026	1255	Current Affairs	Point: Road To Referendum History Bites	1960s Freedom Ride, The	2023	5	Gomeroid man Uncle Wayne Nean reflects on the day he met a remarkable group of students who had driven to regional NSW to stand up to racism: The Freedom Riders.	AUSTRALIA	English-100	2023	RPT	NC		Y		

4/01/2026	1300	Motorsport	Speedweek 2026	Episode 1	2026	1	Speedweek is a comprehensive motorsport show that covers many forms of Australian and International motorsport - made specifically for speed enthusiasts.			2026							
4/01/2026	1500	Entertainment	Going Places With Ernie Dingo	Standley Chasm, Byron Bay, Mt Isa	6	2	Ernie takes in the beauty of the West MacDonnell Ranges in Central Australia, Bianca cozies up with Byron Bay's wildlife and Aaron learns to lasso with a cowboy in Queensland's rodeo-country.	AUSTRALIA	English-100	2023	RPT	G		Y			Y
4/01/2026	1600	Motorsport	Best Of Dakar Rally Highlights	Best Of Dakar Rally Highlights	2025	0	Motor Sport: Dakar Rally 2025 Highlights	SAUDI ARABIA		2025	RPT	NC		Y			
4/01/2026	1700	Motorsport	Dakar Rally 2026 Highlights	Prologue	2026	1	The 48th edition of the Dakar Rally gets under way with the traditional Prologue in the city of Yanbu, located in Saudi Arabia's Medina Province. Defending Dakar champion Daniel 'Chucky' Sanders will lead the Australian challenge.	SAUDI ARABIA		2026							
4/01/2026	1800	Documentary	Seeing Double: Daniel 'Chucky' Sanders	Seeing Double: Daniel 'chucky' Sanders	2026	0	The family farm is a long way from the blistering Dakar dunes, but Daniel 'Chucky' Sanders has always lived between two worlds. At home it's family, dirt under the nails and a rare bit of quiet. On the bike it's danger, desert chaos and the throttle pinned for thousands of unforgiving kilometres. This is an Aussie battler finding his centre while chasing something tougher than the terrain itself: back-to-back Dakar titles.	AUSTRALIA	English-100	2026	RPT			Y			
4/01/2026	1830	News - Overseas	SBS World News 2026	SBS World News 2026 Ep 4	2026	4	Latest reports and analysis of major national and international news of the day from Australia's only world news service.	AUSTRALIA	English-100	2026	LIVE			Y			
4/01/2026	1930	History	2025: The Year From Space	2025: The Year From Space	0	0	Following the biggest stories of 2025 told through awe-inspiring satellite images, we gain unique insights into the beauty and vulnerability of our planet and humanity, revealing hidden truths behind the year's headlines.	UNITED KINGDOM	English-100	2025							
4/01/2026	2030	History	Ken Burns' The American Revolution	Soul Of All America, The	1	5	Washington's Continental Army emerges from the harsh winter at Valley Forge to fight the British Army in the inconclusive Battle of Monmouth. But the alliance with France changes the war and moves it to other theatres. Navies battle off England's coast and in the Caribbean, while armies advance into Indian Country and the southern states. Together, the British Army and Navy capture Charleston.	USA	English-100	2025		PG		Y			
4/01/2026	2230	History	Secrets Of Modern Archaeology	Making Sites Speak	1	1	With global warming, and conflicts, archaeological sites are increasingly in danger. Fortunately, cutting-edge technology might help us try to save these sites which hold the archaeological memoirs of our civilization.	FRANCE	English-70; French-30	2022	RPT	PG	a	Y			Y
4/01/2026	2330	Culture & Society	Australian Fashion Past Present & Future	From Rats To Rap - The Ksubi Story	1	5	How did renegade Australian denim brand Ksubi, founded by Dan Single, George Gorrow and Gareth Moody, go from being a cult streetwear in Australia to being the American rap icon brand it is today?	AUSTRALIA	English-100	2023	RPT	MA	I n	Y			
4/01/2026	2455	Sexuality	Body Parts	Body Parts	0	0	Body Parts' explores on-screen sex from a woman's view, revealing harsh truths behind iconic scenes and celebrating bold creators driving change in cinema.	USA	English-100	2022	RPT	MA	n s	Y			
4/01/2026	2625	Health, Science & Technology	24 Hours In Emergency	Time To Care, A	17	19	79 yr old Allan is rushed to St George's by ambulance after falling in his garden and is treated by the team in Resus led by Consultant Mehrad. Meanwhile 50 yr old London Underground worker, Des, is having tests to look for signs of a heart attack after he collapsed at a tube station. Being treated in the minor injuries area is 63 yr old Peter who has a splinter in his arm.	UNITED KINGDOM	English-100	2021		M					
4/01/2026	2720	Health, Science & Technology	24 Hours In Emergency	Load To Carry, A	17	23	Trina is rushed to Resus struggling to breathe due to a rare condition. Having been intubated previously for a flare up of her condition, doctors must act quickly to get her airway under control. Sammy has a history of emphysema and is brought to Accident and Emergency with chest pains. Medical student Ella gets unexpected news when doctors x-ray her knee.	UNITED KINGDOM	English-100	2021		M					
4/01/2026	2815	Culture & Society	Off The Beaten Track With Kate Humble	Off The Beaten Track With Kate Humble Series 1 Ep 1	1	1	Kate Humble and her Welsh sheepdog Teg travel from the most northerly farm on mainland Wales, just outside Llandudno, across to the sleepy hamlet of Nantmor in Snowdonia. Along the way they experience the comeback of old-style shepherding, learn how canine power is saving lives on the mountains and see a forest through the eyes of a pack of huskies.	UNITED KINGDOM	English-100	2022	RPT	PG	n	Y			
4/01/2026	2850	Travel	Destination Flavour Japan Bitesize	Osaka	1	8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y			Y
4/01/2026	2855	Travel	Destination Flavour Japan Bitesize	Shikoku And Kyushu	1	9	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y			Y

5/01/2026	500	News - Overseas	NHK World English News Morning	NHK World English News Morning	0	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2025		NC		Y	
5/01/2026	515	News - Overseas	France 24 Feature	France 24 Feature First Edition	2025	0	News feature in English from France 24, Paris.	FRANCE	English-100	2025		NC		Y	
5/01/2026	530	News - Domestic	APAC Weekly	APAC Weekly 2024 Ep 10	2024	10	Asia-Pacific's brightest minds at the forefront of charting a sustainable future for the world from APAC Network Brisbane, in English.	AUSTRALIA		2024		NC		Y	
5/01/2026	600	News - Overseas	DW English News	DW English News Morning	2025	0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	2025		NC		Y	
5/01/2026	630	News - Overseas	Al Jazeera News	Al Jazeera News		0	News via satellite from Al Jazeera Satellite Network, Qatar, in English.	QATAR	English-100	2024		NC		Y	
5/01/2026	700	News - Overseas	PBS Washington Week With The Atlantic	PBS Washington Week With The Atlantic	0	0	PBS Washington Week with The Atlantic is the longest-running primetime news and public affairs program on television. The show features a group of journalists participating in a weekly roundtable discussion of major news events. Moderated by Jeffrey Goldberg, Editor-in-Chief of The Atlantic.	USA	English-100	2023		NC		Y	
5/01/2026	725	Current Affairs	Point: Road To Referendum History Bites	1960s Freedom Ride, The	2023	5	Gomeroi man Uncle Wayne Nean reflects on the day he met a remarkable group of students who had driven to regional NSW to stand up to racism: The Freedom Riders.	AUSTRALIA	English-100	2023	RPT	NC		Y	
5/01/2026	730	News - Overseas	France 24 English News	France 24 English News Morning First Edition	2025	0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	2025		NC		Y	
5/01/2026	800	News - Overseas	DD India News Hour	DD India News Hour	0	0	The most recent political, sports, entertainment and socio-economic updates across India and the world from New Delhi, in English.	INDIA	English-100	2025		NC		Y	
5/01/2026	900	Current Affairs	Point: Road To Referendum History Bites	Understanding The 1967 Referendum	2023	1	We look back on the historic 1967 referendum, where more than 90 per cent of Australians voted yes to amend the Constitution.	AUSTRALIA	English-100	2023	RPT	NC		Y	
5/01/2026	905	Cooking	Destination Flavour Singapore Bitesize	Hainanese Chicken	1	1	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y	
5/01/2026	910	Culture & Society	The Eco Show	Great Eastern Ranges	2	3	Bridie heads to the Great Eastern Ranges along the north coast of NSW to meet the people (and canines) helping to restore the native ecology.	AUSTRALIA	English-100	2022	RPT	PG		Y	Y
5/01/2026	940	Culture & Society	The Eco Show	Coffs Harbour Eco Tourism	2	4	Bridie visits Coffs Harbour to find out how it became the first certified 'Eco Destination' in NSW, and samples some of the many activities on offer there.	AUSTRALIA	English-100	2022	RPT	G		Y	Y
5/01/2026	1010	Culture & Society	Europe's Waterways	France	1	3	In this episode, the water takes us to the south of France. Starting in the Camargue, we travel up the Rhone, the most voluminous river in the country, past Arles, Avignon and Chateauneuf-du-Pape. The route then follows the wild Ardeche into France's Massif Central.	FRANCE	English-69; French-31	2020	RPT	PG	a w	Y	Y
5/01/2026	1100	Culture & Society	Off The Beaten Track With Kate Humble	Off The Beaten Track With Kate Humble Series 1 Ep 3	1	3	Kate Humble, accompanied by Welsh sheepdog Teg, continues her journey across the remote Welsh countryside by exploring mid-Wales. In Ponterwyd, the duo herd sheep for the market, and Kate sees first-hand the price disparity between what farmers get for their sheep and what consumers pay. At the Teifi Pools she discovers that Wales is a world leader in protecting its dark skies.	UNITED KINGDOM	English-100	2022	RPT	PG		Y	
5/01/2026	1135	Culture & Society	Off The Beaten Track With Kate Humble	Off The Beaten Track With Kate Humble Series 1 Ep 4	1	4	Kate Humble and her Welsh sheepdog Teg conclude their journey across the remote Welsh countryside by exploring Carmarthenshire, herding and milking goats in the Cothi Valley and trying her hand at trotting in Capel Iwan. In Cwm Elfed, she meets an Englishman keeping Welsh weaving tradition alive, and sees how beavers are transforming a Welsh farm near Carmarthen.	UNITED KINGDOM	English-100	2017	RPT	PG		Y	
5/01/2026	1210	News - Overseas	BBC News At Ten	BBC News At Ten	2026	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2026				Y	

5/01/2026	1230	News - Overseas	France 24 International SBS Middy	France 24 International SBS Middy	2024	0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	2024		NC		Y	
5/01/2026	1300	News - Overseas	PBS News Weekend	PBS News Weekend		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		NC		Y	
5/01/2026	1330	News - Overseas	Al Jazeera News Hour	Al Jazeera News Second Edition	0	0	In-depth global news from Al Jazeera Satellite Network, Doha, Qatar, in English.	QATAR	English-100	2024		NC		Y	
5/01/2026	1400	Culture & Society	Britain's Most Expensive Houses	Britain's Most Expensive Houses Series 2 Ep 2	2	2	Broker Constance is on a mission to get the listing for celebrity singer Laura Comforts' 12.5 million pounds home. Laura wants to downsize to a 4 million pounds pad in Chelsea - but can Constance manage expectations and deliver the goods?	UNITED KINGDOM	English-100	2022	RPT	G		Y	
5/01/2026	1455	Nature & Environment	Going Places With Ernie Dingo	Mary River	4	2	Along the Mary River in the Northern Territory, Ernie braves the heat and explores the wilds of the region by land, sea, and by air.	AUSTRALIA	English-100	2020	RPT	G		Y	
5/01/2026	1525	Cooking	Plat Du Tour	Tarte Au Truffe	3	21	In this episode, Guillaume says farewell to the Tour with a dish created by legendary French chef Joel Robuchon.	AUSTRALIA	English-97; French-3	2022	RPT	G		Y	Y
5/01/2026	1530	Food Lifestyle	Plat Du Tour	Tapas And Pinxos	4	1	Guillaume takes the opportunity to meet Basque chef Josean Alija in his Michelin starred restaurant Neura at the Guggenheim Museum.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y	Y
5/01/2026	1535	Cooking	The Cook Up With Adam Liaw	Slam Dunk Dumplings	7	39	Tonight, you'll be rapt as Adam, chef Hamish Ingham and musician Elly-May Barnes make slam dunk dumplings.	AUSTRALIA	English-100	2024	RPT	PG		Y	
5/01/2026	1605	Quiz	Jeopardy!	Jeopardy Series 41 Ep 216	41	216	Ken Jennings hosts Jeopardy! Where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2024					
5/01/2026	1630	Quiz	Letters And Numbers	Letters And Numbers Series 3 Ep 30	3	30	Two contestants pit their linguistic and numerical skills against each other and the clock in this entertaining quiz show. Join host Richard Morecroft along with maths whiz Lily Serna and wordsmith David Astle.	AUSTRALIA	English-100	2012	RPT	G		Y	
5/01/2026	1700	Motorsport	Dakar Rally 2026 Highlights	Stage 1	2026	2	The formalities of the Prologue are done and dusted and now, the 48th Dakar Rally gets under way proper with the opening stage in Yanbu; a 305km loop featuring rocky terrain that will test all competitors.	SAUDI ARABIA		2026					
5/01/2026	1800	Quiz	Mastermind	Episode 36	6	36	Tonight's specialty subjects are: The Hits of Jimmy Jam and Terry Lewis, Elizabeth the First, the TV Show Press Gang and Ulysses S Grant.	AUSTRALIA	English-100	2024	RPT	G		Y	
5/01/2026	1830	News - Overseas	SBS World News 2026	SBS World News 2026 Ep 5	2026	5	Latest reports and analysis of major national and international news of the day from Australia's only world news service.	AUSTRALIA	English-100	2026	LIVE			Y	
5/01/2026	1935	Health, Science & Technology	Wonders Of The Moon With Dara O Briain	Episode 1	1	1	Dara O Briain explores the ways in which the moon shapes just about everything around us, and why there's now a new race to get humans back to the surface of our satellite.	UNITED KINGDOM	English-100	2023	RPT	PG	a	Y	Y
5/01/2026	2030	Health, Science & Technology	Wonders Of The Moon With Dara O Briain	Episode 2	1	2	Dara tells the story of how the first photograph of the far side of the moon left scientists baffled. And he tries a virtual reality headset to take his very own giant leap on the 'moon's' surface.	UNITED KINGDOM	English-100	2023	RPT	G		Y	Y
5/01/2026	2125	Quiz	Jimmy Carr's I Literally Just Told You	Episode 9	3	9	Jimmy Carr presents a brand-new gameshow with a unique twist. Four contestants compete for up to 25,000 pounds, answering questions written live as the show films - covering everything from celebrity cameos to Jimmy's own jokes. Memory skills are crucial in the nerve-wracking final showdown.	UNITED KINGDOM	English-100	2023		M			
5/01/2026	2220	Culture & Society	Great British Railway Journeys	Preston To Rawtenstall	14	1	Michael Portillo strikes out to explore the Britain of his youth. He's a 'boomer', born in the decade after the end of the Second World War, and he recalls the optimism and excitement of rebuilding a nation exhausted by conflict. He'll relive the agony and the ecstasy of British Rail and marvel at the new society and culture emerging in post war Britain. He begins his journey at Preston's Fulwood Barracks in Lancashire.	UNITED KINGDOM	English-100	2022	RPT	PG		Y	

5/01/2026	2255	Romance	Like Water For Chocolate	Chabela Wedding Cake	1	2	Forced to help prepare for a wedding between her beloved and her sister, a heartbroken Tita throws her emotions into the cake, sparking Nacha's memories of her own tragic love story with Miguel. Meanwhile, as trouble brews between his father and his friend Juan, Pedro chooses a side.	SPAIN	Spanish-100	2024		M	I			Y
5/01/2026	2355	Crime	Culprits	This Is Our Exit	1	7	A new clue takes Joe, Officer, and Azar to a mysterious address. Joe takes control of the situation. But their visit takes an unexpected and dangerous turn. As Joe's fears for his family grow more urgent, he tries to understand what really went down during the robbery. And Joe finds himself being presented with an opportunity. One that will determine whether Joe, Jules, and the kids live or die.	USA	English-100	2023	RPT	MA	a v	Y	Y	Y
5/01/2026	2450	Crime	Culprits	Forest, A	1	8	Joe tries to lure Dianne into a trap. Letting down her guard, Dianne's true reasons for targeting Hawkes are revealed and Dianne and Joe put together a plan involving the remaining Culprits. But an unexpected showdown puts everything at risk.	USA	English-100	2023	RPT	M	a l v	Y	Y	Y
5/01/2026	2600	Thriller	Pagan Peak	Ep 1	3	1	Ellie and Gedeon become sworn enemies, but the string of murders unravelling on both sides of the German-Austrian border might pull them together again.	GERMANY	German-99; English-1	2023	RPT	MA	a s v		Y	
5/01/2026	2650	Thriller	Pagan Peak	Ep 2	3	2	A burned female corpse is found in Austria. Instead of Ellie, her new colleague becomes a liaison officer in the German-Austrian special unit. Gedeon doesn't trust his colleague, Rafael Lutz.	GERMANY	German-99; Latin-1	2023	RPT	MA	a v		Y	
5/01/2026	2740	Culture & Society	Off The Beaten Track With Kate Humble	Off The Beaten Track With Kate Humble Series 1 Ep 2	1	2	Kate Humble and her Welsh sheepdog Teg travel from southern Snowdonia to one of the least populated areas in the UK, deep in the Cambrian Mountains. Along the way, Kate experiences a deer cull, loses a herd of cattle on Cadair Idris mountain, meets a family relying on the weather to run its mod-cons, tastes the Dyfi Valley from a glass and discovers the Welsh equivalent of the Amazon rainforest.	UNITED KINGDOM	English-100	2022	RPT	PG	a	Y		
5/01/2026	2815	History	My Unique B&B	Liam And Hannah's Shepherd's Hut	2	1	Situated in a water meadow in North Dorset, rare breed farmers Liam and Hannah have a 1930s shepherd's hut that was bought for just 5 pounds almost 40 years ago, but it's seen better days. Simon and the team help them to restore the rare hut and turn this originally humble dwelling into the perfect getaway.	UNITED KINGDOM	English-100	2022	RPT	G		Y		
5/01/2026	2850	Travel	Destination Flavour Japan Bitesize	Okinawa	1	10	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Japan from its frozen north, to cherry-blossomed mainland and tropical sun-soaked south.	AUSTRALIA	English-75; Japanese-25	2013	RPT	G		Y		
6/01/2026	500	News - Overseas	NHK World English News Morning	NHK World English News Morning	0	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2025		NC		Y		
6/01/2026	530	News - Overseas	ANC Philippines The World Tonight	ANC Philippines The World Tonight	0	0	Multi-award winning newscast on ABS-CBN and ANC, The World Tonight delivers the top stories of the day, covering political, economic, and social sectors on both local and global fronts.	PHILIPPINES	English-100	2024		NC		Y		
6/01/2026	600	News - Overseas	DW English News	DW English News Morning	2025	0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	2025		NC		Y		
6/01/2026	630	News - Overseas	Al Jazeera News	Al Jazeera News		0	News via satellite from Al Jazeera Satellite Network, Qatar, in English.	QATAR	English-100	2024		NC		Y		
6/01/2026	700	News - Overseas	BBC News At Six	BBC News At Six	2026	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2026				Y		
6/01/2026	730	News - Overseas	France 24 English News	France 24 English News Morning First Edition	2025	0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	2025		NC		Y		
6/01/2026	800	News - Overseas	DD India News Hour	DD India News Hour	0	0	The most recent political, sports, entertainment and socio-economic updates across India and the world from New Delhi, in English.	INDIA	English-100	2025		NC		Y		
6/01/2026	900	Culture & Society	The Eco Show	Eastern Bristlebird	2	5	Bridie visits the Currumbin Wildlife Sanctuary on the Gold Coast to look into the effort underway to protect the Eastern Bristlebird and then heads down to Victoria's Wilson's Promontory where Parks Victoria lead a response and recovery program for the bird.	AUSTRALIA	English-100	2022	RPT	G		Y		Y
6/01/2026	925	Culture & Society	The Eco Show	Cape, The	2	6	Bridie visits Cape Paterson on the Bass Coast of Victoria to explore one of Australia's most sustainable housing estates.	AUSTRALIA	English-100	2022	RPT	G		Y		Y

6/01/2026	955	Culture & Society	Europe's Waterways	Poland	1	4	Starting from Hel Peninsula, the journey travels the Baltic Sea down to the Hanseatic city of Gdansk, then follows the Vistula and the Elblag Canal to the Masurian Lake District.	FRANCE	English-80; French-19; Polish-1	2020	RPT	PG	a w	Y	Y
6/01/2026	1050	Culture & Society	Off The Beaten Track With Kate Humble	Ep 1	2	1	This episode kicks off with Kate Humble and her Welsh Sheepdog Teg exploring remote North Wales. Kate reaches for the sky, amidst a storm with 50 mph winds, as she attempts to climb the tallest man-made structure in Wales, the Arfon Transmission Tower, to fix some loose cables.	UNITED KINGDOM	English-100	2022	RPT	PG		Y	
6/01/2026	1125	Culture & Society	Off The Beaten Track With Kate Humble	Ep 2	2	2	In mid-Wales, Kate and Teg have a taste of Stone Age life, mucking in with a farmer and an archaeologist who are building a medieval settlement to bring to life the past in order to understand how we used to live. Next, they explore the potential death traps of our historical legacies, at an old lead mine, where the South and Mid Wales Cave Rescue Team practice their skills.	UNITED KINGDOM	English-100	2022	RPT	PG		Y	
6/01/2026	1200	News - Overseas	BBC News At Ten	BBC News At Ten	2026	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2026				Y	
6/01/2026	1230	News - Overseas	France 24 International SBS Middy	France 24 International SBS Middy	2024	0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	2024		NC		Y	
6/01/2026	1300	News - Overseas	PBS Newshour	PBS Newshour	2023	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	
6/01/2026	1400	Culture & Society	Britain's Most Expensive Houses	Britain's Most Expensive Houses Series 2 Ep 3	2	3	Managing Director Guy Bradshaw is on his way to Oxfordshire in the hope of bringing a 14-bedroom, five-acre Grade 2 listed manor house onto his books. Broker Kenrick heads to Camden to try and secure the listing of a glass building, but is it worth the 3.5 million pounds the developers want?	UNITED KINGDOM	English-100	2022	RPT	G		Y	
6/01/2026	1455	Nature & Environment	Going Places With Ernie Dingo	Bathurst Island	4	3	Ernie travels to Bathurst Island to meet a dedicated and passionate nun, a woman working with young families, and two local artists who share their love for their culture.	AUSTRALIA	English-100	2020	RPT	G	q	Y	
6/01/2026	1525	Food Lifestyle	Plat Du Tour	Burnt Basque Cheesecake	4	2	Guillaume joins chef Elena Arzak in the testing lab of her three Michelin starred restaurant Arzak. Elena gives Guillaume a sneak peek at a brand new dish, explaining its development before it takes its place on Arzak's menu.	AUSTRALIA	English-100	2023	RPT	G		Y	
6/01/2026	1530	Food Lifestyle	Plat Du Tour	Tarte Fine With Basque Sauce And Ossau-Iraty Cheese	4	3	Guillaume meets Eric Ospital, the most famous ham man in France. Eric creates ham for the top restaurants around the world. He introduces Guillaume to the secrets of curing top quality meat.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y	Y
6/01/2026	1535	Cooking	The Cook Up With Adam Liaw	Supper Club, The	7	40	It's Easy Entertaining with cosy but expertly curated food, as Adam starts a supper club with his guests, Wok Boi Aldwin Hidajat and The Lucky Dragon Supper Club's Stephanie Feher.	AUSTRALIA	English-100	2024	RPT	G		Y	
6/01/2026	1605	Quiz	Jeopardy!	Jeopardy Series 41 Ep 217	41	217	Ken Jennings hosts Jeopardy! Where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2024					
6/01/2026	1630	Quiz	Letters And Numbers	Letters And Numbers Series 3 Ep 31	3	31	Two contestants pit their linguistic and numerical skills against each other and the clock in this entertaining quiz show. Join host Richard Morecroft along with maths whiz Lily Serna and wordsmith David Astle.	AUSTRALIA	English-100	2012	RPT	G		Y	
6/01/2026	1700	Motorsport	Dakar Rally 2026 Highlights	Stage 2	2026	3	The Dakar departs Yanbu and heads inland to the city of AlUla, on a 400km competitive stage that's set to be fast, yet challenging for all involved.	SAUDI ARABIA		2026					
6/01/2026	1800	Quiz	Mastermind	Episode 37	6	37	Tonight's specialty subjects are: James Bond, the Sean Connery Era, Mr and Ms. Olympia, the Hunger Games Trilogy Books and the Harry Potter Book Series.	AUSTRALIA	English-100	2024	RPT	G		Y	
6/01/2026	1830	News - Overseas	SBS World News 2026	SBS World News 2026 Ep 6	2026	6	Latest reports and analysis of major national and international news of the day from Australia's only world news service.	AUSTRALIA	English-100	2026	LIVE			Y	

6/01/2026	1930	Culture & Society	Who Do You Think You Are?	Claudia Karvan	16	1	On this episode of Who Do You Think You Are?, actor and producer Claudia Karvan delves into her father's past, wanting to find the grandmother she never knew. Claudia uncovers great courage in the face of war but is undone by a trail of trauma. Following her mother's family in New Zealand, Claudia is overjoyed to find a feminist ancestor who helped change the course of history.	AUSTRALIA	English-100	2024	RPT	M	a	Y	Y
6/01/2026	2035	Biography	Rod Stewart: A Working Class Hero	Rod Stewart: A Working Class Hero	0	0	The life and work of Rod Stewart - How a working-class kid became one of pop music's greatest singers, without ever denying his roots.	FRANCE	English-50; French-50	2025					
6/01/2026	2135	Culture & Society	Aerial Australia	Pacific Coast	1	1	The Pacific coast of Australia is home to Sydney's architectural icons, Byron Bay's iconic beach breaks, perilous white-water adventures, and the Great Barrier Reef, the largest living structure on Earth.	AUSTRALIA	English-100	2024	RPT	PG	a w	Y	
6/01/2026	2230	Culture & Society	Great British Railway Journeys	Urmston To New Islington	14	2	Michael Portillo's railway journey through northwest Britain from Preston to Hebden Bridge reaches Greater Manchester, where Michael celebrates new beginnings for the nation in the years after the Second World War. At Trafford General Hospital, he investigates the birth of the National Health Service in 1948. Later, William Roache, star of the nation's longest running soap, Coronation Street, meets Michael to tell him about the first episode, broadcast in 1960.	UNITED KINGDOM	English-100	2022	RPT	G		Y	
6/01/2026	2305	Thriller	Exit	Ep 1	1	1	Adam, a wealthy thrill-seeker numb to his perfect life, plunges into nights of drugs and danger with his friends. As his wife longs for a baby, he hides a vasectomy and provokes a neighbourly feud, all while pretending nothing is wrong as his world begins to unravel.	NORWAY	English-50; Norwegian-50	2019		MA	a d s		Y
6/01/2026	2400	Contemporary	Dopesick	5th Vital Sign, The	1	3	Doctor Finnix begins to taper Betsy off OxyContin, Bridget sees the toll the drug is taking on communities, Rick and Randy investigate the world of 'pain societies', and with sales climbing, Richard Sackler makes bigger plans for his new drug.	USA	English-100	2021	RPT	M	a l s	Y	Y
6/01/2026	2505	Contemporary	Dopesick	Pseudo-Addiction	1	4	Sky-high OxyContin sales are threatened by reports of abuse, prosecutors investigate a claim central to OxyContin marketing, and Finnix begins to question the safety of the drug.	USA	English-100	2021	RPT	MA	a d	Y	Y
6/01/2026	2615	Culture & Society	The Eco Show	Agrarian Kitchen, The	2	2	Bridie heads to New Norfolk, just outside of Hobart in Tasmania, to visit the team from The Agrarian Kitchen. The Agrarian Kitchen is a sustainable farm that also teaches people how to cook with as minimal waste as possible.	AUSTRALIA	English-100	2022	RPT	G		Y	Y
6/01/2026	2645	Culture & Society	The Eco Show	Great Eastern Ranges	2	3	Bridie heads to the Great Eastern Ranges along the north coast of NSW to meet the people (and canines) helping to restore the native ecology.	AUSTRALIA	English-100	2022	RPT	PG		Y	Y
6/01/2026	2715	Culture & Society	Off The Beaten Track With Kate Humble	Off The Beaten Track With Kate Humble Series 1 Ep 3	1	3	Kate Humble, accompanied by Welsh sheepdog Teg, continues her journey across the remote Welsh countryside by exploring mid-Wales. In Ponterwyd, the duo herd sheep for the market, and Kate sees first-hand the price disparity between what farmers get for their sheep and what consumers pay. At the Telfi Pools she discovers that Wales is a world leader in protecting its dark skies.	UNITED KINGDOM	English-100	2022	RPT	PG		Y	
6/01/2026	2750	Culture & Society	Off The Beaten Track With Kate Humble	Off The Beaten Track With Kate Humble Series 1 Ep 4	1	4	Kate Humble and her Welsh sheepdog Teg conclude their journey across the remote Welsh countryside by exploring Carmarthenshire, herding and milking goats in the Cothi Valley and trying her hand at trotting in Capel Iwan. In Cwm Elfed, she meets an Englishman keeping Welsh weaving tradition alive, and sees how beavers are transforming a Welsh farm near Carmarthen.	UNITED KINGDOM	English-100	2017	RPT	PG		Y	
6/01/2026	2825	History	My Unique B&B	Faith's Geodome	2	2	Simon and team go to Devon where camp site owner Faith wants to create a unique property using an invention of her later father's. Faith wants the B and B's rooms to have a celestial theme and Simon and the team create some bespoke furnishing.	UNITED KINGDOM	English-100	2022	RPT	G		Y	
7/01/2026	500	News - Overseas	NHK World English News Morning	NHK World English News Morning	0	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2025		NC		Y	
7/01/2026	530	News - Overseas	ANC Philippines The World Tonight	ANC Philippines The World Tonight	0	0	Multi-award winning newscast on ABS-CBN and ANC, The World Tonight delivers the top stories of the day, covering political, economic, and social sectors on both local and global fronts.	PHILIPPINES	English-100	2024		NC		Y	
7/01/2026	600	News - Overseas	DW English News	DW English News Morning	2025	0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	2025		NC		Y	
7/01/2026	630	News - Overseas	Al Jazeera News	Al Jazeera News		0	News via satellite from Al Jazeera Satellite Network, Qatar, in English.	QATAR	English-100	2024		NC		Y	
7/01/2026	700	News - Overseas	BBC News At Six	BBC News At Six	2026	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2026				Y	

7/01/2026	730	News - Overseas	France 24 English News	France 24 English News Morning First Edition	2025	0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	2025		NC		Y		
7/01/2026	800	News - Overseas	DD India News Hour	DD India News Hour	0	0	The most recent political, sports, entertainment and socio-economic updates across India and the world from New Delhi, in English.	INDIA	English-100	2025		NC		Y		
7/01/2026	900	Culture & Society	The Eco Show	Hydro Tasmania	2	7	This week on the Eco Show, Bridie Shepherd is in Tasmania to learn how hydro systems are powering the nation.	AUSTRALIA	English-100	2022	RPT	PG	a w	Y		Y
7/01/2026	930	Culture & Society	The Eco Show	Tasmanian Devil Facial Tumour, The	2	8	Bridie visits Hobart's Bonorong Wildlife Sanctuary and The University of Tasmania to learn about the disease that threatens the Tasmanian Devil species, and the vaccine that's working to saving them.	AUSTRALIA	English-100	2022	RPT	PG	I	Y		Y
7/01/2026	1000	Culture & Society	Europe's Waterways	Holland And Belgium	1	5	Always upstream, today's journey takes us to the Netherlands and Belgium. From the North Sea and the port city of Rotterdam we travel along the Maas. Passing Venlo, Maastricht and Liege, the route follows the Ourthe river into the Belgian Ardennes.	FRANCE	English-68; Dutch-18; French-14	2020	RPT	PG	a w	Y	Y	
7/01/2026	1050	Culture & Society	Off The Beaten Track With Kate Humble	Ep 3	2	3	In South Wales, Kate and Teg set a mountain alight and experience the heat of a controlled burn at an area with the highest incidence of wild fires in the whole of the UK. Kate gets the creative juices flowing, by lending a hand to the creation of an epic land art piece - a 30ft mandala, made entirely with natural materials.	UNITED KINGDOM	English-100	2022	RPT	PG		Y		
7/01/2026	1125	Culture & Society	Off The Beaten Track With Kate Humble	Ep 4	2	4	In West Wales, Kate meets the last Master Thatcher based in Wales, starting in Newport Pembs, she helps with the harvesting of water reeds, an invasive, thick grass-like plant now used on 80 per cent of thatched roofs in the UK; she then travels to Merthyr Mawr to learn that protected, historical buildings are thatched with heritage wheat straw.	UNITED KINGDOM	English-100	2022	RPT	PG		Y		
7/01/2026	1200	News - Overseas	BBC News At Ten	BBC News At Ten	2026	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2026				Y		
7/01/2026	1230	News - Overseas	France 24 International SBS Midday	France 24 International SBS Midday	2024	0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	2024		NC		Y		
7/01/2026	1300	News - Overseas	PBS Newshour	PBS Newshour	2023	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		
7/01/2026	1400	Culture & Society	Britain's Most Expensive Houses	Britain's Most Expensive Houses Series 2 Ep 4	2	4	In the stunning New Forest, sales broker John has a unique nine million pound vast family home to sell. Managing Director, Guy and Aoife work on one of the smallest properties on their books - a one-bedroom industrial style pad in central London that belongs to the Chief Executive of Brighton Football Club. And international broker Mo travels to the Montenegro office to scout out some luxury seaside properties.	UNITED KINGDOM	English-100	2022	RPT	M	a s	Y		
7/01/2026	1455	Nature & Environment	Going Places With Ernie Dingo	Darwin	4	4	Ernie meets three very interesting Darwin locals, each with their own connection to the land and to the wildlife that inhabits it.	AUSTRALIA	English-100	2020	RPT	G		Y		
7/01/2026	1525	Food Lifestyle	Plat Du Tour	Guillaume Takes The White Asparagus And Makes A Simple Recipe That Captures The Essence Of Spring. G	4	4	Guillaume takes the white asparagus and makes a simple recipe that captures the essence of Spring. With butter, lemon, parsley and Jambon de Bayonne, Guillaume highlights the unique flavour of the favourite vegetable of King Louis XIV	AUSTRALIA	English-100	2023	RPT	G		Y		
7/01/2026	1530	Food Lifestyle	Plat Du Tour	Garbure With Garlic Croutons	4	5	Local chef, Christian Etchebest shows his home town of Pau to Guillaume, culminating in lunch in Christian's restaurant La Cantine. Inspired by Christian's enthusiasm for Bearnaise cuisine, Guillaume makes his own version of a local favourite, Garbure – a chunky ham hock and vegetable stew.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y	Y	
7/01/2026	1535	Cooking	The Cook Up With Adam Liaw	Perfect Potatoes	7	41	No spud's a dud as Adam and his guests, Alone contestant Tamika Simpson and chef Jean Paul El Tom make perfect potatoes.	AUSTRALIA	English-100	2024	RPT	G		Y		
7/01/2026	1605	Quiz	Jeopardy!	Jeopardy Series 41 Ep 218	41	218	Ken Jennings hosts Jeopardy! Where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2024						
7/01/2026	1630	Quiz	Letters And Numbers	Letters And Numbers Series 3 Ep 32	3	32	Two contestants pit their linguistic and numerical skills against each other and the clock in this entertaining quiz show. Join host Richard Morecroft along with maths whiz Lily Serna and wordsmith David Astle.	AUSTRALIA	English-100	2012	RPT	G		Y		

7/01/2026	1700	Motorsport	Dakar Rally 2026 Highlights	Stage 3	2026	4	A 422km competitive round loop AlUla awaits the competitors of the 48th Dakar Rally, featuring some impressive sandy terrain that will test the resolve of many.	SAUDI ARABIA		2026						
7/01/2026	1800	Quiz	Mastermind	Episode 38	6	38	Tonight's specialty subjects are: Who Goes There by John W Campbell, Linkin Park, Actor Alan Cumming and The Lost Ruins of Arnak.	AUSTRALIA	English-100	2024	RPT	G			Y	
7/01/2026	1830	News - Overseas	SBS World News 2026	SBS World News 2026 Ep 7	2026	7	Latest reports and analysis of major national and international news of the day from Australia's only world news service.	AUSTRALIA	English-100	2026	LIVE				Y	
7/01/2026	1935	Culture & Society	Michael Palin: Into Iraq	Michael Palin: Into Iraq Series 1 Ep 1	1	1	Michael Palin embarks on a 1000-mile adventure into Iraq, a country he has never been to before. He boards a train in the spectacular snow-capped mountains of Lake Hazar in eastern Turkey, the source of the river Tigris, which Michael will follow until he reaches the Persian Gulf on the southern most coast of Iraq.	UNITED KINGDOM	English-100	2022	RPT	PG		Y		Y
7/01/2026	2030	Culture & Society	The Jury: Murder Trial UK	Crime, The	2	1	This BAFTA-winning series returns, with the real-life trial of a young mother who stabbed her boyfriend in the chest with a kitchen knife. She says it was self-defence - but is she telling the truth? Watching the trial in Liverpool's former Crown Court, are 12 ordinary people from the local area. As the prosecution lay out their case, the jurors immediately start to draw different conclusions from the evidence.	UNITED KINGDOM	English-100	2025						
7/01/2026	2125	Crime	Crime	Episode 4	2	4	The case continues to evade Lennox; he has a connection between the victims but can't find a motive. As the killer claims another victim, Lennox starts to become suspicious of Norrie Erskine, whose odd behaviour suggests he knows more about the case than he is letting on.	UNITED KINGDOM	English-100	2024		MA				
7/01/2026	2225	Culture & Society	Great British Railway Journeys	Oldham To Wakefield	14	3	Greater Manchester's Metrolink tram delivers Michael Portillo to the former cotton town of Oldham on the edge of the Peak District. In the stalls of the town's Victorian repertory theatre, Michael hears how the lifting of censorship in the late 1960s allowed theatres to stage risque productions from playwrights such as Tennessee Williams. Michael then takes the Hope Valley Line to Edale in the Peak District with a hiking guide, who is encouraging women to enjoy the national park.	UNITED KINGDOM	English-100	2022	RPT	G		Y		
7/01/2026	2300	Thriller	Face To Face	Face To Face Series 1 Ep 1	1	1	Investigator Bjorn arrives at the morgue for an ordinary identification of a young Jane Doe when his world is turned upside down, as the girl turns out to be his own daughter. The Coroner's verdict is clear - she committed suicide. Bjorn refuses to accept this and a tiny clue propels him into a hunt for the possible murderer.	DENMARK	Danish-100	2019		M	a		Y	
7/01/2026	2325	Thriller	Face To Face	Face To Face Series 1 Ep 2	1	2	Bjorn is lead to a luxury apartment where he encounters an unknown young woman. She turns out to be his daughter's wife. Bjorn unravels a mysterious and criminal life of his deceased daughter, who prostituted herself on the dark web.	DENMARK	Danish-100	2019		M	a l v		Y	
7/01/2026	2350	Crime	Darkness: Those Who Kill	Ep 1	1	1	Jan Michelsen investigates a missing girl in suburban Copenhagen and links the case to a murdered teen from ten years earlier. Fearing a serial killer, he enlists expert Louise Bergstein. When another young woman is abducted, Jan scrambles to uncover the truth before time runs out.	DENMARK	Danish-100	2019		M	a l v		Y	
7/01/2026	2445	Crime	Darkness: Those Who Kill	Ep 2	1	2	Jan and Louise close in on the kidnapper of Julie and Emma, tracing a connection through Natasha to Anders Kjeldsen, a past sex offender. Trapped in a basement in a house owned by another supposed victim, the girls support each other as the trauma escalates and hope for rescue fades.	DENMARK	Danish-100	2019		MA	v		Y	
7/01/2026	2540	Culture & Society	The Eco Show	Coffs Harbour Eco Tourism	2	4	Bridie visits Coffs Harbour to find out how it became the first certified 'Eco Destination' in NSW, and samples some of the many activities on offer there.	AUSTRALIA	English-100	2022	RPT	G		Y		Y
7/01/2026	2610	Culture & Society	The Eco Show	Eastern Bristlebird	2	5	Bridie visits the Currumbin Wildlife Sanctuary on the Gold Coast to look into the effort underway to protect the Eastern Bristlebird and then heads down to Victoria's Wilson's Promontory where Parks Victoria lead a response and recovery program for the bird.	AUSTRALIA	English-100	2022	RPT	G		Y		Y
7/01/2026	2635	Culture & Society	Off The Beaten Track With Kate Humble	Ep 1	2	1	This episode kicks off with Kate Humble and her Welsh Sheepdog Teg exploring remote North Wales. Kate reaches for the sky, amidst a storm with 50 mph winds, as she attempts to climb the tallest man-made structure in Wales, the Arfon Transmission Tower, to fix some loose cables.	UNITED KINGDOM	English-100	2022	RPT	PG		Y		
7/01/2026	2710	Culture & Society	Off The Beaten Track With Kate Humble	Ep 2	2	2	In mid-Wales, Kate and Teg have a taste of Stone Age life, mucking in with a farmer and an archaeologist who are building a medieval settlement to bring to life the past in order to understand how we used to live. Next, they explore the potential death traps of our historical legacies, at an old lead mine, where the South and Mid Wales Cave Rescue Team practice their skills.	UNITED KINGDOM	English-100	2022	RPT	PG		Y		
7/01/2026	2745	Culture & Society	Off The Beaten Track With Kate Humble	Ep 3	2	3	In South Wales, Kate and Teg set a mountain alight and experience the heat of a controlled burn at an area with the highest incidence of wild fires in the whole of the UK. Kate gets the creative juices flowing, by lending a hand to the creation of an epic land art piece - a 30ft mandala, made entirely with natural materials.	UNITED KINGDOM	English-100	2022	RPT	PG		Y		
7/01/2026	2820	History	My Unique B&B	Ruben's Cob House	2	3	When 17-year-old Ruben told his parents Helen and Tim that he wanted to build a mud hut in their Oxfordshire garden as his A level project, they had no idea how much work they would all have to put into it. Now they have run out of steam and have called in Simon and his team to help them carry on the project and turn Ruben's traditional cob hut into a source of income to finance his gap year travels.	UNITED KINGDOM	English-100	2022	RPT	G		Y		

7/01/2026	2855	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	1	1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G	Y	
8/01/2026	500	News - Overseas	NHK World English News Morning	NHK World English News Morning	0	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2025		NC	Y	
8/01/2026	530	News - Overseas	ANC Philippines The World Tonight	ANC Philippines The World Tonight	0	0	Multi-award winning newscast on ABS-CBN and ANC, The World Tonight delivers the top stories of the day, covering political, economic, and social sectors on both local and global fronts.	PHILIPPINES	English-100	2024		NC	Y	
8/01/2026	600	News - Overseas	DW English News	DW English News Morning	2025	0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	2025		NC	Y	
8/01/2026	630	News - Overseas	Al Jazeera News	Al Jazeera News		0	News via satellite from Al Jazeera Satellite Network, Qatar, in English.	QATAR	English-100	2024		NC	Y	
8/01/2026	700	News - Overseas	BBC News At Six	BBC News At Six	2026	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2026			Y	
8/01/2026	730	News - Overseas	France 24 English News	France 24 English News Morning First Edition	2025	0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	2025		NC	Y	
8/01/2026	800	News - Overseas	DD India News Hour	DD India News Hour	0	0	The most recent political, sports, entertainment and socio-economic updates across India and the world from New Delhi, in English.	INDIA	English-100	2025		NC	Y	
8/01/2026	900	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	1	1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G	Y	
8/01/2026	905	Cooking	Destination Flavour Singapore Bitesize	Hari Kaya	1	2	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G	Y	
8/01/2026	915	Culture & Society	One For The Road	Jen's Peruvian Adventure	1	1	Jen travels to Peru where she monkeys around in the famous Peruvian rain forest and climbs up Machu Picchu.	USA	English-100	2017				
8/01/2026	940	Culture & Society	One For The Road	Katie By Land, Sea, And Sky	1	2	Join Katie on the trip of a lifetime as she travels through Chiang Rai, Thailand, bounces over to Bali, and absorbs the sights of Sydney, Australia.	USA	English-100	2017				
8/01/2026	1010	Culture & Society	Craig & Bruno's Great British Road Trip	Cornwall	1	1	Craig and Bruno are on a Cornish adventure on one of the most scenic stretches of coastline in the UK. Setting out from Padstow, they hug the B-roads overlooking the dramatic Atlantic cliffs and coves, before making their way around Britain's most south-westerly point to reach their final destination in Penzance.	UNITED KINGDOM	English-100	2017	RPT	PG	Y	Y
8/01/2026	1040	Culture & Society	Craig & Bruno's Great British Road Trip	Yorkshire Dales	1	2	Craig and Bruno experience the very best of the Yorkshire Dales as they take the scenic route from Skipton to Richmond. They pass through a variety of landscapes, picturesque villages and undulating roads on one of the UK's most thrilling drives. In the popular Upper Wharfedale village of Grassington, Bruno's keen for Craig to indulge in a passion that intrinsically connects Yorkshire and Australia - a game of cricket. But will he be willing to face a full toss?	UNITED KINGDOM	English-100	2017	RPT	PG	Y	Y
8/01/2026	1110	Culture & Society	Wild Beauty Of Germany's Islands	Sylt	1	1	Endless beaches, dunes, the heath and the Wadden Sea - the diversity and beauty of the landscape makes Sylt a place of longing for many people.	GERMANY	English-50; German-50	2023				
8/01/2026	1200	News - Overseas	BBC News At Ten	BBC News At Ten	2026	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2026			Y	

8/01/2026	1230	News - Overseas	France 24 International SBS Middyay	France 24 International SBS Middyay	2024	0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	2024		NC		Y	
8/01/2026	1300	News - Overseas	PBS Newshour	PBS Newshour	2023	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	
8/01/2026	1400	Culture & Society	Britain's Most Expensive Houses	Britain's Most Expensive Houses Series 2 Ep 5	2	5	In Mayfair, sales broker Diana is vying for the listing on a 30 million pound mega home for the agency, but convincing property developer Kam she's the right broker for the job is no easy task. Christine has a Georgian town house in Bath and a stunning country home in Henley to sell, and young American millionaire Fiygaz has a budget of up to 10 million pounds to spend on a central London pad.	UNITED KINGDOM	English-100	2022	RPT	PG		Y	
8/01/2026	1455	Nature & Environment	Going Places With Ernie Dingo	Melville Island	4	5	Ernie explores Melville Island and meets an expert carver, an Aussie with a passion for fishing, and a young man who's reached the pinnacle of AFL and has returned to work for his people.	AUSTRALIA	English-100	2020	RPT	G		Y	
8/01/2026	1525	Food Lifestyle	Plat Du Tour	Rack Of Lamb With Petits Pois A La Francaise	4	6	Guillaume discovers the secrets of haricot tarbes, the best white beans in the world. Verena Patacq, whose family have been growing white beans since the 1400s, hosts Guillaume at her farm. Using haricot tarbes, Guillaume creates a classic rack of lamb.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y	Y
8/01/2026	1530	Food Lifestyle	Plat Du Tour	Caneles	4	7	Today the tour finishes in Bordeaux, Guillaume introduces us to another of the city's secrets, caneles. Chef Leo Forget uncovers the history of this historic small cake and inspires Guillaume to recreate it in his kitchen.	AUSTRALIA	English-70; French-30	2023	RPT	G		Y	Y
8/01/2026	1535	Cooking	The Cook Up With Adam Liaw	One Pan Favourites	7	42	One pan, three favourite recipes, Adam and his guests, grilling guru Jess Pryles and actor Gary Sweet, make dinner a breeze and washing up even easier.	AUSTRALIA	English-100	2024	RPT	G		Y	
8/01/2026	1605	Quiz	Jeopardy!	Jeopardy Series 41 Ep 219	41	219	Ken Jennings hosts Jeopardy! Where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2024					
8/01/2026	1630	Quiz	Letters And Numbers	Letters And Numbers Series 3 Ep 33	3	33	Two contestants pit their linguistic and numerical skills against each other and the clock in this entertaining quiz show. Join host Richard Morecroft along with maths whiz Lily Serna and wordsmith David Astle.	AUSTRALIA	English-100	2012	RPT	G		Y	
8/01/2026	1700	Motorsport	Dakar Rally 2026 Highlights	Stage 4	2026	5	The iconic 48H Chrono stage is reimagined for 2026, with the bike and cars competitors splitting their journey from AlUla to Ha'il into separate courses and stopping midway to camp under the Saudi Arabian night sky.	SAUDI ARABIA		2026					
8/01/2026	1800	Quiz	Mastermind	Episode 39	6	39	Tonight's specialty subjects are: Star Wars, the Prequel Trilogy, The Vicar Of Dibley, the novel Shogun and The Life and Works of Pablo Picasso.	AUSTRALIA	English-100	2024	RPT	PG		Y	
8/01/2026	1830	News - Overseas	SBS World News 2026	SBS World News 2026 Ep 8	2026	8	Latest reports and analysis of major national and international news of the day from Australia's only world news service.	AUSTRALIA	English-100	2026	LIVE			Y	
8/01/2026	1930	Culture & Society	Toronto Airport Uncovered	Frozen Frontline	1	1	At Toronto Pearson International Airport, the sub-zero temperatures push the largest de-icing station in the world to its limits, as snow and freezing ice delay take offs. On the apron it's a race to free up frozen cargo holds and water pipes. The team have their hands full with an injured flight attendant, irate passengers and a trespasser in one of the most dangerous areas of the airport.	UNITED KINGDOM	English-100	2025					
8/01/2026	2020	Culture & Society	Robson Green: World's Most Amazing Walks	Hadrian's Wall	1	1	Robson Green sets out on one of the most iconic walks in the UK, the Hadrian's Wall path. For Robson, who was born and raised in the North East, it's a deeply personal and emotional journey across a landscape he's loved since childhood. Starting at Heddon-on-the-Wall, Robson retraces familiar footsteps through rugged moorland, sweeping countryside, and historical ruins over a journey spanning 84 miles.	UNITED KINGDOM	English-100	2025					
8/01/2026	2115	Thriller	In Flight	Episode 1	1	1	Jo Conran's nineteen-year-old son, Sonny, is locked up for the murder of Kristian Georgiev (member of a renowned criminal family) in Bulgaria. As a single mum, working as a Flight Attendant, Jo's powers to support Sonny are limited. Having put together her own private investigation into the murder, Jo focuses all her energy into proving Sonny's innocence.	UNITED KINGDOM	English-100	2022				Y	Y
8/01/2026	2210	Culture & Society	Great British Railway Journeys	Wakefield To Leeds	14	4	In Wakefield, West Yorkshire, Michael Portillo visits the National Coal Mining Museum for England at Caphouse Colliery. His guide, an ex-miner, takes him 140 metres down into the mine to imagine the conditions men faced and tells him how the strikes of the 1970s and 1980s affected mining communities. Michael then pauses to admire the tall spire of Wakefield Cathedral and its resident peregrine falcons with their chicks before heading to the banks of the River Calder.	UNITED KINGDOM	English-100	2022	RPT	PG	a	Y	

8/01/2026	2245	Crime	Vienna Blood	Face Of Mephisto, The	4	4	Oskar is in hiding, but with the help of the casino proprietress manages to identify the gamblers at a secretive game Max joined before he was shot. This powerful group includes Clara's boss, the media baron, Paul Herzog as well as Katharina Schratt, the emperor's mistress and General Straub, Chief of Staff of the Austro-Hungarian army.	AUSTRIA	English-100	2023		MA	a v	Y	
8/01/2026	2340	Period	Outlander	Give Me Liberty	6	5	Claire and Jamie attend a loyalist event in Wilmington honouring Flora MacDonald, and Jamie is forced to toe the political line between loyalist and rebel despite knowing the outcome of the impending war. Meanwhile, Roger empathises with a young widow on the Ridge and is forced to take a step back from helping her after it appears she feels more for him than friendship.	USA	English-100	2022	RPT	M	s v	Y	Y
8/01/2026	2445	Period	Outlander	World Turned Upside Down, The	6	6	A dysentery epidemic spreads on the Ridge, and Claire falls deathly ill. She is almost recovered when the Christies arrive and drop a bombshell on the Frasers. As nefarious rumours spread like wildfire on the Ridge, tragedy strikes.	USA	English-100	2022	RPT	MA	a v	Y	Y
8/01/2026	2605	Culture & Society	The Eco Show	Cape, The	2	6	Bridie visits Cape Paterson on the Bass Coast of Victoria to explore one of Australia's most sustainable housing estates.	AUSTRALIA	English-100	2022	RPT	G		Y	Y
8/01/2026	2635	Culture & Society	The Eco Show	Hydro Tasmania	2	7	This week on the Eco Show, Bridie Shepherd is in Tasmania to learn how hydro systems are powering the nation.	AUSTRALIA	English-100	2022	RPT	PG	a w	Y	Y
8/01/2026	2700	Culture & Society	The Eco Show	Tasmanian Devil Facial Tumour, The	2	8	Bridie visits Hobart's Bonorong Wildlife Sanctuary and The University of Tasmania to learn about the disease that threatens the Tasmanian Devil species, and the vaccine that's working to saving them.	AUSTRALIA	English-100	2022	RPT	PG	I	Y	Y
8/01/2026	2730	Culture & Society	Off The Beaten Track With Kate Humble	Ep 4	2	4	In West Wales, Kate meets the last Master Thatcher based in Wales, starting in Newport Pems, she helps with the harvesting of water reeds, an invasive, thick grass-like plant now used on 80 per cent of thatched roofs in the UK; she then travels to Merthyr Mawr to learn that protected, historical buildings are thatched with heritage wheat straw.	UNITED KINGDOM	English-100	2022	RPT	PG		Y	
8/01/2026	2805	History	My Unique B&B	Julie And Toby's Castle Turret	2	4	The tiny 2-floored building may look like a turret on the outside, but on the inside it's a bland office and storage space. Simon enlists a top carpenter and designers to create a medieval-themed B and B.	UNITED KINGDOM	English-100	2022	RPT	G		Y	
8/01/2026	2840	Nature & Environment	Bamay	Murrumbidgee River - Wiradjuri & Ngarigo Country	2	1	A slow TV showcase of the stunning landscapes found in Wiradjuri and Ngarigo Country along the waters of the Murrumbidgee River.	AUSTRALIA	English-100	2020	RPT	G		Y	
9/01/2026	500	News - Overseas	NHK World English News Morning	NHK World English News Morning	0	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2025		NC		Y	
9/01/2026	530	News - Overseas	ANC Philippines The World Tonight	ANC Philippines The World Tonight	0	0	Multi-award winning newscast on ABS-CBN and ANC, The World Tonight delivers the top stories of the day, covering political, economic, and social sectors on both local and global fronts.	PHILIPPINES	English-100	2024		NC		Y	
9/01/2026	600	News - Overseas	DW English News	DW English News Morning	2025	0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	2025		NC		Y	
9/01/2026	630	News - Overseas	Al Jazeera News	Al Jazeera News		0	News via satellite from Al Jazeera Satellite Network, Qatar, in English.	QATAR	English-100	2024		NC		Y	
9/01/2026	700	News - Overseas	BBC News At Six	BBC News At Six	2026	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2026				Y	
9/01/2026	730	News - Overseas	France 24 English News	France 24 English News Morning First Edition	2025	0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	2025		NC		Y	
9/01/2026	800	News - Overseas	DD India News Hour	DD India News Hour	0	0	The most recent political, sports, entertainment and socio-economic updates across India and the world from New Delhi, in English.	INDIA	English-100	2025		NC		Y	

9/01/2026	900	Current Affairs	Point: Road To Referendum History Bites	Hope Vale's Gamba Gamba Artists	2023	6	A group of extraordinary senior women, known as Gamba Gamba, regularly meet at an art group in Queensland's Hope Vale sharing stories and friendship.	AUSTRALIA	English-100	2023	RPT	NC			Y	
9/01/2026	905	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	1	2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G			Y	
9/01/2026	915	Culture & Society	One For The Road	Frankie's Roamin' Holiday	1	3	Frankie explores the historic cities of Bologna, Genoa, and Rome while he stuffs his face - Italian style.	USA	English-100	2017						
9/01/2026	940	Culture & Society	One For The Road	Gunarolla's Lunar New Year	1	4	Andrew Gunadie aka Gunarolla heads to Southeast Asia for Luna New Year, and travel photographer Lily Rose checks in at a once-in-a-lifetime beach resort in Bora Bora.	USA	English-100	2017						
9/01/2026	1005	Culture & Society	Craig & Bruno's Great British Road Trip	Wales	1	3	Craig and Bruno adventure through every landscape North Wales has to offer. From the sea, they carve their way up through the country's largest National Park - Snowdonia. Dropping down to the Menai strait, they cross over to the isle of Anglesey before hugging the beautiful coastal roads to their final destination on Holy Island.	UNITED KINGDOM	English-100	2017	RPT	PG			Y	Y
9/01/2026	1035	Culture & Society	Craig & Bruno's Great British Road Trip	Cheddar Gorge & The Cotswolds	1	4	Craig and Bruno carve their way through Cheddar Gorge to get to The Cotswolds, winding their way through gloriously pretty villages, bursting with history, and, fittingly for the boys, ending in village a called Broadway. Starting in Cheddar, the pair drive one of the most scenic roads in Europe that twists its way through the UK's largest gorge - it's a drive made all the more dramatic by the torrential rain!	UNITED KINGDOM	English-100	2017	RPT	PG	n		Y	Y
9/01/2026	1105	Culture & Society	Wild Beauty Of Germany's Islands	Rugen	1	2	Rugen is one of the most popular holiday destinations for Germans. But away from the tourist crowds, there's unique nature to discover here - the largest contiguous beech forest in the Baltic region.	GERMANY	English-50; German-50	2023						
9/01/2026	1200	News - Overseas	BBC News At Ten	BBC News At Ten	2026	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2026					Y	
9/01/2026	1230	News - Overseas	France 24 International SBS Midday	France 24 International SBS Midday	2024	0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	2024		NC			Y	
9/01/2026	1300	News - Overseas	PBS Newshour	PBS Newshour	2023	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	
9/01/2026	1400	Culture & Society	Britain's Most Expensive Houses	Britain's Most Expensive Houses Series 2 Ep 6	2	6	In Surrey, Amy has a stunning 1930s architectural home to sell. Known as the Roundhouse it's set in eight acres of award-winning grounds and boasts a professional recording studio on site. In London, Guy has a five-bedroom Knightsbridge apartment worth a staggering 25 million pounds on his books, and he's entrusting Aoife with the sale of a 4.5 million 1960s home located in the Barbican estate.	UNITED KINGDOM	English-100	2022	RPT	G			Y	
9/01/2026	1455	Nature & Environment	Going Places With Ernie Dingo	Cooktown	4	6	Ernie explores the rugged rivers and mountains around Cooktown before meeting up with two salt-of-the-earth Elders, who've raised a large family and one very talented footballer.	AUSTRALIA	English-100	2020	RPT	G			Y	
9/01/2026	1525	Food Lifestyle	Plat Du Tour	Pear Clafoutis With Salted Caramel Sauce	4	8	Libourne, on the Dordogne River is famous for its diverse produce and Guillaume takes the opportunity to visit their famous farmer's market to gather the ingredients for one of his favourite desserts – pear clafouti.	AUSTRALIA	English-70; French-30	2023	RPT	G			Y	Y
9/01/2026	1530	Food Lifestyle	Plat Du Tour	Truffade	4	9	Massif Central region is sculpted by an ancient chain of volcanoes and its rugged topography and climate have inspired many hearty dishes. In a tribute to the changeable French mountain weather, Guillaume makes a fine dining version of a rich, warming potato dish from the region, la truffade.	AUSTRALIA	English-100	2023	RPT	G			Y	
9/01/2026	1535	Cooking	The Cook Up With Adam Liaw	Long Or The Short Of It: Noodles Or Rice, The	7	43	Noodles or rice. That's the long or the short of it, as Adam and his guests, chefs Trisha Greentree and Jae Bang, must make their choice.	AUSTRALIA	English-100	2024	RPT	G			Y	
9/01/2026	1605	Quiz	Jeopardy!	Jeopardy Series 41 Ep 220	41	220	Ken Jennings hosts Jeopardy! Where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2024						

9/01/2026	1630	Quiz	Letters And Numbers	Letters And Numbers Series 3 Ep 34	3	34	Two contestants pit their linguistic and numerical skills against each other and the clock in this entertaining quiz show. Join host Richard Morecroft along with maths whiz Lily Serna and wordsmith David Astle.	AUSTRALIA	English-100	2012	RPT	G			Y	
9/01/2026	1700	Motorsport	Dakar Rally 2026 Highlights	Stage 5		2026	6	After camping under the Saudi Arabian night sky, the competitors of the 48th Dakar Rally continue their marathon trek to Ha'il with the fifth stage of the event.	SAUDI ARABIA		2026					
9/01/2026	1800	Quiz	Mastermind	Episode 40		6	40	Our weekly winners are back with two minutes of general knowledge, plus the dreaded slow burn round. Tonight's slow burn topics are: a person, an animal breed, a book and an annual event.	AUSTRALIA	English-100	2024	RPT	G		Y	
9/01/2026	1830	News - Overseas	SBS World News 2026	SBS World News 2026 Ep 9		2026	9	Latest reports and analysis of major national and international news of the day from Australia's only world news service.	AUSTRALIA	English-100	2026	LIVE			Y	
9/01/2026	1930	Culture & Society	The Great House Revival	Post House		5	1	Local lad Timmie O'Brien, has many happy memories of his local Post Office that has been lying dormant for many years. So he and his partner Siobhan decide it is time to breathe back some life into the old village hub, and to convert it into their forever home with their two young sons, Jimmy and Miah.	IRELAND	English-100	2025					
9/01/2026	2030	Culture & Society	The Great House Revival	Burren		5	2	Busy restaurateur Aoibheann MacNamara has waited years to find the perfect isolated cottage for the next chapter in her life, and having found just the one, she is embarking on an ambitious but sensitive restoration of an old Land Commission cottage in the middle of the protected environment of the Burren landscape.	IRELAND	English-100	2025					
9/01/2026	2130	Culture & Society	Isle Of Wight: Jewel of the South	Ep 1		1	1	Fishmongers Mike and Emma prepare for a busy summer of customer orders.	UNITED KINGDOM	English-100	2023	RPT	PG	a w	Y	Y
9/01/2026	2225	Culture & Society	Great British Railway Journeys	Bradford To Hebden Bridge		14	5	Michael Portillo continues his post-war exploration of northwest England in Bradford, Shipley and Hebden Bridge. In Centenary Square in Bradford, Michael encounters Bradford's literary giant, J.B. Priestley, and at Bradford University library, he finds out about Priestley's politics and humour. Michael then visits the Bradford Royal Infirmary and traces its use of chemotherapy in the fight against cancer. He also discovers a nature reserve that's home to more than 14 species of butterfly and moth.	UNITED KINGDOM	English-100	2022	RPT	PG	a	Y	
9/01/2026	2300	Period	Sisi	Ep 6		2	6	The war has inflicted deep wounds. Sisi desperately tries to get closer to Franz again. He refuses to speak to her and sends her back to Hungary. Sisi is to help Count Andrassy negotiate a new constitution with the Hungarians. She does not yet suspect that it could be goodbye forever. Deeply hurt, Sisi decides to go.	GERMANY	German-100	2022	RPT	M	a s v		Y
9/01/2026	2405	Crime	Babylon Berlin	Babylon Berlin Series 1 Episode 1		1	1	A freight train carrying pesticide is rolling westward from the factories of the young Soviet Union. A tank wagon has been hooked onto it and two criminals take the places of the train driver.	GERMANY	German-50; Russian-50	2017	RPT	MA	a n s v		Y
9/01/2026	2500	Crime	Babylon Berlin	Babylon Berlin Series 1 Episode 2		1	2	At the Soviet embassy, the singer Lukasz Nikoros meanwhile denounces the Red Fortress and it's leader Kardakow.	GERMANY	German-50; Russian-50	2017	RPT	MA	a s v		Y
9/01/2026	2555	Thriller	Silent Road	Proof Of Life		1	3	The parents of the missing children scramble to come up with the outrageous ransom demanded by the kidnappers; Thalia and her family are ostracised as questions about her involvement reach a boiling point.	GREECE	Greek-100	2022	RPT	M	a		Y
9/01/2026	2655	Thriller	Silent Road	Haters		1	4	Emerging evidence exposes the cover-up of a bullying scandal; some of the parents begin to distrust the police and hire a private investigator; Thalia comes face-to-face with one of the kidnappers.	GREECE	Greek-100	2022	RPT	M	a		Y
9/01/2026	2755	Culture & Society	Designing Paradise With Bill Bensley	Bensley - Bangkok		1	1	In Bangkok, world renowned architect and interior designer Bill Bensley and his team are creating some of the world's best hotels. While Bill laments the loss of charm the city held decades ago, he offers a solution with the Siam Hotel.	USA	English-100	2018	RPT	G		Y	
9/01/2026	2825	History	My Unique B&B	Danielle And Frank's Float Room		2	5	In Monmouthshire, literally on the Bristol channel, a 100-year-old lighthouse is the venue for Simon and his team's latest project. After running it for many years, Danielle and Frank have decided they now want their home back but don't want to give up the hospitality business completely.	UNITED KINGDOM	English-100	2022	RPT	PG		Y	
10/01/2026	500	News - Overseas	NHK World English News Morning	NHK World English News Morning		0	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2025		NC		Y	

10/01/2026	530	News - Overseas	ANC Philippines The World Tonight	ANC Philippines The World Tonight	0	0	Multi-award winning newscast on ABS-CBN and ANC, The World Tonight delivers the top stories of the day, covering political, economic, and social sectors on both local and global fronts.	PHILIPPINES	English-100	2024		NC		Y	
10/01/2026	600	News - Overseas	DW English News	DW English News Morning	2025	0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	2025		NC		Y	
10/01/2026	630	News - Overseas	Al Jazeera News	Al Jazeera News		0	News via satellite from Al Jazeera Satellite Network, Qatar, in English.	QATAR	English-100	2024		NC		Y	
10/01/2026	700	News - Overseas	BBC News At Six	BBC News At Six	2026	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2026				Y	
10/01/2026	730	News - Overseas	France 24 English News	France 24 English News Morning First Edition	2025	0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	2025		NC		Y	
10/01/2026	800	News - Overseas	DD India News Hour	DD India News Hour	0	0	The most recent political, sports, entertainment and socio-economic updates across India and the world from New Delhi, in English.	INDIA	English-100	2025		NC		Y	
10/01/2026	900	Current Affairs	Point: Road To Referendum History Bites	60th Anniversary Of The Yirrkala Bark Petitions	2023	7	We take a look at the significance of the bark petitions which were created 60 years ago in opposition to a local bauxite mine built without any consultation.	AUSTRALIA	English-100	2023	RPT	NC		Y	
10/01/2026	905	Cooking	Destination Flavour Singapore Bitesize	Lamb Kebabs	1	3	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y	
10/01/2026	915	Culture & Society	Matched	Gurgeenvin And Japjot + Jilesh	2	5	Opotiki fruit contractor and hopeless romantic, Gurjeevin, prepares for his semi-arranged wedding to Brisbane-based Japjot. But how will Japjot feel about sacrificing her career, family and city life to live in small town New Zealand with a man she has met only twice? And Jilesh, a radio DJ and eligible bachelor, is ready to use whatever means necessary to find his future bride.	NEW ZEALAND	English-98; Hindi-1; Punjabi-1	2020	RPT	PG	Y	Y	Y
10/01/2026	1005	Culture & Society	The Eco Show	Melliodora	1	1	On this episode of The Eco Show, Bridie Shepherd visits Melliodora, a permaculture property in Hepburn. Victoria. We take a look at the bush fire resistant design of the property and learn about the interconnectedness of permaculture, thanks to property owners David Holmgren and Su Dennett.	AUSTRALIA	English-100	2021	RPT	G		Y	
10/01/2026	1035	Culture & Society	The Eco Show	Plains Wanderer	1	2	Bridie Shepherd visits the Patho Plains in north-central Victoria to chat with Trust for Nature, covenanted land owners and renowned ornithologist Dr David Baker-Gabb about a very unique and endangered ancient Australian bird, the plains wanderer. With special thanks to Zoos Victoria.	AUSTRALIA	English-100	2021	RPT	G		Y	
10/01/2026	1105	History	Phase III Odyssey	Episode 1	1	1	Leo Khouri and David Frake are lifelong friends, businessmen, car collectors, and enthusiasts. They set out on a mission to tour Australian in their vintage GT Falcon cars to highlight the importance of male bonding, pushing boundaries, and the wellbeing that comes with adventure.	AUSTRALIA	English-100	2022	RPT	M	a l	Y	
10/01/2026	1200	News - Overseas	BBC News At Ten	BBC News At Ten	2026	0	The latest national and international news stories from the BBC News team from London, UK, in English.	UNITED KINGDOM	English-100	2026				Y	
10/01/2026	1230	News - Overseas	France 24 International SBS Middy	France 24 International SBS Middy	2024	0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	2024		NC		Y	
10/01/2026	1300	News - Overseas	PBS Newshour	PBS Newshour	2023	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	

10/01/2026	1400	Figure Skating	Isu Figure Skating 2025/26 Highlights	Grand Prix Final, Japan, Part 2	2025	5	All the best moments from the ISU Grand Prix of Figure Skating Final 2025 in Nagoya, Japan - Part 2.			2025						Y	
10/01/2026	1600	Entertainment	Going Places With Ernie Dingo	Abrolhos Islands, Glenreagh, Burketown	6	3	Ernie experiences the otherworldly Abrolhos Islands, Bianca gets behind the lens with a photographer in the NSW Northern Rivers, and Aaron gets a birds eye view of the Gulf of Carpentaria.	AUSTRALIA	English-100	2023	RPT	PG				Y	Y
10/01/2026	1700	Motorsport	Dakar Rally 2026 Highlights	Stage 6	2026	7	After camping under the Saudi Arabian night sky, the competitors of the 48th Dakar Rally continue their marathon trek to Ha'il with the fifth stage of the event.	SAUDI ARABIA		2026							
10/01/2026	1800	Culture & Society	Grand Tours Of Scotland's Rivers	Quietly Flows The Don	3	1	The River Don rises in wild land, high on the moors of the Grampian mountains. Paul follows its easterly flow from famous Cock Bridge, where he encounters the Lonach Highlanders and a clan chief with two feathers in his cap carrying relics of the Battle of Culloden.	UNITED KINGDOM	English-100	2023	RPT	G				Y	Y
10/01/2026	1830	News - Overseas	SBS World News 2026	SBS World News 2026 Ep 10	2026	10	Latest reports and analysis of major national and international news of the day from Australia's only world news service.	AUSTRALIA	English-100	2026	LIVE					Y	
10/01/2026	1930	History	Secrets Of Britain's Historic Houses	Doll's House, The	3	1	Beatrix Potter's Dolls' House undergoes major renovation at Hilltop and in Clouds Hill a mysterious painting belonging to Lawrence of Arabia reveals its secrets.	UNITED KINGDOM	English-100	2024							
10/01/2026	2040	Drama	Tinker Tailor Soldier Spy			0	In 1970s England, the head of MI6 dispatches an agent to meet with a Hungarian general who knows the identity of a Soviet spy in the organisation's ranks. However, the mission goes wrong and the general dies before he can reveal the information. Under-secretary Oliver Lacon calls veteran agent George Smiley back from forced retirement to ferret out the mole and stop the flow of vital British secrets to the Russians. Stars Gary Oldman, Colin Firth and Mark Strong.	FRANCE	English-20; French-20; Hungarian-20; Russian-20; Turkish-20	2011	RPT	MA	v		Y	Y	Y
10/01/2026	2300	Culture & Society	Scottish Islands With Ben Fogle	Isles Of The Sound - Islay & Jura	2	2	Ben Fogle journeys to Islay and Jura, tracing the route of 6th century Christian monks across wild seaways to discover communities going the extra mile to look out for one another.	UNITED KINGDOM	English-100	2023	RPT	G				Y	Y
10/01/2026	2405	Biography	Reframed: Marilyn Monroe	Contender	1	1	This episode explores the young Norma Jeane. While showing talent and audacity, she turned her back on her difficult childhood and put herself on the radar in Hollywood as 'Marilyn Monroe'.	UNITED KINGDOM	English-100	2022	RPT	M	a n s		Y		Y