



WEEK 11 **Sunday, 8 March 2026** Saturday, 14 March 2026

EASTERN MARKETS (NSW, ACT, VIC, TAS)

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
8/03/2026	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		
8/03/2026	515	News - Overseas	Euronews	Euronews	0	0	Headlines, Breaking News & Analysis from the Euronews news centre in Brussels, Belgium, in English.	BELGIUM	English-100	2025		NC				
8/03/2026	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		
8/03/2026	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		
8/03/2026	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		
8/03/2026	700	News - Overseas	PBS News Horizons	PBS News Horizons	2026	0	Dive into the world of science, health, technology and environmental issues making headlines each week, hosted by PBS News Hour's William Brangham, with in-depth discussions featuring leading experts and professionals.	USA	English-100	2026		NC		Y		
8/03/2026	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		
8/03/2026	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		
8/03/2026	900	Current Affairs	Point: Road To Referendum History Bites	1960s Freedom Ride, The	2023	5	Gomerio 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		
8/03/2026	905	Cooking	Destination Flavour Down Under Bitesize	Destination Flavour Down Under Bitesize Series 1 Ep 8	1	8	Some of your favourite moments and recipes from Adam Liaw's culinary and cultural journey through Australia and New Zealand.	AUSTRALIA	English-100	2014	RPT	G		Y		
8/03/2026	910	Culture & Society	Prince's Master Crafters Next Generation	Stone Carving	2022	5	Today's Masterclass is in Stone Carving with Tutor Zoe Wilson. Who went on to complete an apprenticeship in stonemasonry and letter. Zoe wants each student to carve an Ivy Leaf in Bath Stone.	UNITED KINGDOM	English-100	2022	RPT	PG		Y		
8/03/2026	1005	Health, Science & Technology	Vintage Voltage	Porsche 914	2022	10	The mission this time is do what Porsche would have done had it been building electric sports cars in the 1970s as Moggy and his team create the ultimate electric Porsche 914.	UNITED KINGDOM	English-100	2022	RPT	G		Y		
8/03/2026	1100	Culture & Society	World Wide Nate: African Adventures	Grand Prix Racing In Johannesburg	1	13	Nate wraps up his time in Africa in Johannesburg - one of his favourite places. While there, he takes a couple of laps around the Kyalami Grand Prix Circuit. He also gets a suit custom-made by one of the hottest African fashion designers in the world.	SOUTH AFRICA	English-100	2017	RPT	PG				
8/03/2026	1130	Culture & Society	Ageless Gardens	World In A Garden, The	4	1	A retired flight attendant grows tropicals at a lawn bowling club, amid the beauty of Vancouver's skyline. A limit-pushing gardener brings the plants together in one place, only to reconsider when an unusually frigid winter occurs. A collector of thousands of heritage plants stays busy in the garden all year long.	CANADA	English-100	2023	RPT	G		Y		Y
8/03/2026	1200	Cycling	Provelo Super League 2026	Round 4, Harbour City Gp	2026	5	All the action from the Harbour City GP's Kangaloon Road Race Stage in the fourth round of the 2026 ProVelo Super League season, Australia's elite road racing league.	AUSTRALIA		2026	LIVE	NC				
8/03/2026	1600	News - Overseas	PBS News Compass Points	PBS News Compass Points	2026	0	Join PBS News Hour's Nick Schifrin and a panel of experts each week analysing prominent international affairs topics and America's role in a shifting world, breaking down global conflicts, rising tensions, and their implications for U.S. interests.	USA	English-100	2026		NC		Y		

8/03/2026	1630	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	
8/03/2026	1655	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	
8/03/2026	1700	Drama	Rehabilitating			0	Ash, 19, lives with chronic pain in a rehab hospital, unable to leave until she can stand. When spirited Georgia sneaks her out to a bar, Ash experiences freedom and support. Inspired, Ash finally asks for help and, with physiotherapy, achieves the strength to stand.	AUSTRALIA	English-100	2024	RPT	PG	a	Y	Y
8/03/2026	1720	Culture & Society	The Granny Grommets	Granny Grommets, The	0	0	A grommet, in surf lexicon, stands for a surfing newbie, usually a younger person. The Granny Grommets, however, are claiming the term for themselves, ignoring the looming threats of sharks and concerns of their worried offspring, to brace the waves of Albany - bodyboards in tow.	AUSTRALIA	English-100	2025	RPT	PG		Y	
8/03/2026	1730	History	Women Of WWII: The Untold Stories	Women Of Ww II: The Untold Stories	0	0	Rethink World War II with never-before-seen interviews from American women who held the rivet guns, flew the B-17s and broke the codes. Learn how these unsung heroes inspired - and empowered - future generations by winning the war.	USA	English-100	2024					
8/03/2026	1830	News - Overseas	SBS World News	SBS World News 2026 Ep 67	2026	67	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	NC		Y	
8/03/2026	1930	Archaeology	Pompeii: Life In The City With Dan Snow	Episode 1	1	1	Dan Snow and Kate Lister explore what life was really like in ancient Pompeii. In this episode they discover how the Romans earned a living. From slave to aristocrat everybody in Pompeii was on the lookout for the next chance to take a step up in the world.	UNITED KINGDOM	English-100	2025					
8/03/2026	2025	Archaeology	Pompeii: Life In The City With Dan Snow	Episode 2	1	2	In this episode, Dan and Kate explore the homes of Pompeii's citizens, from the wealthy elite to the poor. They examine Pompeii's grid layout, with graffiti from children depicting gladiators, and visit a luxurious villa with gardens and private bathhouses. At the Newt in Somerset, a reconstructed Roman home offers a glimpse into the opulence of the top tier of society.	UNITED KINGDOM	English-100	2025					
8/03/2026	2115	History	Ancient Empires	Cleopatra	1	3	Seen by thousands as history's ultimate femme fatale, the enigmatic Egyptian Queen's untold true story is one of a ruthless genius, doing whatever she needs to cling onto power in a brutal world. Even if it means brutally killing her own family.	USA	English-100	2023	RPT	MA	v	Y	Y
8/03/2026	2255	Biography	Roberta Flack	Roberta Flack		0	Roberta Flack gave voice to a global soundtrack of beauty and pain, love and anguish, hope and struggle. With exclusive access to Flack's archives of film, performances, interviews, home movies, photos, hit songs and unreleased music, the film documents how Flack's musical virtuosity was inseparable from her lifelong commitment to civil rights.	USA	English-100	2021	RPT	PG	a	Y	Y
8/03/2026	2425	Biography	Jackie And Lee: A Tale Of Two Sisters	Jackie And Lee: A Tale Of Two Sisters		0	While Jackie Kennedy today remains iconic, her sister, Lee, is less well-known. It is impossible however, to truly understand the life of one without the other. Filmed in New York, Boston, and London, this documentary includes contributions from authors Sarah Bradford (America's Queen), Pamela Keogh (Jackie Style) and Tina Cassidy (Jackie after O) along with Jackie's one-time neighbour, Tina Santi Flaherty and Ron Galella, the photographer who followed the two sisters around Manhattan.	UNITED KINGDOM	English-100	2015	RPT	M	a	Y	Y
8/03/2026	2520	Cycling	Paris-Nice 2026	LIVE Stage 1	2026	1	All the action from the opening stage of Paris-Nice 2026, as the peloton takes on a 171.2 km route starting in Acheres and finishing in Carrieres-sous-Poissy.	FRANCE		2026	LIVE				
8/03/2026	2720	Quiz	Mastermind	Mastermind Series 4 Ep 14	4	14	In this round, the specialty subjects are Patrick White novels, Wicked (musical), Paul the Apostle, and the Starship Troopers film.	AUSTRALIA	English-100	2022	RPT	G		Y	
8/03/2026	2750	Quiz	Mastermind	Mastermind Series 4 Ep 15	4	15	In this final round, the four reigning champions from this cycle battle it out to progress to the semi-finals.	AUSTRALIA	English-100	2022	RPT	G		Y	
8/03/2026	2820	Culture & Society	Bamay	Tasmania Northwest - Part 2	6	5	Continuing our exploration of Tasmania's Northwest, we journey further through the Country of the Parperloihener, Pennemuker, Peerapper, Manegin and Tarkiner peoples. Through dense forests and along windswept coastlines, we witness how memory, spirit, and Country remain deeply intertwined in one of Tasmania's most striking regions.	AUSTRALIA	English-100	2025	RPT	G			
8/03/2026	2850	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 4	1	4	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y	

9/03/2026	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	
9/03/2026	515	News - Overseas	Euronews	Euronews	0	0	Headlines, Breaking News & Analysis from the Euronews news centre in Brussels, Belgium, in English.	BELGIUM	English-100	2025		NC			
9/03/2026	530	News - Overseas	PBS News Horizons	PBS News Horizons	2026	0	Dive into the world of science, health, technology and environmental issues making headlines each week, hosted by PBS News Hour's William Brangham, with in-depth discussions featuring leading experts and professionals.	USA	English-100	2026		NC		Y	
9/03/2026	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	
9/03/2026	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	
9/03/2026	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	
9/03/2026	725	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	
9/03/2026	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	
9/03/2026	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	
9/03/2026	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	
9/03/2026	905	Nature & Environment	Going Places With Ernie Dingo	Cradle Mountain	2	1	Ernie visits the breathtaking Cradle Mountain in Tasmania and meets a dedicated pilot, a focused young ranger, a wildlife conservationist and an insightful young Palawa man.	AUSTRALIA	English-100	2018	RPT	G		Y	Y
9/03/2026	935	History	My Unique B&B	Asiyla's Boat	1	13	In rural Oxfordshire, Simon Parfett and his team meet Asiyla and her family. It's a beautiful spot where the three generations of her family live and farm together.	UNITED KINGDOM	English-100	2021	RPT	G		Y	Y
9/03/2026	1030	Culture & Society	Paddington Station 24/7	Paddington Station 24/7 Series 3 Ep 6	3	6	This week, railway workers across the network are making the most of the remaining summer weather to prepare the network for a change of season. Down in Dawlish, there's a ceremony to celebrate the final stages of a year-long, multi million pound project to strengthen the railway's defences from the powerful waves that pound the sea wall.	UNITED KINGDOM	English-100	2020	RPT	PG	a	Y	Y
9/03/2026	1120	Culture & Society	The Toy Hospital	Humpty, Cabbage Patch Kid, Subbuteo	1	4	At the Toy Hospital, three beloved childhood toys are given a second chance. A battered Play School Humpty Dumpty, a ruined Subbuteo game and an ink-damaged Cabbage Patch doll are lovingly restored by expert hands, blending nostalgia, skill and a touch of toy surgery.	UNITED KINGDOM	English-100	2023		PG		Y	Y
9/03/2026	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		NC		Y	
9/03/2026	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	
9/03/2026	1300	News - Overseas	PBS News Compass Points	PBS News Compass Points	2026	0	Join PBS News Hour's Nick Schifrin and a panel of experts each week analysing prominent international affairs topics and America's role in a shifting world, breaking down global conflicts, rising tensions, and their implications for U.S. interests.	USA	English-100	2026		NC		Y	

9/03/2026	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		
9/03/2026	1400	History	Irish Road Trip With Miriam Margolyes	Irish Road Trip With Miriam Margolyes Series 1 Ep 1	1	1	Award-winning, British/Australian Actress and Activist, Miriam Margolyes, perhaps best known as Professor Spruce in the Harry Potter series will join one of Ireland's newest and most high-profile political figures, Senator Lynn Ruane in the camper van for this journey.	UNITED KINGDOM	English-100	2022	RPT	M	I		Y	Y	
9/03/2026	1500	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		
9/03/2026	1530	Cooking	The Cook Up With Adam Liaw	Grilled Feast, The	7	75	Tongs at the ready, it's an Easy Entertaining that's all about great grilling, with Hardcore Carnivore Jess Pryles and actor Gary Sweet.	AUSTRALIA	English-100	2024	RPT	G			Y		
9/03/2026	1605	History	Vietnam: The Birth Of A Nation	Independence	1	1	Vietnam's journey begins under French colonial rule, where calls for freedom were denied. Amid war, famine and occupation, Ho Chi Minh launched a revolution for independence, plunging the country into conflict. Through eyewitness accounts, this episode explores resistance, collaboration and the battle that ended French rule but left Vietnam deeply divided.	GERMANY	English-53; Vietnamese-43; French-4	2024		PG	a		Y	Y	
9/03/2026	1705	Quiz	Jeopardy!	Jeopardy Series 42 Ep 28	42	28	Ken Jennings hosts Jeopardy! Where the answers are revealed, and the contestants must guess the appropriate questions.	USA	English-100	2025		G					
9/03/2026	1730	Quiz	Letters And Numbers	Letters And Numbers Series 4 Ep 22	4	22	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 whizz Lily Serna and wordsmith David Astle.	AUSTRALIA	English-100	2012	RPT	G			Y		
9/03/2026	1800	Quiz	Mastermind	Episode 81	6	81	In the first of our semi-finals, tonight's specialty subjects are: Outlander by Diana Gabaldon, the musical Natasha, Pierre and the Great Comet of 1812, the history of cyber security and The Incredible String Band.	AUSTRALIA	English-100	2024	RPT	G			Y		
9/03/2026	1830	News - Overseas	SBS World News	SBS World News 2026 Ep 68	2026	68	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	NC			Y		
9/03/2026	1930	History	Inside The Tower Of London	Episode 1	8	1	At the Tower of London, a landmark D-Day anniversary is marked with a powerful service of remembrance. As national history is honoured, new light is shed on Sir Walter Raleigh's fate, and change comes closer to home with an emotional farewell to a senior figure at the fortress.	UNITED KINGDOM	English-100	2025							
9/03/2026	2030	Entertainment	8 Out Of 10 Cats Does Countdown	Episode 6	16	6	Jimmy Carr hosts a brand new episode of 8 Out of 10 Cats Does Countdown. Guest team captain Sarah Millican and Jamali Maddix take on Joe Wilkinson and Rob Beckett in the classic words and numbers quiz. Glenn Moore joins Susie Dent in Dictionary Corner, while maths whizz Rachel Riley looks after the numbers.	UNITED KINGDOM	English-100	2023		M					
9/03/2026	2125	Quiz	Never Mind The Buzzcocks	Roisin Murphy, Dermot Kennedy, Billy Porter	3	6	Greg Davies oversees the chaos as Daisy May Cooper is joined by Hollywood star Billy Porter and singer Dermot Kennedy, while Noel Fielding and Jamali Maddix team with Moloko's Roisin Murphy. From Kings of Leon's strict upbringing to Suzi Quattro's furious father, the ID Parade rounds off the madness.	UNITED KINGDOM	English-100	2023		M					
9/03/2026	2205	News - Overseas	SBS World News Late	SBS World News Late 2026 Ep 36	2026	36	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	NC			Y		
9/03/2026	2235	Crime	Other People's Money	Gold In The Mouth	1	5	Birkwald recognises the global dimensions of the Cum-Ex network. She wants to simultaneously search banks and law firms in 16 countries and has to obtain international assistance from Eurojust. In Copenhagen, Jensen finds himself put under pressure - Brogger discovers incriminating evidence and tax inspector Andersen becomes aware of suspicious incoming payments. Even Olga doubts Jensen's honesty.	GERMANY	Danish-40; German-40; English-20	2025		M	I		Y	Y	
9/03/2026	2330	Thriller	The Old Man	IV	1	4	Both Chase and Harper try to move forward with their plans, but their choices backfire.	USA	English-91; Dari-8; Russian-1	2022	RPT	MA	v		Y	Y	Y
9/03/2026	2440	Culture & Society	Kate And Larapinta	Kate And Larapinta	0	0	Kate Leeming embarks on a 700km solo cycle along Australia's remote Finke River. Battling searing heat, mechanical failures and exhaustion, she confronts physical limits and inner ghosts, turning her epic journey into a meditation on purpose, resilience, and what it takes to keep going.	AUSTRALIA	English-100	2025							
9/03/2026	2510	Cycling	Paris-Nice 2026	LIVE Stage 2	2026	2	All the action from Stage 2 of Paris-Nice 2026, as the peloton takes on a 187 km route starting in Epone and finishing in Montargis.	FRANCE		2026	LIVE						

9/03/2026	2715	Quiz	Mastermind	Mastermind Series 4 Ep 16	4	16	In this round, the specialty subjects are U.S states and their capitals, the Bridesmaids film, Friends (Seasons 1-5), and dinosaurs of Australia.	AUSTRALIA	English-100	2022	RPT	G		Y	
9/03/2026	2745	Quiz	Mastermind	Mastermind Series 4 Ep 17	4	17	In this round, the specialty subjects are Thor: Ragnarok, New Girl (Seasons 1-4), the Fellowship of the Rings film, and Regular Show (Seasons 1-4).	AUSTRALIA	English-100	2022	RPT	G		Y	
9/03/2026	2815	Culture & Society	Bamay	Tasmania Northwest - Part 3	6	6	In part 3 of Tasmania's Northwest, we explore coastal tracks and windswept beaches met with cultural memory. From The Nut, ancient volcanic plug to Perkins Bay, this episode reflects on the interconnection between land, sea, and identity.	AUSTRALIA	English-100	2025	RPT	G			
9/03/2026	2845	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 5	1	5	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y	
9/03/2026	2855	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 6	1	6	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y	
10/03/2026	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	
10/03/2026	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	
10/03/2026	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	
10/03/2026	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	
10/03/2026	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			NC	Y	
10/03/2026	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	
10/03/2026	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	
10/03/2026	900	Travel	Destination Flavour Japan Bitesize	Hokkaido	1	1	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	
10/03/2026	910	Travel	Destination Flavour Japan Bitesize	Tohoku	1	2	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		
10/03/2026	920	History	My Unique B&B	Anthony & Bianca's Shed To Shepherds Hut	1	14	This week, the team travel to Wiltshire to meet Anthony and Bianca who have grand plans to turn the shed at the bottom of their garden into a unique B&B. But those hopes are dashed when expert, Simon Parfett, says it's just too old and rickety to renovate.	UNITED KINGDOM	English-100	2021	RPT	G	Y	Y	
10/03/2026	1015	Culture & Society	Paddington Station 24/7	Paddington Station 24/7 Series 3 Ep 7	3	7	Staff at Paddington are preparing for a VIP visitor to the station. Rumours are a drift that it could be a royal and it's all hands on deck to prepare the station in time. Join Paddington's revenue protection officers for a shift catching fare dodgers who cost the railway hundreds of millions of pounds a year. How many will they catch red-handed on this shift?	UNITED KINGDOM	English-100	2020	RPT	PG	a l	Y	Y
10/03/2026	1105	Culture & Society	The Toy Hospital	Melted Doll, Model Train, Mechanical Bear	1	5	At the Toy Hospital, expert restorers tackle emotional challenges. A severely burned 1970s 'April Showers' doll, a charming 1940s mechanical panda and a cherished Hornby diesel engine are brought back from the brink, blending skill, patience and deep nostalgia.	UNITED KINGDOM	English-100	2023			PG	Y	Y
10/03/2026	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			NC	Y	

10/03/2026	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	
10/03/2026	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	
10/03/2026	1400	History	Irish Road Trip With Miriam Margolyes	Irish Road Trip With Miriam Margolyes Series 1 Ep 2	1	2	Miriam's road trip takes her across Ireland in order to incorporate three major historical events (the famine, the Easter Rising, the War of Independence) that influence the story and places that were most significant in Lady Gregory's life.	UNITED KINGDOM	English-100	2022	RPT	PG	a	Y	Y
10/03/2026	1500	Culture & Society	Trail Towns	Brisbane Valley Rail Trail	3	1	The Brisbane Valley Rail Trail, a ribbon of happiness running through some stunning countryside, gives Vandy and Deetz the chance to discover one of the best - and longest - multi-day rides in Australia.	AUSTRALIA	English-100	2023	RPT	G		Y	Y
10/03/2026	1535	Cooking	The Cook Up With Adam Liaw	Pasta, Present, Future	9	10	Adam and his guests, Saturday Night Pasta's Elizabeth Hewson and Supermarket Swap's Nabula El Mourid, think very deeply about their pasta, present and future.	AUSTRALIA	English-100	2025	RPT	G		Y	
10/03/2026	1605	History	Vietnam: The Birth Of A Nation	Separation	1	2	After the French defeat in 1954, Vietnam wins independence but is divided at Geneva conference. North and South follow opposing paths under Cold War pressure, triggering mass migration, hardship and growing unrest. Through eyewitness accounts, this episode shows how separation reshaped lives and set the stage for war.	GERMANY	English-55; Vietnamese-35; French-9; German-1	2024		PG	a	Y	Y
10/03/2026	1705	Quiz	Jeopardy!	Jeopardy Series 42 Ep 29	42	29	Ken Jennings hosts Jeopardy! Where the answers are revealed, and the contestants must guess the appropriate questions.	USA	English-100	2025		G			
10/03/2026	1730	Quiz	Letters And Numbers	Letters And Numbers Series 4 Ep 23	4	23	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	
10/03/2026	1800	Quiz	Mastermind	Episode 82	6	82	Tonight's specialty subjects are: the TV series As Time Goes By, the parody films of Mel Brooks, Stars Wars: The Bad Batch Animated Series and ABBA.	AUSTRALIA	English-100	2024	RPT	G		Y	
10/03/2026	1830	News - Overseas	SBS World News	SBS World News 2026 Ep 69	2026	69	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	NC		Y	
10/03/2026	1930	History	Great Continental Railway Journeys	Knin To Split/ Sarajevo	8	2	Michael Portillo visits Zadar for Maraschino liqueur, explores early electric lighting in Sibenik, and dons a Dalmatian suit in Trogir. In Sarajevo, he retraces Archduke Franz Ferdinand's final journey, reflects on war, explores Ottoman heritage, and meets locals full of hope for the future.	UNITED KINGDOM	English-100	2020	RPT	PG	a v	Y	Y
10/03/2026	2030	Current Affairs	Insight	Death Of Debate	2026	2	When we disagree, we can learn. Is the art of arguing disappearing?	AUSTRALIA	English-100	2026		NC			
10/03/2026	2130	News And Current Affairs	Dateline	Nepal's Gen Z Uprising	2026	2	Dateline travels to Nepal to meet the Gen Z activists behind the uprising that toppled the government, and left 76 people dead and over two-thousand injured. What's next for the Himalayan nation?	AUSTRALIA	English-75; Nepali-25	2026		NC		Y	
10/03/2026	2200	Culture & Society	Rock Legends: Marvin Gaye	Marvin Gaye	9	7	Marvin Gaye - Born in 1939, in Washington, D.C., Marvin Gaye sang in his father's church and in the Moonglows before signing with Motown. He recorded songs by Smokey Robinson before becoming his own producer on the protest album What's Going On (1971). Gaye was killed in 1984 during a domestic dispute with his father.	UNITED KINGDOM	English-100	2018	RPT	PG	a	Y	
10/03/2026	2230	News - Overseas	SBS World News Late	SBS World News Late 2026 Ep 37	2026	37	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	NC		Y	
10/03/2026	2300	Thriller	Exit	Perfect Facade, The	2	4	In spite of his restraining order, Adam still manages to get closer and closer to Hermine, who now has found the inside information he possesses. Henrik takes pity on Magdalena and invests on her behalf in the stock trade, to help her pay back whatever she owes in the underworld.	NORWAY	English-50; Norwegian-50	2021	RPT	M	a l s		Y

10/03/2026	2355	Culture & Society	The Carnival	Carnival, The	0	0	The Bells have been hauling their convoy of carnival rides and workers across Australia for six generations. Now, facing shutdowns and bushfires, and a dwindling economy - the family battles to keep their show, and ultimately their legacy, alive.	AUSTRALIA	English-100	2024	RPT	MA	I	Y	Y	Y	
10/03/2026	2510	Cycling	Paris-Nice 2026	Stage 3		2026	3	All the action from Stage 3 of Paris-Nice 2026, as the peloton takes on a 23.5 km Team Time-Trial starting in Cosne-Cours-sur-Loire and finishing in Pouilly-sur-Loire.	FRANCE		2026	LIVE					
10/03/2026	2715	Thriller	Safe Home	Safe Home Series 1 Ep 3	1	3	Phoebe's relationship with Julian develops, but she's devastated to learn that the FVLS funding is going to be cut. We meet Cherry a mother of two who is struggling to navigate the confusing and complicated legal system with limited English language, Ry finds herself in another conflicted relationship and Diana has nowhere else to go but the streets.	AUSTRALIA	English-85; Cantonese-15	2022	RPT	M	a l v	Y			Y
10/03/2026	2810	Culture & Society	Bamay	Tasmania Northwest - Part 4	6	7	In Tasmania, we continue exploring through Lowrenner and Tarkiner Country visiting Rocky Cape National Park, Trowutta Arch and Dip Falls. These powerful landscapes both lush and remote hold stories that echo through time.	AUSTRALIA	English-100	2025	RPT	G					
10/03/2026	2840	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 7	1	7	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G			Y		
10/03/2026	2850	Travel	Destination Flavour Japan Bitesize	Hokkaido	1	1	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	
11/03/2026	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					Y		
11/03/2026	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					Y		
11/03/2026	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					Y		
11/03/2026	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					Y		
11/03/2026	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		
11/03/2026	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					Y		
11/03/2026	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					Y		
11/03/2026	900	Nature & Environment	Going Places With Ernie Dingo	Ikara	2	2	Ernie travels to Ikara as known as Wilpena Pound in the spectacular Macdonald Ranges and meets an Adnyamathanha Elder, a passionate cultural guide, a young pilot and a National Park's ranger.	AUSTRALIA	English-100	2018	RPT	G		Y			Y
11/03/2026	930	History	My Unique B&B	Mel & Tom's Attic Rooms	1	15	Mel and Tom live in the oldest house in their North Somerset village of Wrington. They are both writers, but they admit they don't have any creativity when it comes to interior design.	UNITED KINGDOM	English-100	2021	RPT	G		Y			Y
11/03/2026	1020	Culture & Society	Paddington Station 24/7	Paddington Station 24/7 Series 3 Ep 8	3	8	This week at Paddington, a high speed train comes to an abrupt halt in the station as there's fears it's collided with something on the track. After an immediate evacuation of passengers, an investigation is underway, which could jeopardise the morning peak. In Wales, we'll join the team of engineers tasked with renovating the oldest fully functioning part-timber viaduct in Britain.	UNITED KINGDOM	English-100	2020	RPT	G		Y		Y	Y
11/03/2026	1110	Culture & Society	The Toy Hospital	Mickey Mouse, Action Man, Game Boy	1	6	At the Toy Hospital, expert restorers tackle emotional cases. A rare Mickey Mouse with a remarkable family story, two much-loved Action Men and a vintage 1980s Gameboy are carefully repaired, preserving memories as well as toys.	UNITED KINGDOM	English-100	2023			PG		Y		Y

11/03/2026	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		NC		Y	
11/03/2026	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	
11/03/2026	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	
11/03/2026	1400	News And Current Affairs	Dateline	Nepal's Gen Z Uprising	2026	2	Dateline travels to Nepal to meet the Gen Z activists behind the uprising that toppled the government, and left 76 people dead and over two-thousand injured. What's next for the Himalayan nation?	AUSTRALIA	English-75; Nepali-25	2026	RPT	NC		Y	
11/03/2026	1430	Current Affairs	Insight	Death Of Debate	2026	2	When we disagree, we can learn. Is the art of arguing disappearing?	AUSTRALIA	English-100	2026	RPT	NC		Y	
11/03/2026	1530	Cooking	The Cook Up With Adam Liaw	Boost Of Flavour	9	11	How can you get a boost of flavour at dinner time? Chef Analiese Gregory, ESCA Group's Ibbby Moubadder and Adam have the answers.	AUSTRALIA	English-100	2025	RPT	G		Y	
11/03/2026	1605	History	Vietnam: The Birth Of A Nation	War	1	3	Between 1963 and 1968, Vietnam descends into all-out war. Following coups, assassinations and massive US intervention, the conflict becomes a global spectacle. Through eyewitness accounts, this episode explores bombing, insurgency and the Tet Offensive, revealing why the war's brutality turned opinion in America and beyond.	GERMANY	English-73; Vietnamese-23; French-4	2024		PG	a v	Y	Y
11/03/2026	1705	Quiz	Jeopardy!	Jeopardy Series 42 Ep 30	42	30	Ken Jennings hosts Jeopardy! Where the answers are revealed, and the contestants must guess the appropriate questions.	USA	English-100	2025		G			
11/03/2026	1730	Quiz	Letters And Numbers	Letters And Numbers Series 4 Ep 24	4	24	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	
11/03/2026	1800	Quiz	Mastermind	Episode 83	6	83	Tonight's specialty subjects are: The League of Gentlemen, the history of anaesthesia, comedian Bill Hicks and the Dune books.	AUSTRALIA	English-100	2024	RPT	G		Y	
11/03/2026	1830	News - Overseas	SBS World News	SBS World News 2026 Ep 70	2026	70	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	NC		Y	
11/03/2026	1930	Culture & Society	Sandi Toksvig's Great Riviera Rail Trip	Marseille To Saint-Tropez	1	1	Sandi's Riviera Rail Trip takes her from Sanary Sur Mer, a haven for German literary exiles, to Edith Wharton's garden, a historic train platform where cinema began, and the glamorous beach clubs of St Tropez, exploring the region's rich culture, history, and Riviera high life.	UNITED KINGDOM	English-100	2025				Y	Y
11/03/2026	2025	History	Lost Grail With Alice Roberts	Knights Of The Grail	1	2	Professor Alice Roberts continues her Grail quest, uncovering Arthurian legends in Oxford and Wales and exploring the Knights Templar in London. From crypts to sacred sites, she traces myths, magic and mysterious relics, questioning whether the Holy Grail may have made its way to Britain.	UNITED KINGDOM	English-100	2025		PG		Y	Y
11/03/2026	2125	Contemporary	Prisoner 951	Episode 2	1	2	Contact at last. Nazanin is alive and briefly reunited with Gabriella before being sent back to prison. Hopes of freedom edging ever further. In London, Richard battles a seemingly sluggish and dispassionate government. Attempts at garnering attention for his wife's plight are failing. Nazanin is handed a five-year sentence. All hope seems lost, but Richard will never give up.	UNITED KINGDOM	English-50; Farsi-50	2025		M			
11/03/2026	2225	News - Overseas	SBS World News Late	SBS World News Late 2026 Ep 38	2026	38	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	NC		Y	
11/03/2026	2255	Thriller	Face To Face	Construction Site, The	3	3	Holger navigates loyalty and betrayal as Otto, his oldest friend, convinces him of good intentions. Beneath the friendly facade, past wounds and a cynical quid pro quo emerge, forcing Holger to confront how he has failed Otto when his friend needed him most.	DENMARK	Danish-100	2022		M	a l s		Y

11/03/2026	2320	Thriller	Face To Face	Lang Towers	3	4	Holger crashes a meeting with his step-siblings Rupert and Beatrice, suspecting them of trying to oust him. When a police officer arrives, Holger confesses Markus' accidental death. Forced to work together, they stall the investigation and race to uncover who is truly behind the hostile takeover.	DENMARK	Danish-100	2022	M	a l s	Y	
11/03/2026	2350	Crime	Darkness: Those Who Kill	Episode 3	3	3	The police hunt for Bjorn is intensified after the new murder. Frederik and Louise uncover truths about Bjorn's past after a revealing search at Pelle's and the decision on the forced removal of Mara's newborn son falls. Meanwhile, Frederik gets very close to Bjorn.	DENMARK	Danish-100	2023	M	a l v	Y	
11/03/2026	2445	Drama	Cold Water	Cold Water	0	0	Joy, an elderly woman residing in the seaside town of St Kilda, Australia, is forced to confront a long suppressed truth when Murray, her dementia-stricken husband, begins to recount memories from his youth as a police officer.	AUSTRALIA	English-100	2023	PG	a	Y	
11/03/2026	2510	Cycling	Paris-Nice 2026	LIVE Stage 4	2026	4	All the action from Stage 4 of Paris-Nice 2026, as the peloton takes on a 195 km route starting in Bourges and finishing in Uchon.	FRANCE		2026	LIVE			
11/03/2026	2715	Quiz	Mastermind	Mastermind Series 4 Ep 18	4	18	In this round, the specialty subjects are The Chronicles of Narnia Disney film, the Avengers: Endgame film, the A Knight's Tale film, and the His Dark Materials book trilogy by Phillippe Pullman.	AUSTRALIA	English-100	2022	RPT	G	Y	
11/03/2026	2745	Quiz	Mastermind	Mastermind Series 4 Ep 19	4	19	In this round, the specialty subjects are the Jumanji film, the Maddaddam book trilogy by Margaret Atwood, the Goldfinger film, and U.S Masters (2010-2020).	AUSTRALIA	English-100	2022	RPT	G	Y	
11/03/2026	2815	Culture & Society	Bamay	Western Australia Shark Bay - Part 1	6	8	Arriving in Gutharraguda, Shark Bay, on Nhanda and Malgana Country. This 3-part episode highlights the Desert-meets-Ocean terrain and the unique ecological and cultural significance of the region.	AUSTRALIA	English-100	2025	RPT	G		
11/03/2026	2845	Travel	Destination Flavour Japan Bitesize	Tohoku	1	2	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	
11/03/2026	2855	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	3	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
12/03/2026	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	
12/03/2026	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	
12/03/2026	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	
12/03/2026	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	
12/03/2026	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		NC	Y	
12/03/2026	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	
12/03/2026	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	
12/03/2026	900	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	Y

12/03/2026	935	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		Y
12/03/2026	1010	Culture & Society	Paddington Station 24/7	Paddington Station 24/7 Series 3 Ep 9	3	9	It's the busiest time of the year at Paddington - the winter holiday countdown. For months, passengers have avoided the station because of the pandemic, but in the run up to the holidays, Paddington is getting some of its old self back. So, the last thing staff want in the middle of the evening rush hour is news of a suspect package. With the alert level rising, large areas of the station are now being cordoned off.	UNITED KINGDOM	English-100	2020	RPT	PG		Y	Y	Y
12/03/2026	1100	History	Make Up: A Glamorous History	Georgian Britain	1	1	Lisa Eldridge explores the peacocks of British history: the Georgians. The glamour of the look grew out of the turbulent history of the age. A period of extreme ostentation not seen again until the 20th century.	UNITED KINGDOM	English-100	2019	RPT	PG	a	Y		
12/03/2026	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		NC		Y		
12/03/2026	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		
12/03/2026	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		
12/03/2026	1400	Biography	Los Hermanos: The Brothers	Los Hermanos: The Brothers	1	0	Virtuoso Afro-Cuban-born brothers, violinist Ilmar and pianist Aldo, live on opposite sides of a geopolitical chasm a half-century wide. Tracking their parallel lives in New York and Havana, their poignant reunion, and their momentous first performances together, 'Los Hermanos - The Brothers' offers a nuanced, often startling view of estranged nations through the lens of music and family.	USA	English-50; Spanish-50	2021		PG		Y	Y	
12/03/2026	1530	Cooking	The Cook Up With Adam Liaw	Street Smarts	9	12	Tonight, international chef Matthew Crabbe and globe-trotting cookbook author Brendan Pang share their street food smarts with Adam.	AUSTRALIA	English-100	2025	RPT	G		Y		
12/03/2026	1605	History	Vietnam: The Birth Of A Nation	Reunification	1	4	This final episode revisits the road to the Fall of Saigon in 1975, following those who fled and those who claimed victory. Through eyewitness accounts, it explores life after reunification, the isolation of postwar Vietnam and how memories of conflict still shape the nation, fifty years on.	GERMANY	English-52; Vietnamese-48	2024		PG	a v	Y	Y	
12/03/2026	1705	Quiz	Jeopardy!	Jeopardy Series 42 Ep 31	42	31	Ken Jennings hosts Jeopardy! Where the answers are revealed, and the contestants must guess the appropriate questions.	USA	English-100	2025		G				
12/03/2026	1730	Quiz	Letters And Numbers	Letters And Numbers Series 4 Ep 25	4	25	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		
12/03/2026	1800	Quiz	Mastermind	Episode 84	6	84	Tonight's specialty subjects are: the films of Adam McKay, the Soccerros at the World Cup, My Big Fat Greek Wedding Film Franchise and the Sound of Music and the Von Trapp Family.	AUSTRALIA	English-100	2024	RPT	G		Y		
12/03/2026	1830	News - Overseas	SBS World News	SBS World News 2026 Ep 71	2026	71	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	NC		Y		
12/03/2026	1935	Culture & Society	Toronto Airport Uncovered	Against The Clock	1	10	An Airside Electrical team investigates faulty airfield lights and finds that rodents, taking refuge from the brutal Canadian winter, have damaged the cabling. On the ramp, high winds make loading cargo difficult, and mean jets can't start their engines without help from one of the unsung heroes of the airport. And in security screening a scan reveals possible explosives in a passenger's baggage.	UNITED KINGDOM	English-100	2025		PG				
12/03/2026	2030	Health, Science & Technology	The Hospital: In The Deep End	Episode 2	2	2	Former tennis pro Jelena Dokic, Hollywood star Ruby Rose, and food writer Matt Preston return to the frontline at St Vincent's, spending time in three demanding departments. Jelena shadows social workers from the domestic and family violence unit, meeting a long-term counselling patient. Ruby experiences the pressures of the ICU, caring for critically ill patients, while Matt sees firsthand the challenges of treating prostate cancer in urology.	AUSTRALIA	English-100	2025		M	a	Y		Y
12/03/2026	2135	Period	A Spy Among Friends	Vodka	1	4	In London, Elliott and Lily trail a nervous power broker through the night to a meeting that could change everything. In Moscow, Philby plays a dangerous hand to secure his future, while unseen forces close in from all sides.	UNITED KINGDOM	English-100	2023				Y	Y	Y

12/03/2026	2240	News - Overseas	SBS World News Late	SBS World News Late 2026 Ep 39	2026	39	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	NC		Y	
12/03/2026	2310	Thriller	In Memoriam	Ep 4	1	4	The whole family switches to crisis control mode as everything happening at the mansion risks being exposed. After a trip to the hospital and a police visit, everyone is forced to get their story straight to protect Judith. But the accident soon changes everyone's perceptions.	CANADA	French Canadian-98; English-2	2024		M	a l s v	Y	Y
12/03/2026	2400	Crime	The Hollow	Hollow Ep 5, The	1	5	Edib is drowning in sorrow and alcohol with Mido, Ajla and Farah by his side. The police investigation on Selma's death is closed - it's a clear case of suicide. At the funeral, Edib sobers up and decides to proceed with his own investigation. He knows Selma didn't kill herself.	BOSNIA AND HERZEGOVINA	Bosnian-100	2022	RPT	MA	v		Y
12/03/2026	2505	Culture & Society	Dirty Bird	Dirty Bird		0	Dirty Bird explores the story of the Australian White Ibis and their ability to adapt from their natural wetland habitat to urban environments. It shines a light on their ironic symbolism in Australian culture and alludes to the conservation message they represent, although maybe not noticed. Few citysiders are aware of the story behind this peculiar looking bird, with many not realising they are native to Australia. The Ibis has all the ingredients to be viewed as a pest, but really - we ought to give them some respect.	AUSTRALIA	English-100	2022	RPT	G		Y	
12/03/2026	2510	Cycling	Paris-Nice 2026	Stage 5	2026	5	All the action from Stage 5 of Paris-Nice 2026, as the peloton takes on a 205.4 km route starting in Cormoranche-sur-Saone and finishing in Colombier-le-Vieux.	FRANCE		2026	LIVE				
12/03/2026	2715	Thriller	Silent Road	Pled Piper, The	1	9	The story dips back into the past by showing us the life of the abduction's mastermind seven years ago.	GREECE	Greek-100	2022	RPT	M	a d s v		Y
12/03/2026	2810	Culture & Society	Bamay	Western Australia Shark Bay - Part 2	6	9	We explore through Francois Peron National Park with places like Big Lagoon, Skipjack Point, and Bottle Bay. These surreal salt flats and turquoise waters speak to the deep relationship between Country and community in this striking coastal sanctuary.	AUSTRALIA	English-100	2025	RPT	G			
12/03/2026	2840	Travel	Destination Flavour Japan Bitesize	Mie And Aichi	1	4	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
12/03/2026	2850	Travel	Destination Flavour Japan Bitesize	Tokyo Part 1	1	5	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
13/03/2026	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	
13/03/2026	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	
13/03/2026	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	
13/03/2026	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	
13/03/2026	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		NC		Y	
13/03/2026	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	
13/03/2026	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	
13/03/2026	900	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	Y

13/03/2026	935	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		Y
13/03/2026	1010	Culture & Society	Paddington Station 24/7	Paddington Station 24/7 Series 3 Ep 10	3	10	At Paddington, one of the most important trains of the morning has nearly finished boarding, and one man with his bike is anxious not to miss it. The trouble is, he's headed to the wrong platform. With seconds to go before the correct train is due to leave, boarding closes, and he decides to take matters into his own hands.	UNITED KINGDOM	English-100	2020	RPT	PG	a	Y	Y	Y
13/03/2026	1100	History	Make Up: A Glamorous History	Victorian Britain	1	2	Lisa Eldridge explores how the Victorians prized 'natural beauty' above all else, an era when makeup was frowned upon but women found sneaky ways to paint their faces. And what this tells us about the Victorians.	UNITED KINGDOM	English-100	2019	RPT	PG	a	Y		
13/03/2026	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		NC		Y		
13/03/2026	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		
13/03/2026	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		
13/03/2026	1400	Health, Science & Technology	The Hospital: In The Deep End	Episode 2	2	2	Former tennis pro Jelena Dokic, Hollywood star Ruby Rose, and food writer Matt Preston return to the frontline at St Vincent's, spending time in three demanding departments. Jelena shadows social workers from the domestic and family violence unit, meeting a long-term counselling patient. Ruby experiences the pressures of the ICU, caring for critically ill patients, while Matt sees firsthand the challenges of treating prostate cancer in urology.	AUSTRALIA	English-100	2025	RPT	M	a	Y		Y
13/03/2026	1500	News - Domestic	NITV News: Nula	NITV News: Nula 2026 Ep 7	2026	7	The latest news from the oldest living culture, join Natalie Ahmat and the team of NITV journalists for stories from an Indigenous perspective.	AUSTRALIA	English-100	2026	LIVE	NC		Y		
13/03/2026	1530	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		
13/03/2026	1600	Cooking	The Cook Up With Adam Liaw	Ultimate Omelette	7	73	Tonight, Adam and his guests, cookbook author Chelsea Goodwin and Olympic diver Sam Fricker are putting all their eggs in the ultimate omelette basket.	AUSTRALIA	English-100	2024	RPT	G		Y		
13/03/2026	1630	Quiz	Jeopardy!	Jeopardy Series 42 Ep 32	42	32	Ken Jennings hosts Jeopardy! Where the answers are revealed, and the contestants must guess the appropriate questions.	USA	English-100	2025		G				
13/03/2026	1655	Quiz	Letters And Numbers	Letters And Numbers Series 4 Ep 26	4	26	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		
13/03/2026	1725	Quiz	Mastermind	Grand Final	6	85	Our four semi-final winners are back to see who will be crowned Australia's newest Mastermind!	AUSTRALIA	English-100	2024	RPT	G		Y		
13/03/2026	1830	News - Overseas	SBS World News	SBS World News 2026 Ep 72	2026	72	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	NC		Y		
13/03/2026	1930	Entertainment	Going Places With Ernie Dingo	Atherton Tablelands	7	4	Ernie laces up the boots for a trek into breath-taking gorges of Karijini, and lends a hand in shield making with the local mob. Brooke meets a colourful photorealism portrait artist in Tom Price.	AUSTRALIA	English-100	2025		PG		Y		Y
13/03/2026	2030	History	Fukushima: A Nuclear Nightmare	Fukushima	0	0	When Japan is struck by a colossal earthquake and tsunami, the Fukushima nuclear plant teeters on the brink of total meltdown. Fukushima - A Nuclear Nightmare unfolds in real time - a tense, multi-perspective thriller about the men who risked everything to save their country from annihilation.	UNITED KINGDOM	English-60; Japanese-39; French-1	2025						

13/03/2026	2205	Culture & Society	Rock Legends: Simple Minds	Simple Minds	9	14	Simple Minds are a Scottish rock band. They formed in Glasgow in 1977 and became the most commercially successful Scottish band of the 1980s. They achieved five UK Albums chart number one albums during their career and have sold an estimated 70 million albums. Despite various personnel changes, they continue to record and tour.	UNITED KINGDOM	English-100	2018		PG	s	Y	
13/03/2026	2235	News - Overseas	SBS World News Late	SBS World News Late 2026 Ep 40	2026	40	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	NC		Y	
13/03/2026	2305	Period	Sisi	Episode 3	4	3	Sisi works to bring out the best in Avalon while balancing emerging relationships. Amid high-society gatherings and personal rivalries, she faces unexpected news that challenges loyalty, trust and resolve, forcing her to confront both her ambitions and the world around her.	GERMANY	German-100	2024		M	a v	Y	
13/03/2026	2405	History	How Sports Changed The World	Moment: How Sports Changed The World, The		0	Using archival footage, this documentary highlights the success of the South African national rugby team in the 1995 Rugby World Cup. Apartheid was over and the nation was in the midst of a transitional government led by Nelson Mandela. Sport proved to be a tool for unification in a country deeply divided politically and culturally.	UNITED KINGDOM	English-100	2022	RPT	PG	a v	Y	Y
13/03/2026	2510	Cycling	Paris-Nice 2026	LIVE Stage 6	2026	6	All the action from Stage 6 of Paris-Nice 2026, as the peloton takes on a 179.3 km route starting in Barbentane and finishing in Apt.	FRANCE		2026	LIVE				
13/03/2026	2715	Quiz	Mastermind	Mastermind Series 4 Ep 20	4	20	In this final round, the four reigning champions from this cycle battle it out to progress to the semi-finals.	AUSTRALIA	English-100	2022	RPT	G		Y	
13/03/2026	2745	Quiz	Mastermind	Mastermind Series 4 Ep 21	4	21	In this round, the specialty subjects are the Ferris Bueller's Day Off film, the Ghostbusters film, The Princess Bride film, and the Top Gun film.	AUSTRALIA	English-100	2022	RPT	G		Y	
13/03/2026	2815	Culture & Society	Bamay	Western Australia Shark Bay - Part 3	6	10	The season concludes in Shark Bay, Western Australia, where land, sea, and story converge. This episode honours the enduring Nhandu and Malgana connection to Country, through pristine waters, ancient formations, and the spirit of Gutharraguda.	AUSTRALIA	English-100	2025	RPT	G			
13/03/2026	2845	Travel	Destination Flavour Japan Bitesize	Tokyo Part 2	1	6	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
13/03/2026	2850	Travel	Destination Flavour Japan Bitesize	Kyoto	1	7	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
14/03/2026	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	
14/03/2026	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	
14/03/2026	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	
14/03/2026	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	
14/03/2026	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		NC		Y	
14/03/2026	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	

14/03/2026	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	
14/03/2026	900	Travel	Destination Flavour Japan Bitesize	Ishikawa	1	3	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
14/03/2026	910	Culture & Society	Prince's Master Crafters Next Generation	Pargetting	2022	6	The final Masterclass is in pargetting, a form of ornamental plasterwork. Johanna Welsh is the third generation of Pargeters in her family and learnt her trade from her Father. She tasked the students to create a panel featuring oak leaves and acorns.	UNITED KINGDOM	English-100	2022	RPT	G		Y	
14/03/2026	1005	Nature & Environment	Vintage Voltage	Porsche 911	2023	1	Moggy has always loved Porsches, and used to race them, so when two entrepreneurs bring him the idea of converting 911s to sell as a business - of course he's interested. Businessmen Mark and Charlie want to base their electric 911 on the rare and desirable RS (Racing Sport) specification cars from the 1970s.	UNITED KINGDOM	English-100	2023	RPT	G		Y	
14/03/2026	1100	Culture & Society	Ageless Gardens	Gardening For The Joy Of It	4	2	A journalist with a life-threatening illness creates a garden to help overcome it. A conservationist demonstrates how stamina gained in the garden helps her run marathons.	CANADA	English-100	2023	RPT	G		Y	Y
14/03/2026	1130	Culture & Society	Ageless Gardens	Environmental Gardens	4	3	An IT dad designs an innovative high-tech growing system, that helps provide for people in need. A pioneering garden advocate shows how front yard gardens lessen the environmental impact of a regular lawn.	CANADA	English-100	2023	RPT	G		Y	Y
14/03/2026	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		NC		Y	
14/03/2026	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	
14/03/2026	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	
14/03/2026	1400	Cycling	Strade Bianche Women's Race 2026	Highlights	2026	2	The best moments from the 2026 Strade Bianche Women's Race, as the peloton takes on a 131 km route starting and finishing in Siena, Italy.	ITALY		2026					
14/03/2026	1500	Sport	Stories From The Cities	Los Angeles	2026	4	Stories from the Cities journeys across Canada, Mexico, and the United States, exploring the host cities of the FIFA World Cup 2026. In this episode, we discover the footballing spirit of Los Angeles through its people, neighbourhoods, culture, and the everyday moments that define the city.		English-100	2026		PG			
14/03/2026	1530	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	
14/03/2026	1630	Culture & Society	Grand Tours Of Scotland's Rivers	Tales From The Riverbank	3	3	Paul continues his journey down the mighty River Tay, from the white-water rapids of Grandtully through the fair city of Perth to the briny firth. Beneath an ancient oak near Dunkeld, Paul meets a man who plays the music of Niel Gow on a fiddle once owned by the composer himself.	UNITED KINGDOM	English-100	2023	RPT	PG	a	Y	Y
14/03/2026	1700	Culture & Society	Grand Tours Of Scotland's Rivers	Handmade Tale, A	3	4	The River Irvine in Ayrshire is the hidden gem explored on this Grand Tour. From its source close to Loudoun Hill, Paul follows the river through ancient battle fields and discovers a legacy of lacemaking and a treasure trove of gemstones along its banks.	UNITED KINGDOM	English-100	2023	RPT	PG			Y
14/03/2026	1730	History	Liberation Diaries	Liberation Diaries	0	0	Liberation Diaries interweaves the diaries of three women in Italy, France and Germany at the end of the Second World War. Linked by contemporary historians this creates a moving testimony of universal dreams of freedom and personal nightmares of war.	GERMANY	English-25; French-25; German-25; Italian-25	2024					
14/03/2026	1830	News - Overseas	SBS World News	SBS World News 2026 Ep 73	2026	73	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	NC		Y	
14/03/2026	1930	Culture & Society	Jewels of the Mediterranean	Majorca: Part 1	1	2	Across this series, narrated by Joanna Lumley, we uncover the true Jewels of the Med. We're in Mallorca in this episode visiting Palma, Port d'Andratx, Petra and Es Trenc.	UNITED KINGDOM	English-85; Spanish-14; Catalan-1	2025					

14/03/2026	2025	Biography	Travels with Agatha & Sir David Suchet	Hawaii		1	4	Sir David Suchet follows Agatha Christie to Hawaii, where she holidayed in 1922. He delves into her passion for surfing and asks how travel informed her novels. He also looks beyond the cliches to reveal the real Hawaii, meeting beach boys, cacao farmers, hula masters and lei makers.	UNITED KINGDOM	English-100	2024	RPT	G		Y	Y	Y
14/03/2026	2120	Entertainment	Shaun Micallef's Origin Odyssey	Nina Oyama		1	5	Host Shaun Micallef is whisking comedians away from their everyday Aussie lives to embark on an epic odyssey. On this leg of the journey Shaun and comedian Nina Oyama head to Nina's father's homeland, Japan to learn more about her heritage.	AUSTRALIA	English-91; Japanese-9	2024	RPT	PG	a	Y	Y	Y
14/03/2026	2225	History	Highclere: The Real Downton Abbey	Ep 4		1	4	The biggest event of the season, Battle Proms, is just around corner but first there are deadlines and a busy calendar of events to get through. Lady Carnarvon is writing a book about her husband's famous great-grandfather. Housekeepers Sheena and Jason are cleaning the Egyptian museum in the basement that requires a special cleaning techniques. After a difficult 2 years is Highclere finally back in business?	UNITED KINGDOM	English-100	2022	RPT	G		Y		Y
14/03/2026	2325	Cycling	Paris-Nice 2026	LIVE	Stage 7		2026	7	All the action from Stage 7 of Paris-Nice 2026, as the peloton takes on a 138.7 km route starting in Nice and finishing in Auron.	FRANCE		2026	LIVE				
14/03/2026	2525	Biography	Stormy	Stormy		0	0	Stormy Daniels unexpectedly found herself in the international spotlight when news broke of a secret payment she received to keep quiet about an encounter with a US President. As she unwittingly became a household name overnight and as the story spread, everyone had an opinion about the former porn-star and her involvement with Donald Trump.	USA	English-100	2024	RPT	M	a l n s	Y		Y
14/03/2026	2725	Quiz	Mastermind	Mastermind Series 4 Ep 22		4	22	In this round, the specialty subjects are the Sydney Swans (AFL), the Olympic Games: Equestrian (2004-2020), Parramatta Eels (NRL 2015-2021), and the Socceroos.	AUSTRALIA	English-100	2022	RPT	G		Y		
14/03/2026	2755	Quiz	Mastermind	Mastermind Series 4 Ep 23		4	23	In this round, the specialty subjects are The Clash, Iron Maiden, Bruce Springsteen, and KISS.	AUSTRALIA	English-100	2022	RPT	PG		Y		
14/03/2026	2825	Nature & Environment	Bamay	Murrumbidgee River - Wiradjuri Country Part 2		2	4	A slow TV showcase of the stunning landscapes found in Wiradjuri Country along the waters of the Murrumbidgee River.	AUSTRALIA	English-100	2020	RPT	G				
14/03/2026	2855	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

