



WEEK 12 Sunday, 15 March 2026 Saturday, 21 March 2026

| Date       | Start Time | Genre                | Title                                    |
|------------|------------|----------------------|--|
| 15/03/2026 | 500        | News - Overseas      | NHK World English News Morning           |
| 15/03/2026 | 515        | News - Overseas      | Euronews                                 |
| 15/03/2026 | 530        | News - Overseas      | ANC Philippines The World Tonight        |
| 15/03/2026 | 600        | News - Overseas      | DW English News                          |
| 15/03/2026 | 630        | News - Overseas      | Al Jazeera News                          |
| 15/03/2026 | 700        | News - Overseas      | PBS News Horizons                        |
| 15/03/2026 | 730        | News - Overseas      | France 24 English News                   |
| 15/03/2026 | 800        | News - Overseas      | DD India News Hour                       |
| 15/03/2026 | 900        | Current Affairs      | Point: Road To Referendum History Bites  |
| 15/03/2026 | 905        | Travel               | Destination Flavour Japan Bitesize       |
| 15/03/2026 | 915        | Culture & Society    | Prince's Master Crafters Next Generation |
| 15/03/2026 | 1010       | Nature & Environment | Vintage Voltage                          |
| 15/03/2026 | 1100       | Culture & Society    | Ageless Gardens                          |
| 15/03/2026 | 1130       | Culture & Society    | Ageless Gardens                          |
| 15/03/2026 | 1200       | News - Overseas      | PBS News Compass Points                  |
| 15/03/2026 | 1230       | News - Overseas      | PBS Washington Week With The Atlantic    |
| 15/03/2026 | 1255       | Current Affairs      | Point: Road To Referendum History Bites  |
| 15/03/2026 | 1300       | Cycling              | Provelo Super League 2026                |

EASTERN MARKETS (NSW, ACT, VIC, TAS)

| Episode Title  | Series | Episode | TV Guide Text   | Country of Origin | Language                | Year | Repeat | Classification | Consumer Advice | Closed Captions | Subtitles | Audio Description |
|--|--------|---------|---|-------------------|-------------------------|------|--------|----------------|-----------------|-----------------|-----------|-------------------|
| 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               |           |                   |
| Euronews   | 0      | 0       | Headlines, Breaking News & Analysis from the Euronews news centre in Brussels, Belgium, in English.   | BELGIUM           | English-100             | 2025 |        | NC             |                 |                 |           |                   |
| 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               |           |                   |
| 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               |           |                   |
| Al Jazeera News                                      |        | 0       | News via satellite from Al Jazeera Satellite Network, Qatar, in English.  | QATAR             | English-100             | 2024 |        | NC             |                 | Y               |           |                   |
| 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 Branham, with in-depth discussions featuring leading experts and professionals.   | USA               | English-100             | 2026 |        | NC             |                 | Y               |           |                   |
| 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               |           |                   |
| 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               |           |                   |
| Great Australian Silence, The                        | 2023   | 8       | Australian anthropologist Bill Stanner's important speech in the 1960s was a wake-up call to the entire country, where he coined the term 'The Great Australian Silence'.   | AUSTRALIA         | English-100             | 2023 | RPT    | NC             |                 | Y               |           |                   |
| 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         |                   |
| Grand Final  | 2022   | 7       | It's finally time for the students to head to Dumfries House to seek inspiration for their graduation projects in their own discipline for His Royal Highness, the Prince of Wales.   | UNITED KINGDOM    | English-100             | 2022 | RPT    | G              |                 | Y               |           |                   |
| Dmc DeLorean   | 2023   | 2       | The DeLorean has been a classic car icon for decades. Famously it starred in the 'Back to the future' film franchises and its razor-sharp lines and trademark gullwing doors have made this sports car famous worldwide. But anybody who has ever driven one knows that it 'shows' better than it 'goes'. | UNITED KINGDOM    | English-100             | 2023 | RPT    | PG             |                 | Y               |           |                   |
| Garden As Teacher, The                               | 4      | 4       | A master gardener and life-long learner inspires a younger generation with her latest children's book about bees.   | CANADA            | English-100             | 2023 | RPT    | G              |                 | Y               |           | Y                 |
| Art In The Garden                                    | 4      | 5       | A printmaker turns her lush garden into a living art gallery, where dancers, visual artists, and musicians all come together.   | CANADA            | English-100             | 2023 | RPT    | G              |                 | Y               |           | Y                 |
| 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               |           |                   |
| 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               |           |                   |
| True History Of Wybalenna Aboriginal Settlement, The | 2023   | 9       | The Aboriginal settlement of Wybalenna on Flinders Island has a distressing history but is also a symbol of strength and resistance.  | AUSTRALIA         | English-100             | 2023 | RPT    | NC             |                 | Y               |           |                   |
| Round 5, Grafton To Inverell                         | 2026   | 6       | All the action from the Grafton to Inverell Criterion Stage in the fifth round of the 2026 ProVelo Super League season, Australia's elite road racing league.   | AUSTRALIA         |                         | 2026 | LIVE   | NC             |                 |                 |           |                   |

|            |      |                      |   |                                      |      |    |  |                |                         |      |      |    |         |   |   |   |
|------------|------|----------------------|---|--------------------------------------|------|----|--|----------------|-------------------------|------|------|----|---------|---|---|---|
| 15/03/2026 | 1600 | Cycling              | Strade Bianche Men's Race 2026          | Highlights                           | 2026 | 2  | The best moments from the 2026 Strade Bianche Men's Race, as the peloton takes on a 201 km route starting and finishing in Siena, Italy.   | ITALY          | 2026                    |      |      |    |         |   |   |   |
| 15/03/2026 | 1700 | Culture & Society    | Grand Tours Of Scotland's Rivers        | From The Trossachs To The Kelpies    | 3    | 5  | This Grand Tour follows the River Forth from the eastern slopes of Ben Lomond in the southern highlands, through the picturesque Trossachs, to the Firth of Forth. On the way, Paul walks in the footsteps of outlaw and folk hero Rob Roy.  | UNITED KINGDOM | English-100             | 2023 | RPT  | PG | Y       | Y |   |   |
| 15/03/2026 | 1735 | History              | Manhattan Project In Colour             | Manhattan Project In Colour          | 0    | 0  | Eighty years after the atomic bombs fell on Japan, the story of the Manhattan Project is re-examined through stunning restored colour footage. Focusing on the people behind the science, it reveals the human effort, moral cost and lasting consequences of creating a weapon that changed history forever.  | UNITED KINGDOM | English-100             | 2025 |      | PG | a w     | Y |   |   |
| 15/03/2026 | 1830 | News - Overseas      | SBS World News                          | SBS World News 2026 Ep 74            | 2026 | 74 | 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 |   |   |
| 15/03/2026 | 1930 | Archaeology          | Pompeii: Life In The City With Dan Snow | Episode 3                            | 1    | 3  | Dan Snow and Kate Lister explore how Romans spent their leisure time in Pompeii. They visit the open-air gym for a Roman workout and the public baths, where men and women enjoyed relaxation and conversation. Dan explores a modern spa with natural hot springs, while Kate and Dan learn about Roman fashion and grooming.   | UNITED KINGDOM | English-100             | 2025 |      |    |         |   |   |   |
| 15/03/2026 | 2025 | Archaeology          | Pompeii: Life In The City With Dan Snow | Episode 4                            | 1    | 4  | Dan and Kate explore the crime and violence that plagued Pompeii. From muggings to street brawls, the threat of danger was constant. Dan examines the protective measures in wealthy homes, including fortified doors and guard dogs, while Kate uncovers the city's reputation for violent gladiator matches that sometimes led to deadly riots.  | UNITED KINGDOM | English-100             | 2025 |      |    |         |   |   |   |
| 15/03/2026 | 2115 | Biography            | Leonardo Da Vinci                       | Disciple Of Experience Part One, The | 1    | 1  | Leonardo da Vinci grows up in a Tuscan village surrounded by nature, then moves to Florence, where the Renaissance is in full bloom, to apprentice as an artist and craftsman. He shows extraordinary talent but at times struggles to finish commissions.   | USA            | English-100             | 2025 | RPT  | PG | a n     | Y | Y |   |
| 15/03/2026 | 2220 | Archaeology          | Lost Treasures of Egypt                 | Ramses Rise To Power                 | 3    | 1  | Archaeologists investigate Egypt's most famous king, Ramses the Great. In front of the world's oldest pyramid at Saqqara they unearth a labyrinth of tombs and treasures belonging to one of Ramses Generals. In a necropolis where Ramses Nobles are buried they enter a new tomb. And they investigate his most impressive temples to find out how Ramses became the most celebrated pharaoh of all time.              | UNITED KINGDOM | English-100             | 2021 | RPT  | PG | a       | Y | Y |   |
| 15/03/2026 | 2315 | Biography            | Julia                                   |                                      |      | 0  | A vibrant look at Julia Child's journey, from her 12-year fight to publish 'Mastering the Art of French Cooking' to becoming an unexpected TV sensation. Using rare footage and personal accounts, it tells an inspiring story of a woman who found fame at 50 and transformed how America cooked and watched food.  | USA            | English-100             | 2021 | RPT  | M  | a i s w | Y | Y | Y |
| 15/03/2026 | 2500 | Cycling              | Paris-Nice 2026                         | LIVE Stage 8                         | 2026 | 8  | All the action from the final stage of Paris-Nice 2026, as the peloton takes on a 145 km route starting and finishing in Nice.   | FRANCE         |                         | 2026 | LIVE |    |         |   |   |   |
| 15/03/2026 | 2700 | Biography            | Freedom Is A Verb                       | Freedom Is A Verb                    | 0    | 0  | Edel Rodriguez: Freedom is a Verb explores the life of Cuban-American artist Edel Rodriguez, from his early life in Cuba to acclaim in the US. Edel utilises his art as a platform for political & social commentary, believing it protects the foundations of democracy. Throughout his career, Edel has received commissions to create artwork for clients like The New York Times, TIME Magazine, and The New Yorker. | USA            | English-70; Spanish-30  | 2024 | RPT  | PG |         | Y | Y |   |
| 15/03/2026 | 2720 | Quiz                 | Mastermind                              | Mastermind Series 4 Ep 24            | 4    | 24 | Mastermind is the legendary quiz that sets the toughest questions on television. Join Mastermind quizmaster Marc Fennell, as each night he puts four contenders to the test.   | AUSTRALIA      | English-100             | 2022 | RPT  | G  |         | Y |   |   |
| 15/03/2026 | 2750 | Quiz                 | Mastermind                              | Mastermind Series 4 Ep 25            | 4    | 25 | 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 |   |   |
| 15/03/2026 | 2820 | Nature & Environment | Bamay                                   | Arrente Country                      | 2    | 13 | A slow TV showcase of the stunning landscapes found in Arrente Country.  | AUSTRALIA      | English-100             | 2020 | RPT  | G  |         |   |   |   |
| 15/03/2026 | 2850 | 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 |   |
| 16/03/2026 | 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 |   |   |
| 16/03/2026 | 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 |         |   |   |   |
| 16/03/2026 | 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 |   |   |
| 16/03/2026 | 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 |   |   |

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|------------|------|-------------------|---|--|------|----|---|----------------|--------------------------------------|------|-----|----|---|---|---|
| 16/03/2026 | 630  | News - Overseas   | Al Jazeera News                         | Al Jazeera News                                      | 0    | 0  | News via satellite from Al Jazeera Satellite Network, Qatar, in English.  | QATAR          | English-100                          | 2024 | NC  | Y  |   |   |   |
| 16/03/2026 | 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  |   |   |   |
| 16/03/2026 | 725  | Current Affairs   | Point: Road To Referendum History Bites | True History Of Wybalenna Aboriginal Settlement, The | 2023 | 9  | The Aboriginal settlement of Wybalenna on Flinders Island has a distressing history but is also a symbol of strength and resistance.  | AUSTRALIA      | English-100                          | 2023 | RPT | NC | Y |   |   |
| 16/03/2026 | 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  |   |   |   |
| 16/03/2026 | 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  |   |   |   |
| 16/03/2026 | 900  | 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 |   |
| 16/03/2026 | 910  | 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 | Y |   |
| 16/03/2026 | 945  | History           | My Unique B&B                           | Lynn And Mick's Romany Caravan                       | 2    | 6  | Simon and team go to Epsom Downs in Surrey to help turn a bow top caravan into a romantic B and B that will be the focal point of Lynn and Mick's wedding business. Lynn has always wanted a bow top caravan as she is the granddaughter of circus performers and believes it is in her blood, but after buying one eight years ago, the restoration project failed to get off the ground, until now.   | UNITED KINGDOM | English-100                          | 2022 | RPT | G  | Y | Y |   |
| 16/03/2026 | 1020 | Culture & Society | Paddington Station 24/7                 | Paddington Station 24/7 Series 3 Ep 11               | 3    | 11 | 100 miles down the track from Paddington, in South Gloucestershire, a massive engineering project to move a 4200 tonne railway bridge gets off to a sticky start. The project is the most ambitious scheme to be carried out on the railway this year, and a recent downpour is threatening to make life difficult as heavy lifters struggle to roll the new bridge into the 41 metre wide gap.   | UNITED KINGDOM | English-100                          | 2020 | RPT | PG | Y | Y | Y |
| 16/03/2026 | 1110 | History           | Make Up: A Glamorous History            | Britain In The Roaring 20s                           | 1    | 3  | Makeup artist Lisa Eldridge takes us back to Britain in the 1920s, the time when modern makeup as we know it arrived in women's handbags. She explores how the look reflected the new freedoms of the era, and she recreates a classic 1920s look on our 21st century model using authentic products from the time.   | UNITED KINGDOM | English-100                          | 2019 | RPT | PG | Y |   |   |
| 16/03/2026 | 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  |   |   |   |
| 16/03/2026 | 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  |   |   |   |
| 16/03/2026 | 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  |   |   |   |
| 16/03/2026 | 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  |   |   |   |
| 16/03/2026 | 1400 | Culture & Society | Love In The Walls                       | Love In The Walls                                    | 0    | 0  | As Australia's housing divide widens, Love in the Walls explores life on the fragile line between being housed and unhoused. Set within a social housing community in Melbourne, the film follows residents reclaiming dignity on their own terms. Cam finds connection through gardening, Mahdi rediscovers freedom through an orchard in Warragul, and Paul turns addiction and illness into healing through art. Together, their stories challenge stigma and ask how communities might truly coexist. | AUSTRALIA      | English-98; Farsi-2                  | 2024 | Y   | Y  | Y |   |   |
| 16/03/2026 | 1510 | Biography         | Freedom Is A Verb                       | Freedom Is A Verb                                    | 0    | 0  | Edel Rodriguez: Freedom is a Verb explores the life of Cuban-American artist Edel Rodriguez, from his early life in Cuba to acclaim in the US. Edel utilises his art as a platform for political & social commentary, believing it protects the foundations of democracy. Throughout his career, Edel has received commissions to create artwork for clients like The New York Times, TIME Magazine, and The New Yorker.  | USA            | English-70; Spanish-30               | 2024 | RPT | PG | Y | Y |   |
| 16/03/2026 | 1530 | Cooking           | The Cook Up With Adam Liaw              | One-Tray Wonders                                     | 7    | 76 | It's a wonderful night in The Cook Up kitchen as Adam and his guest's sexologist Chantelle Otten and comedian Lizzy Hoo, make one tray wonders.   | AUSTRALIA      | English-100                          | 2024 | RPT | G  | Y |   |   |
| 16/03/2026 | 1605 | History           | Ancient Builders Of The Amazon          | Ancient Builders Of The Amazon                       | 0    | 0  | Recent discoveries in archaeology are exploding the myth of the Amazon as a primeval wilderness, revealing traces of ancient civilizations that flourished for centuries, with populations numbering in the millions.   | USA            | English-70; Spanish-23; Portuguese-7 | 2023 | RPT | PG | Y | Y |   |
| 16/03/2026 | 1705 | Quiz              | Jeopardy!                               | Jeopardy Series 42 Ep 33                             | 42   | 33 | Ken Jennings hosts Jeopardy! Where the answers are revealed, and the contestants must guess the appropriate questions.  | USA            | English-100                          | 2025 | G   |    |   |   |   |

|            |      |                      |                                       |   |      |    |   |                |                                  |      |      |    |      |   |   |   |
|------------|------|----------------------|---------------------------------------|---|------|----|---|----------------|----------------------------------|------|------|----|------|---|---|---|
| 16/03/2026 | 1730 | Quiz                 | Letters And Numbers                   | Letters And Numbers Series 4 Ep 27                  | 4    | 27 | 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 Serra and wordsmith David Astle.  | AUSTRALIA      | English-100                      | 2012 | RPT  | G  | Y    |   |   |   |
| 16/03/2026 | 1800 | Quiz                 | Mastermind                            | Mastermind Series 4 Ep 26                           | 4    | 26 | In this round, the specialty subjects are Sonic Youth, the narrative works of Lois McMaster Bujold, For Your Eyes Only (film), and The Bronze Horseman (novel).   | AUSTRALIA      | English-100                      | 2022 | RPT  | G  | Y    |   |   |   |
| 16/03/2026 | 1830 | News - Overseas      | SBS World News                        | SBS World News 2026 Ep 75                           | 2026 | 75 | 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    |   |   |   |
| 16/03/2026 | 1935 | History              | Inside The Tower Of London            | Episode 2   | 8    | 2  | As the Tower marks 80 years since VE Day, thousands of ceramic poppies return in a dramatic new display. Amid complex engineering and ambitious excavations, a new Deputy Governor faces her first ceremonial test, while a long-serving Yeoman Warder prepares an emotional farewell.  | UNITED KINGDOM | English-100                      | 2025 |      | PG |      |   |   |   |
| 16/03/2026 | 2030 | Entertainment        | 8 Out Of 10 Cats Does Countdown       | Episode 7   | 16   | 7  | Jimmy Carr hosts a brand new episode of 8 Out of 10 Cats Does Countdown. Sarah Millan and Thaniya Moore take on Alan Carr and Josh Widdicombe in the classic words and numbers quiz. Delightful Sausage joins Susie Dent in Dictionary Corner, while Rachel Riley looks after the numbers.  | UNITED KINGDOM | English-100                      | 2023 |      | M  |      |   |   |   |
| 16/03/2026 | 2125 | Quiz                 | Never Mind The Buzzcocks              | Suggs, Katherine Ryan, Talia Mar                    | 3    | 7  | Greg Davies hosts as Daisy May Cooper is joined by Madness' Suggs and Katherine Ryan, and Noel Fielding teams with Jamali Maddix and Talia Mar. From wild rock tales to Gen Z kazoo challenges, the teams compete in Intros, Next Lines and the 10 Parade with 3 of A Kind and Mikee Freedom.   | UNITED KINGDOM | English-100                      | 2023 |      | M  |      |   |   |   |
| 16/03/2026 | 2210 | News - Overseas      | SBS World News Late                   | SBS World News Late 2026 Ep 41                      | 2026 | 41 | 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    |   |   |   |
| 16/03/2026 | 2240 | Crime                | Other People's Money                  | Confessions   | 1    | 6  | The worldwide searches under Birkwald's leadership increase the pressure on the Cum-Ex perpetrators. Lebert and his lawyer look for ways to cooperate with the public prosecutor's office and realise that he would have to betray his mentor Hauener to do so. Jensen is on trial in Denmark. Brogger finds incriminating evidence of Jensen's payments and passes it on to the court despite their personal connection. | GERMANY        | Danish-40; German-40; English-20 | 2025 |      | PG | a I  | Y | Y |   |
| 16/03/2026 | 2335 | Thriller             | The Old Man                           | V   | 1    | 5  | Chase and Harper face decisive tests. Zoe finds a new path forward as old stories resurface.  | USA            | English-97; Dari-3               | 2022 | RPT  | M  | a I  | Y | Y | Y |
| 16/03/2026 | 2435 | Thriller             | The Old Man                           | VI  | 1    | 6  | Chase and Zoe enter the lion's den. As Harper ends one partnership another begins.  | USA            | English-99; French-1             | 2022 | RPT  | M  | a Iv | Y | Y | Y |
| 16/03/2026 | 2530 | Thriller             | The Old Man                           | VII   | 1    | 7  | Chase is forced to face the consequences for his past choices. Harper learns an impossible truth.   | USA            | English-87; Dari-13              | 2022 | RPT  | MA | v    | Y | Y | Y |
| 16/03/2026 | 2625 | History              | Blood Money: Inside The Nazi Economy  | World War On Credit, A                              | 1    | 1  | As soon as he came to power in 1933, Hitler wanted to go to war. Warfare was central to Nazi ideology: the strong had to crush the weak. To go to war, he needed weapons and an army, but Germany had neither. A far cry from the fake images of prosperity, years of adversity had worn the country down.  | GERMANY        | English-86; German-50; French-4  | 2021 | RPT  | PG | a w  | Y | Y |   |
| 16/03/2026 | 2720 | 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 Nastron 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 |   |   |
| 16/03/2026 | 2755 | 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 |   |   |
| 16/03/2026 | 2830 | Nature & Environment | Bamay                                 | Gooreng Gooreng Country                             | 3    | 1  | Slow TV is back with more beautiful Bamay. Bamay celebrates great Australian islands and saltwater country. Sit back and relax with the healing powers of country.  | AUSTRALIA      | English-100                      | 2021 | RPT  | G  |      |   |   |   |
| 17/03/2026 | 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 |   |   |
| 17/03/2026 | 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 |   |   |
| 17/03/2026 | 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 |   |   |
| 17/03/2026 | 630  | News - Overseas      | Al Jazeera News                       | Al Jazeera News                                     | 0    | 0  | News via satellite from Al Jazeera Satellite Network, Qatar, in English.  | QATAR          | English-100                      | 2024 |      | NC |      | Y |   |   |
| 17/03/2026 | 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 |   |   |

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|------------|------|--------------------------|--------------------------------------|--|------|----|--|----------------|-----------------------|------|------|----|-----|---|---|---|
| 17/03/2026 | 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   |   |   |   |
| 17/03/2026 | 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   |   |   |   |
| 17/03/2026 | 900  | History                  | My Unique B&B                        | Submarine                                    | 2    | 7  | Simon and his team visit Toby and his daughter Islay in Pembrokeshire where Toby has already created some unusual spaces on his campsite but needs help on his latest big idea of turning a sonar hull from a warship into a land locked submarine.  | UNITED KINGDOM | English-100           | 2022 | RPT  | G  | Y   | Y |   |   |
| 17/03/2026 | 935  | History                  | My Unique B&B                        | David, Sue And Katie's Treehouse             | 2    | 8  | Simon and his team go to Taunton in Somerset on an enchanted journey to meet David, Sue and daughter Katie a family obsessed with fairies and all things magical. They're looking to create an out of this world B and B in a treehouse built in their back garden that will mean that schoolteacher Katy can spend time at home with her children.  | UNITED KINGDOM | English-100           | 2022 | RPT  | G  | Y   | Y |   |   |
| 17/03/2026 | 1010 | Culture & Society        | Paddington Station 24/7              | Paddington Station 24/7 Series 3 Ep 12       | 3    | 12 | After spending nine years as a Mobile Operations Manager and signaller, Chris O'Brien has been training as an Incident Controller at Route Control, and today, Chris is going to need all his railway experience to get through a tragic incident. A driver heading to Paddington has reported hitting a person at a vulnerable part of the network, and it's not the first time an incident such as this has taken place here.              | UNITED KINGDOM | English-100           | 2020 | RPT  | PG | a   | Y | Y | Y |
| 17/03/2026 | 1100 | Culture & Society        | Blow-ins                             | Blow-ins                                     | 0    | 0  | The Dingle Peninsula - a rural area in County Kerry, situated on the edge of the harsh Atlantic Ocean, with a strong Irish language culture. An island within an island. Despite this, the town boasts a foreign population of nearly 30 percent - the locals refer to these individuals as 'blow-ins'. What brought these people here? And what caused them to stay?  | IRELAND        | English-100           | 2022 |      |    |     | Y | Y | Y |
| 17/03/2026 | 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 |   |   |
| 17/03/2026 | 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 |   |   |
| 17/03/2026 | 1300 | News - Overseas          | PBS Newshour                         | PBS Newshour                                 | 2023 | 0  | Reviews and analysis of the day's news, presented by Anna Nawaz and Geoff Bennett for the Public Broadcasting Service (PBS) in the United States.  | USA            | English-100           | 2023 |      | NC |     | Y |   |   |
| 17/03/2026 | 1400 | Culture & Society        | The Song Cycle                       | Song Cycle, The                              | 0    | 0  | Nick Kelly embarks on a unique journey from Dublin to Glastonbury for a festival performance, carrying his essentials and guitar on a bicycle. Joined by friend Sean Millar, who meets him at stops to perform, Nick turns the journey into a musical adventure. Culminating on his 60th birthday, the trip celebrates life, resilience, and the enduring power of music.  | IRELAND        | English-100           | 2024 |      |    |     |   |   |   |
| 17/03/2026 | 1530 | Cooking                  | The Cook Up With Adam Liaw           | Al Dente                                     | 9    | 13 | Adam and his guests, chef Giovanni Pilu and Lune Croissanterie's Kate Reid, share the secrets of perfectly al dente food.  | AUSTRALIA      | English-100           | 2025 | RPT  | G  |     | Y |   |   |
| 17/03/2026 | 1600 | Culture & Society        | Brendan Gleeson's Farewell To Hughes | Brendan Gleeson's Farewell To Hughes         | 0    | 0  | To some it was an unassuming pub on a side street in Dublin's city centre. To musicians, dancers, singers, and listeners, Hughes's was a mecca of traditional Irish music for more than 35 years. Oscar-nominated actor Brendan Gleeson played his fiddle there often. It was a kind of hideout for him - its music providing a blanket of escape. In 2021 Hughes's pub closed its doors for the last time following the death of its owner. | IRELAND        | English-100           | 2023 | RPT  | G  |     | Y |   |   |
| 17/03/2026 | 1705 | Quiz                     | Jeopardy!                            | Jeopardy Series 42 Ep 34                     | 42   | 34 | Ken Jennings hosts Jeopardy! Where the answers are revealed, and the contestants must guess the appropriate questions.   | USA            | English-100           | 2025 |      | G  |     |   |   |   |
| 17/03/2026 | 1730 | Quiz                     | Letters And Numbers                  | Letters And Numbers Series 4 Ep 28           | 4    | 28 | 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 Serra and wordsmith David Actle.   | AUSTRALIA      | English-100           | 2012 | RPT  | G  |     | Y |   |   |
| 17/03/2026 | 1800 | Quiz                     | Mastermind                           | Mastermind Series 4 Ep 27                    | 4    | 27 | In this round, the speciality subjects are Savage Garden, Disco Elysium (game), High Fidelity (film), and history of the Tudor Monarchs.   | AUSTRALIA      | English-100           | 2022 | RPT  | G  |     | Y |   |   |
| 17/03/2026 | 1830 | News - Overseas          | SBS World News                       | SBS World News 2026 Ep 76                    | 2026 | 76 | 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 |   |   |
| 17/03/2026 | 1930 | History                  | Great Continental Railway Journeys   | Mostar To Dubrovnik/ Bergen To Flam          | 8    | 3  | Michaël rides the dramatic Sarajevo-Mostar line, reflects on Bosnia's past, and meets young musicians rebuilding Mostar's future. Crossing Croatia's new Pejesac Bridge, he reaches Dubrovnik's historic walls. In Norway, he begins a new journey from Bergen through fjords and famous railways.   | UNITED KINGDOM | English-100           | 2020 | RPT  | PG | a w | Y | Y |   |
| 17/03/2026 | 2030 | Current Affairs          | Insight                              | Jealousy                                     | 2026 | 3  | Have you ever flirted to make a partner jealous? Do you envy a friend's life? Are people jealous of you? Jealousy is driven by an underlying sense of insecurity and low self-esteem. Envy can lead to a feeling of inferiority. Can we embrace these emotions and use them for good?  | AUSTRALIA      | English-100           | 2026 |      | NC |     |   |   |   |
| 17/03/2026 | 2130 | News And Current Affairs | Dateline                             | Vienna: A Renters' Paradise                  | 2026 | 3  | Dateline travels to Vienna where fifty percent of the population is eligible for affordable and secure rent through social housing. What can Australia learn from Europe's largest landlord?   | AUSTRALIA      | English-85; German-15 | 2026 |      | NC |     | Y |   |   |

|            |      |                      |   |  |      |    |  |                |                                |      |      |    |         |   |   |
|------------|------|----------------------|---|--|------|----|--|----------------|--------------------------------|------|------|----|---------|---|---|
| 17/03/2026 | 2200 | Culture & Society    | Rock Legends                            | Smokey Robinson                                      | 9    | 8  | Smokey Robinson - Born in Detroit, Michigan, on February 19, 1940, Smokey Robinson is second to only Berry Gordy in the founding of Motown. A prolific songwriter, he is credited with 4,000 songs and 37 Top 40 hits, including 'Tears of a Clown', 'Tracks of My Tears' and 'Love Machine'.  | UNITED KINGDOM | English-100                    | 2018 | PG   | d  | Y       |   |   |
| 17/03/2026 | 2230 | News - Overseas      | SBS World News Late                     | SBS World News Late 2026 Ep 42                       | 2026 | 42 | 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       |   |   |
| 17/03/2026 | 2300 | Thriller             | Exit                                    | Sell! Sell! Sell!                                    | 2    | 5  | The mood is at its peak after the insider trading has made the guys even richer. The money from aunts and uncles is collected before everyone meets at the masquerade ball of all time on Nesoya. The masquerade ball pushes out an equal amount of good and bad moods, and when the ladies show up, more than one can feel the nerves coming.   | NORWAY         | English-50; Norwegian-50       | 2021 | RPT  | MA | d l     | Y | Y |
| 17/03/2026 | 2355 | Thriller             | Wolf                                    | Watching   | 1    | 1  | Detective Inspector Jack Caffery becomes obsessed with the neighbour he believes murdered his 10-year-old brother during the 1990s. Meanwhile, in Monmouthshire a wealthy, isolated family find themselves victimised, trapped and terrorised by a psychopath's cruel games. Stars Ukweil Roach, Iwan Rheon and Sacha Dhawan.  | UNITED KINGDOM | English-100                    | 2022 | RPT  | M  | a l s v | Y | Y |
| 17/03/2026 | 2500 | Thriller             | Wolf                                    | Torture  | 1    | 2  | Detective Inspector Jack Caffery accepts the Walking Man's mission; he must find the dog's owner. But his past gets in the way. Meanwhile, the Anchor-Ferrers realise this is no ordinary home invasion. Stars Ukweil Roach, Iwan Rheon and Sacha Dhawan.  | UNITED KINGDOM | English-100                    | 2022 | RPT  | M  | a l s v | Y | Y |
| 17/03/2026 | 2610 | Thriller             | Safe Home                               | Safe Home Series 1 Ep 4                              | 1    | 4  | Rocked by the revelations that someone close to her is a victim of family violence, Phoebe rushes to court to support them. But when the IVO hearing doesn't go as planned, things suddenly become dangerous for Phoebe and the staff at the Family Violence Legal Service.  | AUSTRALIA      | English-94; Cantonese-6        | 2022 | RPT  | M  | a l v   | Y | Y |
| 17/03/2026 | 2710 | History              | Blood Money: Inside The Nazi Economy    | An Economy Of Death                                  | 1    | 2  | The resounding German victories of 1940 hid a beleaguered economy. Everything was in short supply: petrol, weapons, raw materials, food, and foreign currencies. They organised wide-scale looting in the countries they invaded. The Nazi war economy was dependent on theft and spoliation.  | GERMANY        | English-97; German-2; French-1 | 2021 | RPT  | PG | a v     | Y | Y |
| 17/03/2026 | 2805 | 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 Pontnewydd, the duo herd sheep for the market, and Kate sees firsthand 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 |   |
| 17/03/2026 | 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 |   |
| 18/03/2026 | 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 |   |
| 18/03/2026 | 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 |   |
| 18/03/2026 | 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 |   |
| 18/03/2026 | 630  | News - Overseas      | Al Jazeera News                         | Al Jazeera News                                      | 0    | 0  | News via satellite from Al Jazeera Satellite Network, Qatar, in English.   | QATAR          | English-100                    | 2024 |      | NC |         | Y |   |
| 18/03/2026 | 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 |   |
| 18/03/2026 | 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 |   |
| 18/03/2026 | 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 |   |
| 18/03/2026 | 900  | Current Affairs      | Point: Road To Referendum History Bites | True History Of Wybalenna Aboriginal Settlement, The | 2023 | 9  | The Aboriginal settlement of Wybalenna on Flinders Island has a distressing history but is also a symbol of strength and resistance.   | AUSTRALIA      | English-100                    | 2023 | RPT  | NC |         | Y |   |
| 18/03/2026 | 905  | History              | My Unique B&B                           | Will's Combine Harvester                             | 2    | 9  | Will's family have been farming their land in Lincolnshire for generations, but to generate some extra income, he calls Simon to help create a very unique agricultural themed B and B. He wants to turn an old combine harvester in to a quirky getaway that will appeal to farm fans and those who like get away to somewhere out of the ordinary.   | UNITED KINGDOM | English-100                    | 2022 | RPT  | G  |         | Y | Y |
| 18/03/2026 | 940  | History              | My Unique B&B                           | Nigel And Maria's Caravan                            | 2    | 10 | Nigel and Maria inherited a 400-year-old farm near Cullompton in Devon just over 5 years ago and want to give up their day jobs to spend as much time as they can on the farm with their family. They've asked Simon and his team to help the convert a 1970s showman's caravan into a one-of-a-kind place for people to come and stay and experience life in the country.                   | UNITED KINGDOM | English-100                    | 2022 | RPT  | G  |         | Y | Y |

|            |      |                          |   |                                    |      |    |   |                |                       |      |      |    |     |   |   |   |
|------------|------|--------------------------|---|------------------------------------|------|----|---|----------------|-----------------------|------|------|----|-----|---|---|---|
| 18/03/2026 | 1015 | History                  | Inside The Steam Train Museum           | Preservation                       | 1    | 1  | New volunteer Phil learns how to drive a steam engine despite doubting his abilities. Brian, the museum's carpenter, repairs a golden cockerel for the Victorian gallopers and struggles when it comes to fitting it. A steam locomotive is restored to full working order in time for the special event and the volunteers hitch a ride on some traction engines into the local town for a celebratory beer.   | UNITED KINGDOM | English-100           | 2020 | RPT  | G  |     | Y | Y |   |
| 18/03/2026 | 1110 | Culture & Society        | Inside Oxford Street                    | Episode 1                          | 1    | 1  | Oxford Circus customer assistant Matthew uses his encyclopaedic knowledge to help rush hour crowds. Police crack down on the pickpockets and shoplifters who plague the stores. The Dominion Theatre prepares for press night for the musical Bat Out of Hell.  | UNITED KINGDOM | English-100           | 2019 | RPT  | M  | I   | Y | Y | Y |
| 18/03/2026 | 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 |   |   |
| 18/03/2026 | 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 |   |   |
| 18/03/2026 | 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 |   |   |
| 18/03/2026 | 1400 | News And Current Affairs | Dateline                                | Vienna: A Renters' Paradise        | 2026 | 3  | Dateline travels to Vienna where fifty percent of the population is eligible for affordable and secure rent through social housing. What can Australia learn from Europe's largest landlord?  | AUSTRALIA      | English-85; German-15 | 2026 | RPT  | NC |     | Y |   |   |
| 18/03/2026 | 1430 | Current Affairs          | Insight                                 | Jealousy                           | 2026 | 3  | Have you ever flirted to make a partner jealous? Do you envy a friend's life? Are people jealous of you? Jealousy is driven by an underlying sense of insecurity and low self-esteem. Envy can lead to a feeling of inferiority. Can we embrace these emotions and use them for good?   | AUSTRALIA      | English-100           | 2026 | RPT  | NC |     | Y |   |   |
| 18/03/2026 | 1530 | Cooking                  | The Cook Up With Adam Liaw              | Having Friends Over                | 9    | 14 | What do Adam, football star Laurie-Anne Moise and award-winning food writer Lara Lee make when having friends over? Find out tonight!   | AUSTRALIA      | English-100           | 2025 | RPT  | G  |     | Y |   |   |
| 18/03/2026 | 1605 | History                  | The Irish Civil War                     | One People Many Voices             | 1    | 1  | Brendan Gleeson narrates a documentary series marking the centenary of the Irish Civil War. After a long struggle Irish separatists have forced Britain to withdraw from most of the island of Ireland in 1922, but at this moment of independence, the new Irish Free State descends into brutal civil war.  | IRELAND        | English-100           | 2022 | RPT  | PG | a w | Y |   | Y |
| 18/03/2026 | 1705 | Quiz                     | Jeopardy!                               | Jeopardy Series 42 Ep 35           | 42   | 35 | Ken Jennings hosts Jeopardy! Where the answers are revealed, and the contestants must guess the appropriate questions.  | USA            | English-100           | 2025 |      | G  |     |   |   |   |
| 18/03/2026 | 1730 | Quiz                     | Letters And Numbers                     | Letters And Numbers Series 4 Ep 29 | 4    | 29 | 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 Serra and wordsmith David Astle.  | AUSTRALIA      | English-100           | 2012 | RPT  | G  |     | Y |   |   |
| 18/03/2026 | 1800 | Quiz                     | Mastermind                              | Mastermind Series 4 Ep 28          | 4    | 28 | In this round, the specialty subjects are The Police (band), Winston Churchill, the life and times of Constantine the Great, and Alfred Hitchcock's Psycho.   | AUSTRALIA      | English-100           | 2022 | RPT  | G  |     | Y |   |   |
| 18/03/2026 | 1830 | News - Overseas          | SBS World News                          | SBS World News 2026 Ep 77          | 2026 | 77 | 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 |   |   |
| 18/03/2026 | 1930 | Culture & Society        | Sandi Toksvig's Great Riviera Rail Trip | Cannes To Juan-les-Pins            | 1    | 2  | In Cannes, Sandi discovers the city beyond the film festival, from its dog acting awards to crafting her own perfume at Fragonard. She explores an English garden, steps inside a Picasso masterpiece, and visits the hotel where F. Scott Fitzgerald captured the Riviera's Jazz Age magic.  | UNITED KINGDOM | English-100           | 2025 |      |    |     | Y |   | Y |
| 18/03/2026 | 2025 | History                  | Lost Grail With Alice Roberts           | Rosslyn Chapel Mystery, The        | 1    | 3  | Professor Alice Roberts journeys to Scotland to unravel the mysteries of Rosslyn Chapel. From Templar secrets and Sinclair family legends to a mysterious wooden bowl found in 1993, she applies expert analysis and cutting-edge science to separate fact from fiction in the enduring Grail myths.  | UNITED KINGDOM | English-100           | 2025 |      | PG |     | Y |   | Y |
| 18/03/2026 | 2120 | Contemporary             | Prisoner 951                            | Episode 3                          | 1    | 3  | Richard uncovers a decades-old secret debt owed by the UK to Iran which may be the key to Nazanin's release. But while he is pressing the UK to act, Nazanin is unravelling. Despar drives her to hunger strike. Starved and broken, it's love of her family that saves her and then her transfer to the Women's Ward. After a politician's erroneous remark derails her case, a painfully short furlough with her daughter ends after only three days. | UNITED KINGDOM | English-50; Farsi-50  | 2025 |      | M  |     | Y |   | Y |
| 18/03/2026 | 2220 | News - Overseas          | SBS World News Late                     | SBS World News Late 2026 Ep 43     | 2026 | 43 | 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 |   |   |
| 18/03/2026 | 2250 | Thriller                 | Face To Face                            | Pub, The                           | 3    | 5  | Holger races to track Markus' secret appointment but is intercepted by police chief Richard. The chief needs restaurant surveillance connecting Markus to a hitman. Holger strikes a tense deal - he hands over the tapes in exchange for details about who Markus intended to meet.  | DENMARK        | Danish-100            | 2022 |      | M  | v   |   | Y |   |
| 18/03/2026 | 2315 | Thriller                 | Face To Face                            | Golf Club, The                     | 3    | 6  | Holger storms Mallstrom's helicopter to force a confession. Mallstrom admits pressuring Liz and orchestrating a scheme to collapse Lang Enterprise for industry dominance but insists he had no part in Christina's death, leaving Holger to untangle ambition from murder.   | DENMARK        | Danish-50; Swedish-50 | 2022 |      | M  | I   |   | Y |   |

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|------------|------|-------------------|---|--|------|----|--|----------------|-------------|------|-----|-----|-------|---|---|---|
| 18/03/2026 | 2340 | Crime             | Darkness: Those Who Kill                | Episode 4  | 3    | 4  | Another crime is committed, and Frederik is convinced that Bjorn is the perpetrator. However, Louise points to another criminal profile. Bjorn turns to Louise and wants to share a secret that might close the case.  | DENMARK        | Danish-100  | 2023 | MA  | a v | Y     |   |   |   |
| 18/03/2026 | 2435 | Crime             | Darkness: Those Who Kill                | Episode 5  | 3    | 5  | Louise has moved to Aarhus to make a fresh start, but the past catches up with her when she meets Frederik again. He involves her in a new case in which a disabled woman was found dead. Frederik thinks she was murdered, and the ensuing investigation seems to suggest that this death is a part of a larger pattern.  | DENMARK        | Danish-100  | 2023 | M   | a v | Y     |   |   |   |
| 18/03/2026 | 2530 | Crime             | Divided We Stand                        | Seven Bridges  | 1    | 5  | Bottother's death forces a distraught Garster to turn himself in. Simon makes an unauthorised deal with Garster without the knowledge of his boss; Karo makes a shocking discovery about her father.   | GERMANY        | German-100  | 2022 | RPT | M   | I     | Y |   |   |
| 18/03/2026 | 2625 | Crime             | Divided We Stand                        | Across Borders   | 1    | 6  | Frauke Beckmann identifies the mole within the ZERV; Karo is in Wolfsburg meeting her father, who gives her an important lead into the case.   | GERMANY        | German-100  | 2022 | RPT | M   | a s v | Y |   |   |
| 18/03/2026 | 2720 | 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 Cobi Valley and trying her hand at trotting in Capel Iwan. In Cwm Efed, 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 |   |   |
| 18/03/2026 | 2755 | History           | Bamay                                   | Central Deserts  | 2    | 15 | This episode of Bamay showcases beautiful Arrernte and Warlpiri Country - with locations such as Mparntwe Alice Springs and the Eltery Creek Big Hole.   | AUSTRALIA      | English-100 | 2020 | RPT | G   |       |   |   |   |
| 18/03/2026 | 2855 | Cooking           | Destination Flavour Down Under BiteSize | Destination Flavour Down Under BiteSize Series 1 Ep 1      | 1    | 1  | 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 |   |   |
| 19/03/2026 | 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 |   |   |
| 19/03/2026 | 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 |   |   |
| 19/03/2026 | 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 |   |   |
| 19/03/2026 | 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 |   |   |
| 19/03/2026 | 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 |   |   |
| 19/03/2026 | 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 |   |   |
| 19/03/2026 | 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 |   |   |
| 19/03/2026 | 900  | Current Affairs   | Point: Road To Referendum History Bites | Cummeragunja Walk-Off Was The First Indigenous Mass Strike | 2023 | 10 | Yorta Yorta Elder Uncle Col Walker was four years old when the 1939 Cummeragunja walk-off occurred and believes it ignited a movement of Aboriginal activism in Australia.   | AUSTRALIA      | English-100 | 2023 | RPT | NC  |       | Y |   |   |
| 19/03/2026 | 905  | History           | My Unique B&B                           | Bethan And John's Railway Carriage                         | 2    | 11 | Simon is in Shropshire to help vintage vehicle loving Bethan and John turn a 1940s railway goods carriage into a unique B and B located in their back garden. A trip to a converted 1960s horsebox in Swinston called The Swallow speaks to Bethan and John's love of vintage vehicles and gives them lots of ideas.   | UNITED KINGDOM | English-100 | 2022 | RPT | PG  |       | Y | Y |   |
| 19/03/2026 | 940  | History           | My Unique B&B                           | Michele And Tobin's Summerhouse                            | 2    | 12 | Simon and his team are in Devon to help create a unique B and B that's not just for people. After finally achieving their dream of buying a small holding and stables, Michele and Tobin realised that the tired summerhouse on the property could offer lodgings for people whilst the stables meant they could also bring their horses - or even alpacas.  | UNITED KINGDOM | English-100 | 2022 | RPT | G   |       | Y | Y |   |
| 19/03/2026 | 1015 | History           | Inside The Steam Train Museum           | Special Events   | 1    | 2  | John and his team of volunteers drive a steam roller to a local show causing delays along the way as they travel at a max speed of 4 miles an hour! At the museum, manager Al juggles the day to day operating of the site and everyone prepares for the Museum's 1940's event. Dave has trouble starting a vintage bus and young volunteers, Alex and Tac enter into the spirit of the day by cooking lunch in a steam engine; the traditional 1940s way. | UNITED KINGDOM | English-100 | 2020 | RPT | PG  |       | Y | Y |   |
| 19/03/2026 | 1110 | Culture & Society | Inside Oxford Street                    | Episode 2  | 1    | 2  | Sandro and his team work through the night to redress Benetton's flagship store before the doors re-open. Engineer Jenna has to get the new Grosvenor station ready for an open day. Anticipation is high as staff at Christy's hat shop wait for a special guest.   | UNITED KINGDOM | English-100 | 2019 | RPT | M   | I     | Y | Y | Y |

|            |      |                              |                                    |                                    |      |    |  |                |                               |      |      |    |         |   |   |   |
|------------|------|------------------------------|------------------------------------|------------------------------------|------|----|--|----------------|-------------------------------|------|------|----|---------|---|---|---|
| 19/03/2026 | 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       |   |   |   |
| 19/03/2026 | 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       |   |   |   |
| 19/03/2026 | 1300 | News - Overseas              | PBS Newshour                       | PBS Newshour                       | 2023 | 0  | Reviews and analysis of the day's news, presented by Anissa Nawaz and Geoff Bennett for the Public Broadcasting Service (PBS) in the United States.  | USA            | English-100                   | 2023 | NC   |    | Y       |   |   |   |
| 19/03/2026 | 1400 | Archaeology                  | Paris: Mystery Of The Lost Palace  | Paris: Mystery Of The Lost Palace  | 0    | 0  | It was Versailles before Versailles: a spectacular palace in the heart of Paris, with a history spanning 2000 years - from Julius Caesar's invasion of Gaulle to Marie-Antoinette's imprisonment as she awaited execution. So how has it been erased from memory and built over by successive government buildings?  | FRANCE         | English-59; French-41         | 2022 | RPT  | PG | a v     | Y | Y |   |
| 19/03/2026 | 1500 | 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 |   |   |
| 19/03/2026 | 1530 | Cooking                      | The Cook Up With Adam Liaw         | Eid Traditions                     | 9    | 15 | Creator of The Lebanese Plate, Lina Jebelle, and chef and co-owner of OGGI restaurant, Rashedul Hasan join Adam to share some Eid traditions.  | AUSTRALIA      | English-100                   | 2025 | RPT  | G  |         | Y |   |   |
| 19/03/2026 | 1605 | History                      | The Irish Civil War                | End Of The Dream, The              | 1    | 2  | The Irish Civil War begins at the attack on the Four Courts as the Irish National Army has maintained a constant assault on the republican stronghold. Fighting between pro and anti-treaty IRA intensifies.   | IRELAND        | English-100                   | 2022 | RPT  | PG | a w     | Y | Y |   |
| 19/03/2026 | 1705 | Quiz                         | Jeopardy!                          | Jeopardy Series 42 Ep 36           | 42   | 36 | Ken Jennings hosts Jeopardy! Where the answers are revealed, and the contestants must guess the appropriate questions.   | USA            | English-100                   | 2025 |      | G  |         |   |   |   |
| 19/03/2026 | 1730 | Quiz                         | Letters And Numbers                | Letters And Numbers Series 4 Ep 30 | 4    | 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 |   |   |
| 19/03/2026 | 1800 | Quiz                         | Mastermind                         | Mastermind Series 4 Ep 29          | 4    | 29 | In this round, the specialty subjects are the Original Star Wars trilogy, The Hitman video games, A League Of Their Own (film), and Ruby Redfort by Lauren Child (Books 1-3).  | AUSTRALIA      | English-100                   | 2022 | RPT  | G  |         | Y |   |   |
| 19/03/2026 | 1830 | News - Overseas              | SBS World News                     | SBS World News 2026 Ep 78          | 2026 | 78 | 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 |   |   |
| 19/03/2026 | 1935 | Archaeology                  | Treasures With Bettany Hughes      | Croatia: Gifts Of The Sea          | 5    | 1  | Bettany Hughes journeys through Croatia, beginning on Korcula where underwater archaeology reveals a Neolithic coastal settlement. In Split, she explores Diocletian's Palace and its role in the Eastern Roman Empire. Travelling to Ston, she uncovers how salt funded a medieval republic before finishing in Dubrovnik, tracing the rise of the Adriatic's most powerful city and the legend of Richard the Lionheart.   | UNITED KINGDOM | English-100                   | 2025 |      |    |         | Y | Y |   |
| 19/03/2026 | 2030 | Health, Science & Technology | The Hospital: In The Deep End      | Episode 3                          | 2    | 3  | Former tennis pro Jelena Dokic, Hollywood star Ruby Rose, and food writer Matt Preston return for their final shifts at St Vincent's. Jelena works in oncology to better understand lung cancer, the condition which took the life of her mother-in-law. Ruby works in the Aboriginal Healthcare Unit inspired by her godfather Lionel Rose, and Matt joins staff in neurology to learn more about epilepsy, a condition that claimed his brother nearly 40 years ago. | AUSTRALIA      | English-100                   | 2025 |      | M  | a       | Y | Y |   |
| 19/03/2026 | 2135 | Period                       | A Spy Among Friends                | Snow                               | 1    | 5  | Suspecting a traitor at the very top, Elliott and Lily realise no one can be trusted. They rush to secure a crucial figure before foreign rivals intervene, while across the Atlantic an old ally awakens to betrayal. In a world of double games, timing is everything.   | UNITED KINGDOM | English-100                   | 2023 |      |    |         | Y | Y | Y |
| 19/03/2026 | 2240 | News - Overseas              | SBS World News Late                | SBS World News Late 2026 Ep 44     | 2026 | 44 | 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 |   |   |
| 19/03/2026 | 2310 | Thriller                     | In Memoriam                        | Ep 5                               | 1    | 5  | Recent events have shaken the family dynamic, prompting Julien to distance himself from the group to pursue a professional opportunity. While Mathieu takes it upon himself to deal with the thorn in the family's side, Judith dreads the next challenge, which will force her to relive her worst childhood nightmare.   | CANADA         | French Canadian-98; English-2 | 2024 |      | M  | a l s v | Y | Y |   |
| 19/03/2026 | 2400 | Thriller                     | Blackwater                         | Blackwater Series 1 Ep 1           | 1    | 1  | On Midsummer's Eve, 1973, Annie finds two dead people in a tent far up in the mountains in Northern Sweden. She and her daughter, are on their way to the isolated commune, to start at new life.  | SWEDEN         | Swedish-99; English-1         | 2023 | RPT  | MA | a l v   | Y | Y |   |
| 19/03/2026 | 2510 | Thriller                     | Blackwater                         | Blackwater Series 1 Ep 2           | 1    | 2  | Annie is interviewed by the local police about the tent murders, and, finally, her partner, Dan shows up. Together they go to Sipariberg, where they are welcomed by the commune, led by charismatic Petrus. Johan arrives in Norway with the Finnish woman, Vja.  | SWEDEN         | Swedish-99; English-1         | 2023 | RPT  | MA | a n s v |   | Y |   |
| 19/03/2026 | 2620 | Thriller                     | Silent Road                        | Countdown                          | 1    | 10 | The kidnappers make one final demand to the police; police stall negotiations as they zero in on the true identity of the orchestrator of the abduction.   | GREECE         | Greek-100                     | 2022 | RPT  | M  | a       |   | Y |   |

|            |      |                   |  |   |      |    |  |                |             |      |     |    |   |   |   |   |
|------------|------|-------------------|--|---|------|----|--|----------------|-------------|------|-----|----|---|---|---|---|
| 19/03/2026 | 2720 | Thriller          | <b>Silent Road</b>                             | Animal Instinct                                       | 1    | 11 | Despite orders to keep the sick child in custody, Michalis puts the entire operation at risk and takes the child to the hospital.  | GREECE         | Greek-100   | 2022 | RPT | MA | v | Y |   |   |
| 19/03/2026 | 2815 | Culture & Society | <b>Off The Beaten Track With Kate Humble</b>   | 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 Afon Transmission Tower, to fix some loose cables.  | UNITED KINGDOM | English-100 | 2022 | RPT | PG |   | Y |   |   |
| 19/03/2026 | 2850 | Cooking           | <b>Destination Flavour Down Under Bitesize</b> | Destination Flavour Down Under Bitesize Series 1 Ep 2 | 1    | 2  | 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 |   |   |
| 19/03/2026 | 2855 | Cooking           | <b>Destination Flavour Down Under Bitesize</b> | Destination Flavour Down Under Bitesize Series 1 Ep 3 | 1    | 3  | 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 |   |   |
| 20/03/2026 | 500  | News - Overseas   | <b>NHK World English News Morning</b>          | 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 |   |   |
| 20/03/2026 | 530  | News - Overseas   | <b>ANC Philippines The World Tonight</b>       | 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 |   |   |
| 20/03/2026 | 600  | News - Overseas   | <b>DW English News</b>                         | 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 |   |   |
| 20/03/2026 | 630  | News - Overseas   | <b>Al Jazeera News</b>                         | Al Jazeera News                                       | 0    | 0  | News via satellite from Al Jazeera Satellite Network, Qatar, in English.   | QATAR          | English-100 | 2024 |     | NC |   | Y |   |   |
| 20/03/2026 | 700  | News - Overseas   | <b>BBC News At Six</b>                         | 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 |   |   |
| 20/03/2026 | 730  | News - Overseas   | <b>France 24 English News</b>                  | 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 |   |   |
| 20/03/2026 | 800  | News - Overseas   | <b>DD India News Hour</b>                      | 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 |   |   |
| 20/03/2026 | 900  | Current Affairs   | <b>Point: Road To Referendum History Bites</b> | Remembering A Trailblazer                             | 2023 | 11 | A tribute to Neville Bonner, the first Indigenous Australian to enter Federal Parliament.  | AUSTRALIA      | English-100 | 2023 | RPT | NC |   | Y |   |   |
| 20/03/2026 | 905  | History           | <b>My Unique B&amp;B</b>                       | Stacey's Bus  | 2    | 13 | In Monmouthshire in South Wales, Simon and his team are seeing double when they take on a 1980s bus conversion. When Stacey came across a bus for sale, she knew it could become a mobile B and B!   | UNITED KINGDOM | English-100 | 2022 | RPT | G  |   | Y | Y |   |
| 20/03/2026 | 940  | History           | <b>My Unique B&amp;B</b>                       | Tara's Tin Shed                                       | 2    | 14 | Tara wants to create a tiny off-grid eco shed that will be a truly unique place to stay. However, her desire to only use upcycled or recycled materials provides a challenge for Simon and his team.   | UNITED KINGDOM | English-100 | 2022 | RPT | G  |   | Y | Y |   |
| 20/03/2026 | 1015 | History           | <b>Inside The Steam Train Museum</b>           | Halloween   | 1    | 3  | Phil and Stuart go to huge effort decorating the site with homemade pumpkin-scarecrows, graveyards, and mummies in readiness for Halloween. Brian cooks breakfast on the shovel for the engine drivers and John tells ghost stories from the fairground. As the event gets underway, we meet many eccentric volunteers as they dress up in costume to scare the public on the ghost train while retired Minister David entertains the passengers on the journey. | UNITED KINGDOM | English-100 | 2020 | RPT | PG |   | Y | Y |   |
| 20/03/2026 | 1110 | Culture & Society | <b>Inside Oxford Street</b>                    | Episode 3   | 1    | 3  | London is melting in the grip of a heatwave. The heat results in nearly 200 casualties, tons of rubbish, dogs on death's door, celebrity photographers and summer crowds late into the night.  | UNITED KINGDOM | English-100 | 2019 | RPT | PG | a | Y | Y | Y |
| 20/03/2026 | 1200 | News - Overseas   | <b>BBC News At Ten</b>                         | 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 |   |   |
| 20/03/2026 | 1230 | News - Overseas   | <b>France 24 International SBS Midday</b>      | 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 |   |   |
| 20/03/2026 | 1255 | News - Overseas   | <b>PBS Newshour</b>                            | 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 |   |   |

|            |      |                              |  |  |      |    |  |                |                                 |      |      |    |        |   |   |   |
|------------|------|------------------------------|--|--|------|----|--|----------------|---------------------------------|------|------|----|--------|---|---|---|
| 20/03/2026 | 1355 | Health, Science & Technology | <b>The Hospital: In The Deep End</b>         | Episode 3                              | 2    | 3  | Former tennis pro Jelena Dokic, Hollywood star Ruby Rose, and food writer Matt Preston return for their final shifts at St Vincent's. Jelena works in oncology to better understand lung cancer, the condition which took the life of her mother-in-law. Ruby works in the Aboriginal Healthcare Unit inspired by her godfather Lionel Rose, and Matt joins staff in neurology to learn more about epilepsy, a condition that claimed his brother nearly 40 years ago. | AUSTRALIA      | English-100                     | 2025 | RPT  | M  | a      | Y | Y |   |
| 20/03/2026 | 1500 | News - Domestic              | <b>NITV News: Nula</b>                       | NITV News: Nula 2026 Ep 8              | 2026 | 8  | 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 |   |   |
| 20/03/2026 | 1530 | Cooking                      | <b>The Cook Up With Adam Liaw</b>            | Spring Break                           | 7    | 77 | It's spring break at The Cook Up, and chef Claudette Zepeda and Olympic water polo player Tilly Kearns join Adam in the kitchen for all things fresh and tasty!  | AUSTRALIA      | English-100                     | 2024 | RPT  | G  |        | Y |   |   |
| 20/03/2026 | 1605 | History                      | <b>The Irish Civil War</b>                   | Birth Of The Nation, The               | 1    | 3  | A look at how the anti-treaty IRA continued to be pushed to the fringes of the country by the National Army post Collin's death and the eventual formation of the Irish Free State.  | IRELAND        | English-100                     | 2022 | RPT  | PG | av     | Y | Y |   |
| 20/03/2026 | 1705 | Quiz                         | <b>Jeopardy!</b>                             | Jeopardy Series 42 Ep 37               | 42   | 37 | Ken Jennings hosts Jeopardy! Where the answers are revealed, and the contestants must guess the appropriate questions.   | USA            | English-100                     | 2025 |      | G  |        |   |   |   |
| 20/03/2026 | 1730 | Quiz                         | <b>Letters And Numbers</b>                   | Letters And Numbers Series 4 Ep 31     | 4    | 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 Serra and wordsmith David Astle.   | AUSTRALIA      | English-100                     | 2012 | RPT  | G  |        | Y |   |   |
| 20/03/2026 | 1800 | Quiz                         | <b>Mastermind</b>                            | Mastermind Series 4 Ep 30              | 4    | 30 | 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 |   |   |
| 20/03/2026 | 1830 | News - Overseas              | <b>SBS World News</b>                        | SBS World News 2026 Ep 79              | 2026 | 79 | 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 |   |   |
| 20/03/2026 | 1930 | Entertainment                | <b>Going Places With Ernie Dingo</b>         | Limestone Coast                        | 7    | 5  | In SA's Limestone Coast, Mark scuba dives the crystal clear water of a sinkhole and learns about the ancient landscape from a Boandj elder, Ernie comes face-to-face with million-year-old megafauna.  | AUSTRALIA      | English-100                     | 2025 |      | PG |        | Y | Y |   |
| 20/03/2026 | 2030 | Archaeology                  | <b>Machu Picchu: City Of Stone</b>           | Machu Picchu: City Of Stone            | 0    | 0  | In southern Peru stands an Inca city, uninhabited for several centuries but still virtually intact: Machu Picchu. Discovered in the early 20th century, it attracts a million visitors every year from the four corners of the globe to admire the skills of the powerful civilisation that built it.  | FRANCE         | English-75; Spanish-3; French-3 | 2024 | RPT  | G  |        | Y | Y |   |
| 20/03/2026 | 2130 | Archaeology                  | <b>The Lost World Of The Hanging Gardens</b> | Lost World Of The Hanging Gardens, The | 0    | 0  | A dramatic, engaging and inspiring story of archaeology, history and the human spirit, all set against the backdrop of a nation rebuilding after war. It is the remarkable story of one of the world's greatest lost cities - Nineveh. Why did this once great city disappear, and could it also be the site of the Hanging Gardens of Babylon, the last lost wonder of the ancient world?   | GERMANY        | English-87; Arabic-13           | 2024 | RPT  | PG |        | Y | Y | Y |
| 20/03/2026 | 2235 | News - Overseas              | <b>SBS World News Late</b>                   | SBS World News Late 2026 Ep 45         | 2026 | 45 | 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 |   |   |
| 20/03/2026 | 2305 | Period                       | <b>Sisi</b>                                  | Episode 4                              | 4    | 4  | When Linda is arrested under suspicion of a shocking crime, Sisi seeks help to clear her name. Amid cancelled plans, unresolved relationships and lingering heartache, tensions mount as personal and social challenges test everyone's resolve and loyalties.   | GERMANY        | German-100                      | 2024 |      | MA | as     |   | Y |   |
| 20/03/2026 | 2405 | Crime                        | <b>Babylon Berlin</b>                        | Babylon Berlin Series 3 Episode 3      | 3    | 3  | Wendt strong arms Greta into changing her testimony, Nyssen's assistant questions bank clients about their stock purchases, a casting call is made to replace Betty.   | GERMANY        | German-50; Russian-50           | 2020 | RPT  | MA | v      |   | Y |   |
| 20/03/2026 | 2500 | Crime                        | <b>Babylon Berlin</b>                        | Babylon Berlin Series 3 Episode 4      | 3    | 4  | Evidence from Kremplin's home exposes his and Rot's interest, a neighbour gives Charlotte something left behind by her mother, Graf looks at the Benda case file.  | GERMANY        | German-50; Russian-50           | 2020 | RPT  | MA | d      |   | Y |   |
| 20/03/2026 | 2600 | Thriller                     | <b>El Immortal - Gangs Of Madrid</b>         | Wound, The                             | 1    | 5  | JA widens borders making business abroad and puts Sebas in charge. The promotion suits Sebas, who seems more focused, but after a party, Sebas has a car accident where his girlfriend is killed.  | SPAIN          | Spanish-100                     | 2022 | RPT  | MA | ds     |   | Y |   |
| 20/03/2026 | 2650 | Thriller                     | <b>El Immortal - Gangs Of Madrid</b>         | Past, The                              | 1    | 6  | JA's father shows up needing money in order to save the old family house. He gambles the money in an illegal betting house where the owner is sided with JA.   | SPAIN          | Spanish-100                     | 2022 | RPT  | M  | adlnsv |   | Y |   |
| 20/03/2026 | 2745 | Culture & Society            | <b>Off The Beaten Track With Kate Humble</b> | 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 |   |   |

|            |      |                      |  |   |      |   |   |                |             |      |     |    |   |   |
|------------|------|----------------------|--|---|------|---|---|----------------|-------------|------|-----|----|---|---|
| 20/03/2026 | 2820 | Culture & Society    | <b>Off The Beaten Track With Kate Humble</b>   | 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 |   |
| 20/03/2026 | 2855 | Cooking              | <b>Destination Flavour Down Under BiteSize</b> | Destination Flavour Down Under BiteSize Series 1 Ep 4 | 1    | 4 | 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 |   |
| 21/03/2026 | 500  | News - Overseas      | <b>NHK World English News Morning</b>          | 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 |   |
| 21/03/2026 | 530  | News - Overseas      | <b>ANC Philippines The World Tonight</b>       | 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 |   |
| 21/03/2026 | 600  | News - Overseas      | <b>DW English News</b>                         | 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 |   |
| 21/03/2026 | 630  | News - Overseas      | <b>Al Jazeera News</b>                         | Al Jazeera News                                       | 0    | 0 | News via satellite from Al Jazeera Satellite Network, Qatar, in English.  | QATAR          | English-100 | 2024 |     | NC | Y |   |
| 21/03/2026 | 700  | News - Overseas      | <b>BBC News At Six</b>                         | 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 |   |
| 21/03/2026 | 730  | News - Overseas      | <b>France 24 English News</b>                  | 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 |   |
| 21/03/2026 | 800  | News - Overseas      | <b>DD India News Hour</b>                      | 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 |   |
| 21/03/2026 | 900  | History              | <b>Paul O'Grady For The Love Of Dogs</b>       | Peggy   | 11   | 1 | Paul O'Grady is back with a brand new series from Battersea Dogs and Cats Home. This week Paul falls head over heels with a gorgeous Newfoundland who needs major surgery on her back legs.   | UNITED KINGDOM | English-100 | 2023 | RPT | PG | Y | Y |
| 21/03/2026 | 930  | History              | <b>Paul O'Grady For The Love Of Dogs</b>       | Daisy   | 11   | 2 | This week at Battersea Dogs and Cats Home, Paul O'Grady helps babysit a group of gorgeous spaniel puppies and tries to resist taking one home with him.   | UNITED KINGDOM | English-100 | 2023 | RPT | PG | Y | Y |
| 21/03/2026 | 955  | Nature & Environment | <b>Vintage Voltage</b>                         | Austin Mini   | 2023 | 3 | The Austin Mini is an international design icon, known for its cheeky looks and direct handling. Industrial designer, Simon, is thinking about the future and how his own daughters can enjoy this classic in the future. He decides to give the car a full restoration before giving it to Moggy as a blank canvas to create an EV Mini.   | UNITED KINGDOM | English-100 | 2023 | RPT | G  | Y |   |
| 21/03/2026 | 1050 | Culture & Society    | <b>Peter Andre's Greek Odyssey</b>             | Fiskado   | 1    | 1 | In Fiskardo Charlotte finds Tassios's Restaurant where Peter Andre chooses a lobster dish to put up against Dimitri's Stuffed Squid prepared by Thomas at the Captain's Cabin. Peter and Charlotte explore a bat infested cave and end up with a death defying jump from above the cave mouth. Dimitri looks at the history and significance of the lighthouse that marks the entrance to this beautiful harbour. | UNITED KINGDOM | English-100 | 2017 |     |    | Y |   |
| 21/03/2026 | 1120 | Culture & Society    | <b>Peter Andre's Greek Odyssey</b>             | Kioni   | 1    | 2 | Kioni and the island of Ithaca are inextricably linked with Odysseus and Homer. Dimitri speculates on the associated history and Peter Andre goes all creative fashioning a beautiful ring for his wife Emily. Dimitri goes to some lengths to cheat in the food challenge but is thwarted by Peter Andre. Nevertheless Charlotte finds Dimitri an unusual Cheese Pie recipe to compete with Peter's baked fish.  | UNITED KINGDOM | English-100 | 2017 |     |    | Y |   |
| 21/03/2026 | 1200 | News - Overseas      | <b>BBC News At Ten</b>                         | 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 |   |
| 21/03/2026 | 1230 | News - Overseas      | <b>France 24 International SBS Midday</b>      | 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 |   |
| 21/03/2026 | 1300 | News - Overseas      | <b>PBS Newshour</b>                            | 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 |   |
| 21/03/2026 | 1400 | Cycling              | <b>Paris-Nice 2026 Highlights</b>              | Paris-Nice 2026 Highlights                            | 2026 | 0 | The best moments from all 8 stages of the 84th edition of the Paris-Nice Men's Cycling race.  | FRANCE         |             | 2026 |     |    |   |   |
| 21/03/2026 | 1500 | Sport                | <b>Stories From The Cities</b>                 | Seattle   | 2026 | 5 | 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 Seattle through its people, neighbourhoods, culture, and the everyday moments that define the city.   |                | English-100 | 2026 |     | PG |   |   |

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|------------|------|----------------------|--|-----------------------------|------|----|--|----------------|----------------------------------|------|------|----|-------------|---|---|---|---|
| 21/03/2026 | 1530 | Nature & Environment | Going Places With Ernie Dingo          | Longreach                   | 4    | 7  | Ernie and special guest Aaron Fa'oso explore the outback town of Longreach, where they visit an ancient rock art site, a historic cattle station, and learn about the founding of Qantas.  | AUSTRALIA      | English-100                      | 2020 | RPT  | G  |             |   | Y |   |   |
| 21/03/2026 | 1630 | Culture & Society    | Piquancy Silent Heroes                 | Piquancy Silent Heroes      | 0    | 0  | Piquancy - Silent Heroes of CALD Community Voices is a moving documentary that explores the experiences of Australians from Culturally and Linguistically Diverse backgrounds. Through intimate interviews and storytelling, it celebrates resilience, creativity, identity, and belonging, showcasing the quiet heroes whose work enriches Victoria's multicultural society while calling for authentic representation and inclusion. | AUSTRALIA      | English-95; Dari-5               | 2024 |      | PG |             |   | Y | Y |   |
| 21/03/2026 | 1735 | History              | Berlin: Stories Of The City            | Road To Ruin                | 1    | 1  | Berlin has long been a city of outsiders and upheaval, from Prussian kings to Bismarck's unification of Germany. It endured the chaos of the Weimar Republic, the horrors of Nazi rule, and WWII devastation. Postwar, Berlin became a Cold War symbol, divided at Potsdam, enduring the airlift and the Berlin Wall, embodying resilience and cultural reinvention through centuries of conflict.                                     | UNITED KINGDOM | English-100                      | 2024 |      |    |             |   |   |   |   |
| 21/03/2026 | 1830 | News - Overseas      | SBS World News                         | SBS World News 2026 Ep 80   | 2026 | 80 | 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 |   |
| 21/03/2026 | 1930 | Culture & Society    | Jewels of the Mediterranean            | Majorca: Part 2             | 1    | 3  | Joanna Lumley continues her exploration following one of Majorca's biggest festivals, Nit de Foc - 'Night of Fire' and visits the historic town of Calvia.   | UNITED KINGDOM | English-95; Spanish-4; Catalan-1 | 2025 |      |    |             |   |   |   |   |
| 21/03/2026 | 2025 | Biography            | Travels with Agatha & Sir David Suchet | Canada                      | 1    | 5  | Sir David Suchet recreates Agatha Christie's 1922 trip to Canada where he goes stargazing, ranching and takes a train across the Rockies. He discovers why Indigenous peoples were absent from Agatha's literary and explores Canadian identity at the National Gallery in Ottawa.   | UNITED KINGDOM | English-100                      | 2024 | RPT  | PG |             | Y | Y | Y |   |
| 21/03/2026 | 2120 | Entertainment        | Shaun Micallef's Origin Odyssey        | Arj Barker                  | 1    | 6  | Host Shaun Micallef is whisking comedians away from their everyday Aussie lives to embark on an epic odyssey. This leg takes him and adopted stand-up son Arj Barker to India. They dive into an adventure-filled journey across the country, with Arj even performing a routine along the way.  | AUSTRALIA      | English-99; Punjabi-1            | 2024 | RPT  | PG |             | Y | Y | Y |   |
| 21/03/2026 | 2220 | History              | Highclere: The Real Downton Abbey      | Ep 5                        | 1    | 5  | While the fictitious Downton Abbey celebrated Christmas in style, this year at Highclere is going to be special. Lord and Lady Carnarvon, and their staff put on a celebration to remember for visitors and family alike.  | UNITED KINGDOM | English-100                      | 2022 | RPT  | G  |             | Y |   | Y |   |
| 21/03/2026 | 2315 | Thriller             | Snowpiercer                            | First, The Weather Changed  | 1    | 1  | Snowpiercer, the Great Ark Train, has kept the last remnants of humanity alive for almost seven years. A rigid class system maintains order, with First Class holding power over workers, while a condemned Prison Class struggles to survive in the Tail.   | USA            | English-100                      | 2020 | RPT  | MA | a v         | Y |   | Y |   |
| 21/03/2026 | 2415 | Thriller             | Snowpiercer                            | Prepare To Brace            | 1    | 2  | Layton (Daveed Diggs) uses his new position as train detective to investigate the murder while gathering intel for the revolution on the side. Meanwhile, Melanie (Jennifer Connelly) faces a resource crisis, with potentially drastic consequences for the entire train.   | USA            | English-100                      | 2020 | RPT  | MA | v           |   | Y |   | Y |
| 21/03/2026 | 2505 | Thriller             | El Inmortal - Gangs Of Madrid          | Wound, The                  | 1    | 5  | JA widens borders making business abroad and puts Sebas in charge. The promotion suits Sebas, who seems more focused, but after a party, Sebas has a car accident where his girlfriend is killed.  | SPAIN          | Spanish-100                      | 2022 | RPT  | MA | d s         |   |   | Y |   |
| 21/03/2026 | 2600 | Thriller             | El Inmortal - Gangs Of Madrid          | Past, The                   | 1    | 6  | JA's father shows up needing money in order to save the old family house. He gambles the money in an illegal betting house where the owner is sided with JA.   | SPAIN          | Spanish-100                      | 2022 | RPT  | M  | a d f n s v |   |   | Y |   |
| 21/03/2026 | 2655 | History              | Nazi Death Marches                     | Nazi Death Marches          | 0    |    | In the final months of the Second World War, the concentration camps were evacuated before the advancing Soviet and Allied troops could reach them. Of the 700,000 prisoners held in them in January 1945, between 250,000 and 300,000 would perish on so-called death marches. They were massacred by guards escorting the columns, as well as by many civilians, and this often took place on German territory.                      | FRANCE         | English-65; French-33; Italian-2 | 2021 | RPT  | M  | a v         | Y |   | Y |   |
| 21/03/2026 | 2755 | 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 Pembro, 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 |   |   |
| 21/03/2026 | 2830 | Nature & Environment | Ngarrindjeri & Yuin Country            | Ngarrindjeri & Yuin Country | 2    | 8  | A slow TV showcase of the stunning landscapes found in Ngarrindjeri and Yuin Country.  | AUSTRALIA      | English-100                      | 2020 | RPT  | G  |             |   |   |   |   |

