



**WEEK 21**      **Sunday, 17 May 2026**      Saturday, 23 May 2026

**EASTERN MARKETS**

Date	Start Time	Genre	Title	Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description	
17/05/2026	500	Variety	<b>Eurovision Song Contest 2026</b>	Eurovision Grand Final Live From Vienna	2026	5	Tonight, the 70th Eurovision Song Contest is racing towards a nail-biting finish in Vienna - this year it truly could be anyone's trophy. Courtney Act and Danny Estrin are here to bring you every minute of the action live from the commentary booth in Wiener Stadthalle, with a special appearance from 2025 winner JJ. Don't miss a second because tonight's Grand Final is set to be one for the history books...	AUSTRALIA	English-100	2026	LIVE	PG					
17/05/2026	900	Cycling	<b>Giro d'Italia 2026 Highlights</b>	Stage 8	2026	8	Highlights from Stage 8 of the 2026 Giro d'Italia, as the peloton takes on a 157 km route starting in Chieti and finishing in Fermo.	ITALY		2026				Y			
17/05/2026	1000	Culture & Society	<b>Paul O'Grady For The Love Of Dogs</b>	Episode 3	2	3	Paul meets four-month-old stray puppy Patrick, found wondering alone on a London street on St Patrick's Day. Just two days after arriving at Battersea Patrick is rushed into the clinic with a horrific injury needing urgent surgery - a wooden kebab skewer sticking out of his tummy. The vets at Battersea have never seen anything like it before.	UNITED KINGDOM	English-100	2013	RPT	PG	a w	Y			
17/05/2026	1030	Culture & Society	<b>Paul O'Grady For The Love Of Dogs</b>	Episode 4	2	4	Paul meets Twinkle, a young Lurcher abandoned and left tied to the gates at Battersea's Kent branch. Battersea's head vet Shaun examines her - 'She's in a shocking state isn't she, really emaciated, skin and bones'.	UNITED KINGDOM	English-100	2013	RPT	PG	a w	Y			
17/05/2026	1100	Culture & Society	<b>Hot Roads: World's Most Dangerous Roads</b>	On Norway's Arctic Roads	3	3	In the extreme north-east of Norway known as the Finnmark region, winters are freezing cold and snowy. Due to the location on the Arctic Ocean, the roads are prone to snow drifts. Every metre is a challenge and a journey into risk. An adventure for all those who set off into the fascinating and unique landscape, through a seemingly endless desert of snow.	GERMANY	English-63; Norwegian-37	2023		PG		Y	Y		
17/05/2026	1200	News - Overseas	<b>PBS News Compass Points</b>	PBS News Compass Points	2026	0	Join PBS News Hour's Nick Schiffrin 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			
17/05/2026	1230	News - Overseas	<b>PBS Washington Week With The Atlantic</b>	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			
17/05/2026	1255	Current Affairs	<b>Point: Road To Referendum History Bites</b>	Hope Vale's Gamba Gamba Artists	2023	6	A group of extraordinary senior women, known as Gamba Gamba, regularly meet at an art group in Queensland's Hope Vale sharing stories and friendship.	AUSTRALIA	English-100	2023	RPT	NC		Y			
17/05/2026	1300	Motorsport	<b>Speedweek 2026</b>	Episode 20	2026	20	Speedweek is a comprehensive motorsport show that covers many forms of Australian and International motorsport - made specifically for speed enthusiasts.			2026		NC		Y			
17/05/2026	1500	Gymnastics	<b>Artistic Gymnastics World Challenge Cup</b>	Varna, Bulgaria - Highlights	2026	0	All the best moments from the 2026 World Gymnastics Artistic World Challenge Cup Series from Varna, Bulgaria.			2026				Y			
17/05/2026	1630	Cycling	<b>Giro d'Italia 2026 Highlights</b>	Stage 8	2026	8	Highlights from Stage 8 of the 2026 Giro d'Italia, as the peloton takes on a 157 km route starting in Chieti and finishing in Fermo.	ITALY		2026	RPT			Y			
17/05/2026	1730	History	<b>The Battle Of Crete</b>	Invasion	1	1	In May 1941, 14,000 German paratroopers supported by nearly a thousand aircraft were dropped on the island in a unique blitzkrieg operation. An airborne invasion of this scale would never be repeated. Several thousand elite paratroopers, the pride of the Nazi Luftwaffe strikeforce, were killed and hundreds of planes lost in 10 days of fierce fighting. Despite the huge cost, the Germans defeated 30,000 British, Australian and New Zealand troops supported by Greek partisans.	AUSTRALIA	English-100	2019							
17/05/2026	1830	News - Overseas	<b>SBS World News</b>	SBS World News 2026 Ep 137	2026	137	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			
17/05/2026	1930	Variety	<b>Eurovision Song Contest 2026</b>	Eurovision Grand Final Access All Areas	2026	6	Courtney Act and Danny Estrin have exclusive backstage access for the 70th Eurovision Grand Final in Vienna, Austria. They will capture every second of the drama in one of the closest races the contest has seen. Get the inside goss with this Access All Areas special, including a special performance by 2025 winner JJ and see who takes home the trophy!	AUSTRALIA	English-100	2026	LIVE	PG					
17/05/2026	2400	Documentary Feature	<b>Leonard Cohen, A Journey, A Song</b>			0	Hallelujah: Leonard Cohen, A Journey, A Song' is a definitive exploration of singer songwriter Leonard Cohen as seen through the prism of his internationally renowned hymn, 'Hallelujah'.	USA	English-100	2021	RPT	M	I	Y	Y		
17/05/2026	2605	Culture & Society	<b>Matched</b>	Neekita And Sid & Sabby And Vinny	2	7	Neekita must convert to Islam to marry Sid, but will her family accept the decision and attend their daughter's big day? Meanwhile, Sikh Sabby and Hindu Vinny face family disapproval with their intercultural marriage.	NEW ZEALAND	English-100	2020	RPT	PG		Y			Y

17/05/2026	2655	Culture & Society	<b>A Certain Mother</b>	Certain Mother, A	0	0	From the Dandenong Ranges, through rural pastures, to Sydney's northern beaches - a single day unfolds for four women in the throes of motherhood. Whilst tending to the relentless demands of the day, they are determined to rise above the struggles that parenthood had brought close to them.	AUSTRALIA	English-100	2022	RPT	PG	a n	Y	Y
17/05/2026	2815	Culture & Society	<b>Great Coastal Railway Journeys</b>	Bellarena To Giant's Causeway	2	11	Michael Portillo is on Northern Ireland's spectacular Causeway Coast to begin a new railway journey, which this week takes him along the north and east coasts of Ireland through the provinces of Ulster and Leinster. Michael begins in County Derry on the windswept shores of Loch Foyle, where the largest accumulation of coastal sands in Ireland has formed a system of dunes visible from space.	UNITED KINGDOM	English-100	2022	RPT	PG	a	Y	Y
17/05/2026	2850	Cooking	<b>Destination Flavour Singapore Bitesize</b>	Fruit Stall	1	7	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y	
17/05/2026	2855	Cooking	<b>Destination Flavour Singapore Bitesize</b>	Janice Wong	1	8	The best bits of Adam Liaw's travels in Singapore, as he explores its vibrant food scene.	AUSTRALIA	English-100	2017	RPT	G		Y	
18/05/2026	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	
18/05/2026	515	News - Overseas	<b>Euronews</b>	Euronews	0	0	Headlines, Breaking News & Analysis from the Euronews news centre in Brussels, Belgium, in English.	BELGIUM	English-100	2025		NC			
18/05/2026	530	News - Overseas	<b>PBS News Horizons</b>	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	
18/05/2026	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	
18/05/2026	630	News - Overseas	<b>Al Jazeera News</b>	Al Jazeera News		0	News via satellite from Al Jazeera Satellite Network, Qatar, in English.	QATAR	English-100	2024		NC		Y	
18/05/2026	700	Cycling	<b>Giro d'Italia 2026 Highlights</b>	Stage 9	2026	9	Highlights from Stage 9 of the 2026 Giro d'Italia, as the peloton takes on a 184 km route starting in Cervia and finishing in Corno alle Scale.	ITALY		2026				Y	
18/05/2026	800	News - Overseas	<b>PBS Washington Week With The Atlantic</b>	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	
18/05/2026	825	Current Affairs	<b>Point: Road To Referendum History Bites</b>	Hope Vale's Gamba Gamba Artists	2023	6	A group of extraordinary senior women, known as Gamba Gamba, regularly meet at an art group in Queensland's Hope Vale sharing stories and friendship.	AUSTRALIA	English-100	2023	RPT	NC		Y	
18/05/2026	830	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	
18/05/2026	900	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	
18/05/2026	1000	Culture & Society	<b>Legacy List With Matt Paxton</b>	Collection Or Two, A	3	6	Pittsburgh natives Linda and Terry each had an impressive collection of family heirlooms and historical artifacts. But they soon found that their new home didn't have space for all their stuff. With their attic filled and workroom cluttered, they call on Matt and his team to help them downsize and explore new ways to display their treasures.	UNITED KINGDOM	English-100	2021	RPT	PG	a	Y	
18/05/2026	1105	Culture & Society	<b>Finding Your Roots</b>	Italian Roots: Jimmy Kimmel, Marisa Tomei, John Turturro	6	3	Henry Louis Gates, Jr. explores the roots of talk show-host Jimmy Kimmel and actors Marisa Tomei and John Turturro, introducing them to ancestors who made immense sacrifices to bring their families from Italy to America.	USA	English-100	2020	RPT	PG		Y	

18/05/2026	1210	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		
18/05/2026	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		
18/05/2026	1300	News - Overseas	<b>PBS News Compass Points</b>	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		
18/05/2026	1330	News - Overseas	<b>Al Jazeera News Hour</b>	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		
18/05/2026	1400	Current Affairs	<b>Point: Road To Referendum History Bites</b>	60th Anniversary Of The Yirrkala Bark Petitions	2023	7	We take a look at the significance of the bark petitions which were created 60 years ago in opposition to a local bauxite mine built without any consultation.	AUSTRALIA	English-100	2023	RPT	NC		Y		
18/05/2026	1405	Culture & Society	<b>Cotswolds And Beyond With Pam Ayres</b>	Highgrove Gardens	2	5	In this extra special episode Pam's got a royal appointment at Highgrove Gardens, run by The Prince's Foundation and adjacent to the private residence of HRH The Prince of Wales, where Pam meets His Royal Highness himself. The Prince escorts Pam on a personal guided tour of his gardens to discover his passion for gardening and his vision behind the series of interlinked gardens that he's designed and nurtured over the last four decades.	UNITED KINGDOM	English-100	2022	RPT	PG	a	Y		
18/05/2026	1500	Entertainment	<b>Going Places With Ernie Dingo</b>	Pemberton, Bamaga, Broken Hill	5	1	Ernie explores the ancient forests and shifting sand dunes of Pemberton, Bianca breaks into the drag queen scene of Broken Hill and Aaron's language and dance is put to the test back home in Bamaga.	AUSTRALIA	English-100	2023	RPT	PG	I	Y	Y	
18/05/2026	1530	Travel	<b>Plat Du Tour</b>	Veal Blanquette	2	17	The tour continues rolling through rich farmland, where you can find some of the best veal in France. It's also Bastille Day in France, so Guillaume is making one of the most popular French dishes - the classic Veal Blanquette!	AUSTRALIA	English-97; French-3	2021	RPT	G		Y		
18/05/2026	1535	Travel	<b>The Cook Up With Adam Liaw</b>	Greece Is The Word	8	8	Trailblazing entertainer Jean Kittson and celebrated food writer Ella Mittas have heard that Greece is the word, and they're here to make a Greek feast with Adam.	AUSTRALIA	English-100	2025	RPT	G		Y		
18/05/2026	1605	Quiz	<b>Jeopardy!</b>	Jeopardy Series 42 Ep 78	42	78	Ken Jennings hosts Jeopardy! Where the answers are revealed, and the contestants must guess the appropriate questions.	USA	English-100	2025		G				
18/05/2026	1630	Quiz	<b>Letters And Numbers</b>	Letters And Numbers Series 4 Ep 72	4	72	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		
18/05/2026	1700	Cycling	<b>Giro d'Italia 2026 Highlights</b>	Stage 9	2026	9	Highlights from Stage 9 of the 2026 Giro d'Italia, as the peloton takes on a 184 km route starting in Cervia and finishing in Corno alle Scale.	ITALY		2026	RPT			Y		
18/05/2026	1800	Quiz	<b>Mastermind</b>	Episode 31	8	31	Tonight: Alex Garland's films, Little Women, Joan Didion, and classic Doctor Who. If you're still mixing up Daleks and Cybermen... well, this is an intervention. Contenders: April Chaplin, Liz Nourse, Catherine Bosch, Lucas Howard	AUSTRALIA	English-100	2026		G				
18/05/2026	1830	News - Overseas	<b>SBS World News</b>	SBS World News 2026 Ep 138	2026	138	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		
18/05/2026	1930	Culture & Society	<b>Robson Green's Weekend Escapes</b>	David Green	4	5	Actor and presenter Robson Green heads out on another weekend escape with his younger brother David. Leaving Robson's Hexham home, the pair head to a farm nearby to pick gooseberries for a lesson in jam making. A skill his little brother - who was a scaffolder by trade - is already well versed in. A short drive brings them to their next activity: making a their very own terrarium - a miniature garden in glass. After a night in the Northumbrian countryside the pair head to Druridge Bay - a seven-mile stretch of uninterrupted beach. There, they help build a gigantic sandcastle complete with turrets.	UNITED KINGDOM	English-100	2024		PG				
18/05/2026	2005	Culture & Society	<b>Robson Green's Weekend Escapes</b>	Steph Houghton	4	6	England football legend Steph Houghton joins Robson at Crag Pond in Teesdale for some outdoor activities. He takes the former Lioness tree climbing and canoeing before signing them up for bushcraft where they learn how to light a fire with sticks and eat a campfire supper. Robson heads into Upper Swaledale in North Yorkshire for a waterfall swim and sauna.	UNITED KINGDOM	English-100	2024		PG				
18/05/2026	2040	Archaeology	<b>Ancient Greece By Train</b>	Athens	1	2	Alice is in the Pentili Hills in Athens at a small site known as the Sanctuary of Dionysus, the god of wine, and it was a night of drinking and revelry that lead to a man called Thespis, the leader of a dance troupe, creating theatre.	UNITED KINGDOM	English-100	2024	RPT	G		Y	Y	Y

18/05/2026	2135	Quiz	<b>Never Mind The Buzzcocks</b>	Sophie Willan, Pixie Lott, Charlie Simpson, John Kearns	4	7	Sophie Willan joins host Greg Davies and team captain Noel Fielding with regular, Jamali Maddix in this episode packed with music trivia, quiz and big laughs. Guests include Busted's Charlie Simpson, pop star Pixie Lott, and comedian John Kearns who does his best to take the Intros rounds new heights. Expect all the classic rounds and a whole load of chaos as the teams battle it out.	UNITED KINGDOM	English-100	2024		M			
18/05/2026	2220	News - Overseas	<b>SBS World News Late</b>	SBS World News Late 2026 Ep 86	2026	86	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	
18/05/2026	2250	Crime	<b>Sambre: Anatomy of a Crime</b>	Arlette (The Mayor)	1	3	2002. While several women are raped in her town, Arlette Caruso, the communist mayor of a small industrial town in the Sambre, decides to break the silence around these rapes to warn the local female population. She pushes a victim, one of her municipal employees, to testify publicly about her rape. Meanwhile, the rapist continues to be rampant.	FRANCE	French-100	2023		M	a v	Y	
18/05/2026	2350	Crime	<b>Gomorra</b>	Gomorra Series 3 Ep 1	3	1	After his father dies, Genny is in charge now. He has to cover Pietros death and take care of the streets.	ITALY	Italian-100	2019	RPT	MA	v	Y	
18/05/2026	2445	Crime	<b>Gomorra</b>	Gomorra Series 3 Ep 2	3	2	Genny involves Gege, his accountant, in his dirty business. Don Giuseppe, Genny's father-in-law, comes back from prison.	ITALY	Italian-100	2019	RPT	MA	a v	Y	
18/05/2026	2545	Crime	<b>Gomorra</b>	Gomorra Series 3 Ep 3	3	3	Ciro, now in Sofia, has some issues with his new boss' son.	ITALY	Italian-100	2019	RPT	MA	d n v	Y	
18/05/2026	2645	Culture & Society	<b>Off The Beaten Track With Kate Humble</b>	Off The Beaten Track With Kate Humble Series 1 Ep 1	1	1	Kate Humble and her Welsh sheepdog Teg travel from the most northerly farm on mainland Wales, just outside Llandudno, across to the sleepy hamlet of Nantmor in Snowdonia. Along the way they experience the comeback of old-style shepherding, learn how canine power is saving lives on the mountains and see a forest through the eyes of a pack of huskies.	UNITED KINGDOM	English-100	2022	RPT	PG	n	Y	
18/05/2026	2720	Culture & Society	<b>Off The Beaten Track With Kate Humble</b>	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	
18/05/2026	2755	Culture & Society	<b>Great Coastal Railway Journeys</b>	Ballymena To Carrickfergus	2	12	Michael Portillo is in the glens of Antrim, where Ireland's folklore and magical myths flourish and he is transfixed by tales of fairies and legends of the sea. At the entrance to Belfast Lough, in Whitehead, he discovers a glorious museum, which tells the story of Ireland's railway heritage. An ambitious project is underway to restore a classic Irish locomotive.	UNITED KINGDOM	English-100	2022	RPT	G		Y	Y
18/05/2026	2830	Culture & Society	<b>Bamay</b>	Anangu Country, Uluru Kata Tjuta Pt 1	5	1	Series 5 kicks off with one of the most iconic places on the planet: Uluru Kata Tjuta National Park. A two-part episode showcases the breathtaking and ancient landscape.	AUSTRALIA	English-100	2024	RPT	G			
18/05/2026	2855	Fillers	<b>Destination Flavour Scandinavia Bitesize</b>	Destination Flavour Scandinavia Bitesize Series 1 Ep 1	1	1	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G		Y	
19/05/2026	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	
19/05/2026	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	
19/05/2026	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	
19/05/2026	630	News - Overseas	<b>Al Jazeera News</b>	Al Jazeera News		0	News via satellite from Al Jazeera Satellite Network, Qatar, in English.	QATAR	English-100	2024		NC		Y	
19/05/2026	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	
19/05/2026	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	

19/05/2026	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		
19/05/2026	900	History	<b>Make Up: A Glamorous History</b>	Victorian Britain	1	2	Lisa Eldridge explores how the Victorians prized 'natural beauty' above all else, an era when makeup was frowned upon but women found sneaky ways to paint their faces. And what this tells us about the Victorians.	UNITED KINGDOM	English-100	2019	RPT	PG	a	Y		
19/05/2026	1000	Culture & Society	<b>Legacy List With Matt Paxton</b>	Home On The Range	3	7	Norma's family has lived in the same West Texas farmhouse for over 100 years. It's filled with cherished antiques and loads of family memories, but Norma hasn't touched a thing since her mother passed away a few years ago. Matt and the team help the family clear out the clutter and the emotions as they say goodbye to the past and hello to their future farm.	UNITED KINGDOM	English-100	2021	RPT	G		Y		
19/05/2026	1100	Culture & Society	<b>Finding Your Roots</b>	Criminal Kind: Laura Linney, Lisa Ling, Soledad O'brien	6	4	Henry Louis Gates, Jr. explores the roots of actor, Laura Linney, and journalists, Lisa Ling, and Soledad O'Brien - telling them stories of tricksters, scoundrels and outright criminals, who nevertheless laid the groundwork for their success.	USA	English-100	2020	RPT	PG		Y		
19/05/2026	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		
19/05/2026	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		
19/05/2026	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		
19/05/2026	1400	Current Affairs	<b>Point: Road To Referendum History Bites</b>	Understanding The 1967 Referendum	2023	1	We look back on the historic 1967 referendum, where more than 90 per cent of Australians voted yes to amend the Constitution.	AUSTRALIA	English-100	2023	RPT	NC		Y		
19/05/2026	1405	Culture & Society	<b>Cotswolds And Beyond With Pam Ayres</b>	Le Manoir Aux Quats	2	6	Pam's journey begins with a gastronomic treat in the Oxfordshire countryside. She's visiting Le Manoir Aux Quats Saisons - the hotel and Michelin starred restaurant owned by famous chef Raymond Blanc.	UNITED KINGDOM	English-100	2022	RPT	PG	a	Y		
19/05/2026	1500	Entertainment	<b>Going Places With Ernie Dingo</b>	Bay Of Fires, Fremantle, Healesville	5	2	Rae sets out on foot to traverse Tasmania's Bay of Fires, Ernie catches up with the founder of Freo's famed cappuccino strip and Narelda meets a Sapphire empowering Aboriginal youth.	AUSTRALIA	English-100	2023	RPT	PG		Y	Y	
19/05/2026	1530	Cooking	<b>The Cook Up With Adam Liaw</b>	In Your Element	9	40	When Adam asks the most awarded chef in Australian history, Peter Gilmore, and acclaimed author Elizabeth Hewson to cook food in their element, it's a night to remember.	AUSTRALIA	English-100	2025	RPT	G		Y		
19/05/2026	1600	Biography	<b>Who Do You Think You Are?</b>	Malcolm Turnbull	12	2	When Former Prime Minister Malcolm Turnbull opens the book on his family history, curiosity turns to fascination when he discovers a mysterious unclaimed fortune. His family tree becomes an intriguing puzzle as he goes on a mission to answer the burning question, who got the money? Curious about unexplored family lines Malcolm delves into the history of his paternal great-grandmother's life. Here he unearths a convict tale of survival and resilience. But uncovers a dark family secret that challenges his view on his own existence.	AUSTRALIA	English-100	2021	RPT	PG	a	Y	Y	
19/05/2026	1705	Quiz	<b>Jeopardy!</b>	Jeopardy Series 42 Ep 79	42	79	Ken Jennings hosts Jeopardy! Where the answers are revealed, and the contestants must guess the appropriate questions.	USA	English-100	2025		G				
19/05/2026	1730	Quiz	<b>Letters And Numbers</b>	Letters And Numbers Series 4 Ep 73	4	73	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		
19/05/2026	1800	Quiz	<b>Mastermind</b>	Episode 32	8	32	Tonight: Romeo & Juliet, Ancient Stoic Philosophy, Asbestos, and The Clone Wars, a journey from star-crossed lovers to a galaxy far, far away. Contenders: Jo Ikin, Tracy Hayward, Frank Sotzik, Jack Richmond	AUSTRALIA	English-100	2026		G				
19/05/2026	1830	News - Overseas	<b>SBS World News</b>	SBS World News 2026 Ep 139	2026	139	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		
19/05/2026	1930	Culture & Society	<b>Who Do You Think You Are?</b>	Guy Sebastian	17	2	Acclaimed singer songwriter Guy Sebastian is determined to get to the bottom of his mother Nellie's ethnicity. Born in India, but blue-eyed and fair-skinned, there has always been confusion about his mother's bloodline.	AUSTRALIA	English-100	2025		PG		Y	Y	Y

19/05/2026	2030	Current Affairs	<b>Insight</b>	One Nation Wave	2026	12	One Nation is polling stronger than ever, the populist wave has crashed on our shores, why? And what does it mean for Australia?	AUSTRALIA	English-100	2026		NC				Y		
19/05/2026	2130	News And Current Affairs	<b>Dateline</b>	Greek Islands: Built Up & Booked Out	2026	12	With 37 million tourists flocking to Greece each year Dateline investigates the price of mass tourism. Locals fear this iconic landscape is being pushed to its limit as illegal construction booms.	GERMANY	Greek-50; English-40; German-10	2026		NC					Y	
19/05/2026	2200	News - Overseas	<b>SBS World News Late</b>	SBS World News Late 2026 Ep 87	2026	87	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	
19/05/2026	2230	Current Affairs	<b>Living Black</b>	Living Black Series 33 Ep 5	2026	5	Living Black returns in 2026 with another series of in depth conversations and investigations. Join Walkley Award winner Karla Grant as she explores the issues facing Indigenous Australians.	AUSTRALIA	English-100	2026	RPT	NC					Y	
19/05/2026	2305	Thriller	<b>The Negotiator</b>	In The Name Of The Father	1	1	After a leave of absence following the death of his wife, Captain Gabriel Menck returns to the frontline as GATE's negotiator. Thrown straight into a tense hostage situation inside a church, Menck must quickly find his footing alongside a new crisis manager and a tactical team leader he doesn't yet see eye to eye with. As the hours wear on, it becomes clear that there is far more at stake than anyone initially suspected.	BRAZIL	Portuguese-100	2024		M	a l				Y	
19/05/2026	2400	Period	<b>World On Fire</b>	Ep 1	2	1	The war reaches the sands of the Egyptian desert while bombs fall on Manchester, and Harry introduces an explosive force into Robina's household, leaving her reeling.	UNITED KINGDOM	English-70; German-15; French-10; Polish-5	2023	RPT	M	a v	Y	Y	Y		
19/05/2026	2505	Period	<b>World On Fire</b>	Ep 2	2	2	As Harry struggles to adapt to the realities of desert combat, Lois still longs to leave home. In Paris, Henriette is in grave danger, and a mysterious stranger arrives at Robina's door.	UNITED KINGDOM	English-70; German-15; French-10; Polish-5	2023	RPT	M	a l v	Y	Y	Y		
19/05/2026	2610	Period	<b>World On Fire</b>	Ep 3	2	3	As Stan and Rajib make a hasty retreat across the desert, Marga reasserts her commitment to the Fuhrer. Meanwhile, David is in peril in the skies over France.	UNITED KINGDOM	English-70; German-15; French-10; Polish-5	2023	RPT	M	a l v	Y	Y	Y		
19/05/2026	2715	Culture & Society	<b>Off The Beaten Track With Kate Humble</b>	Off The Beaten Track With Kate Humble Series 1 Ep 3	1	3	Kate Humble, accompanied by Welsh sheepdog Teg, continues her journey across the remote Welsh countryside by exploring mid-Wales. In Ponterwyd, the duo herd sheep for the market, and Kate sees first-hand the price disparity between what farmers get for their sheep and what consumers pay. At the Teifi Pools she discovers that Wales is a world leader in protecting its dark skies.	UNITED KINGDOM	English-100	2022	RPT	PG					Y	
19/05/2026	2750	Culture & Society	<b>Off The Beaten Track With Kate Humble</b>	Off The Beaten Track With Kate Humble Series 1 Ep 4	1	4	Kate Humble and her Welsh sheepdog Teg conclude their journey across the remote Welsh countryside by exploring Carmarthenshire, herding and milking goats in the Cothi Valley and trying her hand at trotting in Capel Iwan. In Cwm Elfed, she meets an Englishman keeping Welsh weaving tradition alive, and sees how beavers are transforming a Welsh farm near Carmarthen.	UNITED KINGDOM	English-100	2017	RPT	PG					Y	
19/05/2026	2825	Culture & Society	<b>Great Coastal Railway Journeys</b>	Bangor To Belfast	2	13	Michael Portillo is in Bangor, County Down en route to the Northern Irish capital, Belfast. Admiring the handsome waterfront houses, he recalls the resort's prosperity after the railways arrived and learns how local groups are launching a cultural revival. Out on the water, Michael enjoys live folk music on a boat before heading to the heart of political power in Northern Ireland, the imposing parliament building at Stormont.	UNITED KINGDOM	English-100	2022	RPT	G					Y	Y
20/05/2026	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	
20/05/2026	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	
20/05/2026	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	
20/05/2026	630	News - Overseas	<b>Al Jazeera News</b>	Al Jazeera News		0	News via satellite from Al Jazeera Satellite Network, Qatar, in English.	QATAR	English-100	2024		NC					Y	
20/05/2026	700	Cycling	<b>Giro d'Italia 2026 Highlights</b>	Stage 10	2026	10	Highlights from Stage 10 of the 2026 Giro d'Italia, a 42 km Individual time trial starting in Viareggio and finishing in Massa.	ITALY		2026							Y	

20/05/2026	800	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
20/05/2026	830	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
20/05/2026	900	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
20/05/2026	955	Culture & Society	<b>Legacy List With Matt Paxton</b>	Our Adobe Home	3	8	The Taos, New Mexico adobe where Marcia's grandparents once lived has sat empty for years. The outside is weathered and heirlooms and antiques inside have gone untouched. Now Marcia - an attorney who was the first Mexican-American woman to graduate from Princeton - and her family want to make the historic adobe liveable again. They call on Matt and his team to help preserve their family legacy.	UNITED KINGDOM	English-100	2021	RPT	G	Y
20/05/2026	1100	Culture & Society	<b>Finding Your Roots</b>	Fashion's Roots: Diane Von Furstenberg, Narciso Rodriguez, Ru Paul Charles	6	5	Henry Louis Gates, Jr. steps into the world of fashion and meets three icons of style: Diane Von Furstenberg, Narciso Rodriguez, and RuPaul Charles, introducing ancestors who were just as audacious as they are.	USA	English-100	2020	RPT	PG	Y
20/05/2026	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
20/05/2026	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
20/05/2026	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
20/05/2026	1400	News And Current Affairs	<b>Dateline</b>	Greek Islands: Built Up & Booked Out	2026	12	With 37 million tourists flocking to Greece each year Dateline investigates the price of mass tourism. Locals fear this iconic landscape is being pushed to its limit as illegal construction booms.	GERMANY	Greek-50; English-40; German-10	2026	RPT	NC	Y
20/05/2026	1430	Current Affairs	<b>Insight</b>	One Nation Wave	2026	12	One Nation is polling stronger than ever, the populist wave has crashed on our shores, why? And what does it mean for Australia?	AUSTRALIA	English-100	2026	RPT	NC	Y
20/05/2026	1530	Travel	<b>Plat Du Tour</b>	Pot Au Feu	2	18	Food is the great equalizer. Centuries ago a humble pot of stew could satiate the appetites of kings and peasants alike. Today's start stage of Pau also happens to be the birthplace of King Henri IV, and Guillaume is making Pot au Feu – one of his favourite dishes.	AUSTRALIA	English-97; French-3	2021	RPT	G	Y
20/05/2026	1535	Cooking	<b>The Cook Up With Adam Liaw</b>	Seriously Delicious	9	41	It's a seriously delicious night in The Cook Up kitchen as Adam is joined by chef-at-large Rosheen Kaul and actor Ryan Corr.	AUSTRALIA	English-100	2025	RPT	G	Y
20/05/2026	1605	Quiz	<b>Jeopardy!</b>	Jeopardy Series 42 Ep 80	42	80	Ken Jennings hosts Jeopardy! Where the answers are revealed, and the contestants must guess the appropriate questions.	USA	English-100	2025		G	
20/05/2026	1630	Quiz	<b>Letters And Numbers</b>	Letters And Numbers Series 4 Ep 74	4	74	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
20/05/2026	1700	Cycling	<b>Giro d'Italia 2026 Highlights</b>	Stage 10	2026	10	Highlights from Stage 10 of the 2026 Giro d'Italia, a 42 km Individual time trial starting in Viareggio and finishing in Massa.	ITALY		2026	RPT		Y
20/05/2026	1800	Quiz	<b>Mastermind</b>	Episode 33	8	33	Tonight, we delve into the novels of Thomas Pynchon, Japanese Mascots, the history of Blackpool FC, and The Mighty Boosh. With subjects like this, it can only be one show. Contenders: Gabe Bath, Sandra Silvi, Danica Moore, Barry Giles	AUSTRALIA	English-100	2026		G	
20/05/2026	1830	News - Overseas	<b>SBS World News</b>	SBS World News 2026 Ep 140	2026	140	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

20/05/2026	1935	Culture & Society	Alexander Armstrong In India	Episode 2	1	2	On the second leg of his Indian adventure, Alexander Armstrong heads to Rajasthan's capital, the pink city of Jaipur. He explores the city's rich gemstone heritage, meets a street photographer with a fabulous antique camera and discovers how one entrepreneur is shaking up Jaipur's traditional leathermaking industry by producing sex-positive goods.	UNITED KINGDOM	English-50; Hindi-50	2025		PG			
20/05/2026	2030	Biography	The Trial Of Michael Jackson	Prosecution, The	1	3	The trial becomes a flashpoint for debate around race, fame and the American justice system. Prosecutors are determined, presenting a pattern of behaviour stretching back years and calling witnesses whose testimony is as compelling as it is contested. But Jackson's resources and public support are formidable. As the jury weighs the evidence, the outcome remains deeply uncertain.	UNITED KINGDOM	English-100	2025		M	Y	Y	Y
20/05/2026	2125	Contemporary	The Audacity	Sandbox	1	6	As Silicon Valley and its overlords veer into AI-fuelled peak depravity, a would-be tech titan and his ethically challenged therapist try to find a fortune, and happiness, for themselves.	USA	English-100	2025		M	Y		Y
20/05/2026	2230	News - Overseas	SBS World News Late	SBS World News Late 2026 Ep 88	2026	88	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		
20/05/2026	2300	Period	Rise Of The Raven	Episode 8	1	8	In the aftermath of the battle of Varna. Hunyadi, Miho and Lacko are stranded in Vlad's prison, waiting to be handed over to the Sultan as spoils of war.	GERMANY	German-20; Hungarian-20; Italian-20; Serbian-20; Turkish-20	2025		MA	a s v		Y
20/05/2026	2405	Thriller	Golden Boy	Golden Boy Series 1 Ep 1	1	1	A football manager under contract with a foreign club discovers Denis, an exceptional player. He gambles his money away and leaves Denis as collateral to gangsters.	MONTENEGRO	Serbian-95; English-5	2022	RPT	MA	d s		Y
20/05/2026	2500	Thriller	Golden Boy	Golden Boy Series 1 Ep 2	1	2	With a new trainer, Denis tries to get his career back on track, but his personal life also spirals when he cheats on his girlfriend. Meanwhile, Chucky tries to keep the mob at bay.	MONTENEGRO	Serbian-95; English-5	2022	RPT	M	d l n		Y
20/05/2026	2555	Thriller	Classified	Pamir	2	5	A clue allows you to begin tracing Denard's trail, one step at a time; Rachel's colleagues discover that she is hiding things from them about Denard; Rachel continues to get closer to Fabien.	CANADA	French Canadian-98; English-2	2022	RPT	M	a l v		Y
20/05/2026	2645	Thriller	Classified	Proof Of Life	2	6	Theo receives anonymous information about Rachel that catches his attention; the professional past shared between Denard and Rachel resurfaces and further confuses the issue.	CANADA	French Canadian-98; English-2	2022	RPT	M	a l s v		Y
20/05/2026	2735	Culture & Society	Great Coastal Railway Journeys	Carlingford To Dublin	2	14	Michael Portillo continues his railway journey along the Atlantic and Irish Sea coasts of Northern Ireland and the Republic of Ireland. From Newry, he sets off to cross the border into the Republic. Alighting in Dundalk in County Louth, he heads for the Carlingford Peninsula with its vast beaches of muddy sand. Laid out on steel trestle tables stretching for 30 kilometres he finds 70,000 bags of Pacific Oysters.	UNITED KINGDOM	English-100	2022	RPT	G	Y		Y
20/05/2026	2810	Culture & Society	Great Coastal Railway Journeys	Dun Laoghaire To Rosslare	2	15	Michael Portillo begins the final leg of his railway journey hugging the shores of the Atlantic and the Irish Sea. Today he travels from the capital of the Republic of Ireland, Dublin, on the DART suburban railway to the harbour town of Dun Laoghaire. The Geological Survey Ireland maps the nation's territorial waters. Michael joins the crew of the RV Malice to survey what lies beneath the waves in Dublin Bay. What secrets will they discover on the seabed?	UNITED KINGDOM	English-100	2022	RPT	G	Y		Y
20/05/2026	2840	Nature & Environment	Bamay	Walpiri Country - Tanami Desert	2	18	This episode of Bamay showcases beautiful Arrernte and Warlpiri Country - with locations such as Mparntwe Alice Springs and the Ellery Creek Big Hole.	AUSTRALIA	English-100	2020	RPT	G			
21/05/2026	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		
21/05/2026	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		
21/05/2026	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		
21/05/2026	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		



21/05/2026	1830	News - Overseas	SBS World News	SBS World News 2026 Ep 141	2026	141	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	
21/05/2026	1930	Culture & Society	Rick Stein's Australia	NSW Outback, The	1	4	Rick explores the vast plains of Moree and Bourke, gateway to the Australian outback, and the food heritage of its resilient and pioneering farm communities.	AUSTRALIA	English-100	2025		PG			Y	Y
21/05/2026	2040	Biography	American Prince: JFK Jnr	Final Summer, The	1	3	Following their wedding, Carolyn Bessette is relentlessly pursued by the paparazzi. The constant media attention places growing strain on her marriage with John F. Kennedy Jr., resulting in the couple becoming increasingly distant.	USA	English-100	2025	RPT	M	I		Y	Y
21/05/2026	2130	Period	A Gentleman In Moscow	An Invitation	1	2	The Count reckons with his past when old friend Mishka turns up at the hotel. He meets Anna Urbanova for the first time, embarking on a passionate affair. Meanwhile, his friendship with Nina deepens, but their time together may be cut short.	UNITED KINGDOM	English-100	2025		M			Y	Y
21/05/2026	2230	News - Overseas	SBS World News Late	SBS World News Late 2026 Ep 89	2026	89	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	
21/05/2026	2300	Crime	Under The Bridge	In Water They Sink The Same	1	6	Past and present wounds entwine as Rebecca and Cam's alliance is tested. The Virks discuss taking matters into their own hands, and the teens use a school dance as cover for their escape plan - all as another life is threatened.	USA	English-100	2024		M	a d l		Y	Y
21/05/2026	2355	Crime	DNA	Work Force	2	4	Julita visits Rolf in Denmark, in search of the truth about her daughter; Neel pays a visit to workers at Work-Force; Claire finds a connection between a travel agency and a Danish organisation.	DENMARK	Danish-70; English-20; French-5; Romanian-5	2023	RPT	M	a		Y	
21/05/2026	2445	Crime	DNA	Transylvanian Contractors	2	5	Rolf and Neel pays Hoxa a visit at his mansion, to confront him with a new evidence; Mario's debt increases and in order to pay it off, he needs to complete a new, risky task.	DENMARK	Danish-70; English-20; French-5; Romanian-5	2023	RPT	M	a l v		Y	
21/05/2026	2535	Crime	DNA	Donor	2	6	Rolf, Claire and Karol don't get much help from the nuns as they try to find answers in a monastery, but Rolf nevertheless gets hold of material that reveals a connection to a fertility clinic.	DENMARK	Danish-70; English-20; French-5; Romanian-5	2023	RPT	M	a l v		Y	
21/05/2026	2630	Culture & Society	Off The Beaten Track With Kate Humble	Ep 1	2	1	This episode kicks off with Kate Humble and her Welsh Sheepdog Teg exploring remote North Wales. Kate reaches for the sky, amidst a storm with 50 mph winds, as she attempts to climb the tallest man-made structure in Wales, the Arfon Transmission Tower, to fix some loose cables.	UNITED KINGDOM	English-100	2022	RPT	PG			Y	
21/05/2026	2705	Culture & Society	Off The Beaten Track With Kate Humble	Ep 2	2	2	In mid-Wales, Kate and Teg have a taste of Stone Age life, mucking in with a farmer and an archaeologist who are building a medieval settlement to bring to life the past in order to understand how we used to live. Next, they explore the potential death traps of our historical legacies, at an old lead mine, where the South and Mid Wales Cave Rescue Team practice their skills.	UNITED KINGDOM	English-100	2022	RPT	PG			Y	
21/05/2026	2740	Culture & Society	Great Coastal Railway Journeys	Portland Harbour	2	16	Michael's first stop is Portland Harbour in Dorset, home to some of the finest sailing waters in the UK and the location for the 2012 Olympic sailing events. There he takes to the water with four-times paralympian, Hannah Stodel. After a quick stop on the distinctive 18-mile-long Chesil Beach, Michael makes his way to Abbotsbury Swannery to take in the amazing sight of their 800-strong colony of Mute Swans.	UNITED KINGDOM	English-100	2022	RPT	PG	a w		Y	Y
21/05/2026	2815	Nature & Environment	Bamay	Ngarrindjeri Country	2	7	A slow TV showcase of the stunning landscapes found in Ngarrindjeri Country.	AUSTRALIA	English-100	2020	RPT	G				
21/05/2026	2855	Fillers	Destination Flavour Scandinavia Bitesize	Destination Flavour Scandinavia Bitesize Series 1 Ep 2	1	2	Join Adam Liaw as he revisits the highlights from his Scandinavian food adventures.	AUSTRALIA	English-100	2015	RPT	G			Y	
22/05/2026	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	
22/05/2026	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	

22/05/2026	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			
22/05/2026	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			
22/05/2026	700	Cycling	Giro d'Italia 2026 Highlights	Stage 12	2026	12	Highlights from Stage 12 of the 2026 Giro d'Italia, as the peloton takes on a 177 km route starting in Imperia and finishing in Novi Ligure.	ITALY		2026			Y			
22/05/2026	800	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			
22/05/2026	830	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			
22/05/2026	900	News - Overseas	DD India News Hour	DD India News Hour		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			
22/05/2026	955	Culture & Society	Legacy List With Matt Paxton	Cleared For Take-Off	4	1	A retiring pilot and his wife are selling the home they've lived in for over 20 years. Before they can put their house on the market they'll need Matt's help clearing out a basement full of collectables and a carriage house filled with family memories. Among the items they hope to find are an old telegraph key that's almost 100 years old and treasured memorabilia from his years as a Navy pilot.	UNITED KINGDOM	English-100	2022	RPT	G	Y			
22/05/2026	1110	Culture & Society	Making It	Meet Your Makers	1	1	Pop culture BFFs, Amy Poehler and Nick Offerman, reunite for a light-hearted and unique competition that celebrates the hugely popular DIY maker movement that's taken the US by storm. They bring together eight of the best craftspeople from across the country to compete in one-of-a-kind challenges hoping to be crowned 'Master Maker.'	USA	English-100	2018		PG	Y	Y		
22/05/2026	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			
22/05/2026	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			
22/05/2026	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			
22/05/2026	1400	Health, Science & Technology	Scotland's Extreme Medics	Ep 2	2	2	The trauma team are dispatched by air to the west bank of Loch Lomond, where a minibus carrying 15 tourists has collided with a car. In South Ayrshire, the coastguard helicopter and the air ambulance attend another road traffic collision, where 86-year-old Shirley has sustained multiple injuries and is struggling to breathe. Meanwhile, the trauma team attend 72-year-old William, who has severely cut his arm whilst chopping wood with a circular saw at home.	UNITED KINGDOM	English-100	2022	RPT	M	a I	Y	Y	Y
22/05/2026	1500	News - Domestic	NITV News: Nula	NITV News: Nula 2026 Ep 17	2026	17	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			
22/05/2026	1530	Travel	Plat Du Tour	Roast Milk-Fed Lamb With Beans, Tomato, Olive And Anchovies	2	19	One of the things France and Australia have in common is their love of lamb. Guillaume will have your taste buds tingling as he slow roasts a lamb leg over a toasty wood fire, and matches it with a rustic tomato garnish.	AUSTRALIA	English-97; French-3	2021	RPT	G	Y			
22/05/2026	1535	Travel	The Cook Up With Adam Liaw	Mie, Myself, And I	8	9	Noodles for one, anyone? Adam and his guests, Lilly Wright from Flying Chillies in Ballarat and comedian Sasha Perera share their solo noodle go-tos.	AUSTRALIA	English-100	2025	RPT	G	Y			
22/05/2026	1605	Quiz	Jeopardy!	Jeopardy Series 42 Ep 82	42	82	Ken Jennings hosts Jeopardy! Where the answers are revealed, and the contestants must guess the appropriate questions.	USA	English-100	2025		G				
22/05/2026	1630	Quiz	Letters And Numbers	Letters And Numbers Series 4 Ep 76	4	76	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			

22/05/2026	1700	Cycling	<b>Giro d'Italia 2026 Highlights</b>	Stage 12	2026	12	Highlights from Stage 12 of the 2026 Giro d'Italia, as the peloton takes on a 177 km route starting in Imperia and finishing in Novi Ligure.	ITALY		2026	RPT			Y	
22/05/2026	1800	Quiz	<b>Mastermind</b>	Episode 35	8	35	Our weekly winners are back with two minutes of general knowledge, plus the dreaded slow burn round. Tonight's slow burn topics are an Annual Event, a Word, a TV Show and a Book.	AUSTRALIA	English-100	2026		G			
22/05/2026	1830	News - Overseas	<b>SBS World News</b>	SBS World News 2026 Ep 142	2026	142	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	
22/05/2026	1935	Culture & Society	<b>Paul Merton: Driving Amazing Trains</b>	Isle Of Wight	1	1	On the beautiful Isle of Wight Paul follows in the footsteps of his tube driver Dad by riding up front on the very trains his father would have driven on the Northern Line - now in service on the island. After driving a heritage steam loco Paul helps a cow give birth before driving a sit-on tiny steam train at Cowes. His journey finishes with a look at how the Island was prepped in secret to help with D-Day.	UNITED KINGDOM	English-100	2025					
22/05/2026	2030	Culture & Society	<b>China With Ben Fogle</b>	Land Of Dreams	1	1	Ben's adventure begins at the Great Wall before plunging into the vibrant life of Beijing and Shanghai. He encounters communal traditions, cutting-edge entertainment, and the people shaping modern China. From high-speed trains to Hollywood-scale film studios, fortune-telling cocktail bars to the explosive rise of mobile micro-dramas, this is China as you have never seen it before.	UNITED KINGDOM	English-88; Mandarin-12	2025			Y	Y	Y
22/05/2026	2150	Culture & Society	<b>Rock Legends</b>	Primal Scream	9	13	Primal Scream, the Scottish rock band formed in 1982, are celebrated for fusing rock, dance, and psychedelic sounds. Hits like 'Loaded', 'Rocks', and 'Movin' On Up' brought them worldwide acclaim, cementing their influence on alternative music and the Madchester scene.	UNITED KINGDOM	English-100	2018		PG	a	Y	
22/05/2026	2215	News - Overseas	<b>SBS World News Late</b>	SBS World News Late 2026 Ep 90	2026	90	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	
22/05/2026	2245	Thriller	<b>The King</b>	Episode 7	1	7	Bruno isolates the Muslim wing and enrages the secret services. Adele finds out Gloria is having an affair with her oncologist and repairs to her father's place. The Lackovic case: to Gloria, Bruno denies killing him, but he confesses to Sonia, who has to decide which side she's on. The Muslims are getting restless, but Amir helps Bruno with the message in the counterfeit book: it's from a speech by Al-Iraqi.	ITALY	Italian-100	2022		M	a s	Y	
22/05/2026	2340	Crime	<b>Babylon Berlin</b>	Babylon Berlin Series 4 Episode 9	4	9	Malu Seegers and Dr Volcker pursue a deadly plan; Charlotte makes a terrible discovery; Helga tries to escape from her kidnappers.	GERMANY	German-50; Russian-50	2022	RPT	MA	v	Y	
22/05/2026	2435	Crime	<b>Babylon Berlin</b>	Babylon Berlin Series 4 Episode 10	4	10	Despite Gennat's doubts, Rath organises a meeting with all of the wrestling club bosses; Malu rethinks her plan; Esther looks for work as a musician.	GERMANY	German-50; Russian-50	2022	RPT	MA	v	Y	
22/05/2026	2535	Thriller	<b>Syndrome E</b>	Episode 3	1	3	Lucie is affected more and more by the mysterious Syndrome E; she can feel it rumbling inside her. Sharko sees her distress and their attraction for each other grows. Their suspicions focus on the Moreau Family Foundation, which specialises in state-of-the-art neuroscience research.	FRANCE	French-100	2022	RPT	M	a l v	Y	
22/05/2026	2635	Thriller	<b>Syndrome E</b>	Episode 4	1	4	Sharko leaves to investigate in Morocco. He is received by the officers of the Casablanca crime squad who end up trapping him. In Paris, Lucie continues her investigation into the Moreau's Foundation which praises the merits of deep brain stimulation technology it has developed.	FRANCE	French-100	2022	RPT	MA	a v	Y	
22/05/2026	2735	Culture & Society	<b>Great Coastal Railway Journeys</b>	Wareham	2	17	Michael Portillo alights at Wareham to visit Dorset's internationally renowned Jurassic Coast. Exploring its geology, he discovers black gold locked into its rocks and visits one of the county's oldest oil fields. In Swanage, Michael visits the pretty Victorian harbour before riding the magnificent Swanage heritage railway to Corfe Castle, the location for one of the most dramatic hilltop castle ruins in the country.	UNITED KINGDOM	English-100	2022	RPT	G		Y	Y
22/05/2026	2810	Culture & Society	<b>Bamay</b>	Nyungar Country, Esperance Pt 1	5	3	Bamay is back! See more stunning and diverse Australian locations from the Australian skies.	AUSTRALIA	English-100	2024	RPT	G			
22/05/2026	2840	Nature & Environment	<b>Bamay</b>	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	
23/05/2026	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	

23/05/2026	530	Current Affairs	<b>ANC Philippines The World Tonight</b>	ANC Philippines The World Tonight	2026	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		2026							
23/05/2026	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
23/05/2026	630	News - Overseas	<b>Al Jazeera News</b>	Al Jazeera News		0	News via satellite from Al Jazeera Satellite Network, Qatar, in English.	QATAR	English-100	2024		NC					Y
23/05/2026	700	Cycling	<b>Giro d'Italia 2026 Highlights</b>	Stage 13	2026	13	Highlights from Stage 13 of the 2026 Giro d'Italia, as the peloton takes on a 188 km route starting in Alessandria and finishing in Verbania.	ITALY		2026							Y
23/05/2026	800	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
23/05/2026	830	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
23/05/2026	900	News - Overseas	<b>DD India News Hour</b>	DD India News Hour		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
23/05/2026	1000	Culture & Society	<b>Paul O'Grady For The Love Of Dogs</b>	Episode 5	2	5	Paul meets Visu, an eight-year-old Shih Tzu brought to Battersea by his owner who is too ill to look after him. Visu doesn't adapt well to life at Battersea and won't eat, sleep or mix with the other dogs. Paul's initials attempts to cheer him up are unsuccessful, but not one to admit defeat he sets about entertaining Visu with his stand-up routine, only to be snubbed once more.	UNITED KINGDOM	English-100	2013	RPT	PG	a w				Y
23/05/2026	1030	Culture & Society	<b>Paul O'Grady For The Love Of Dogs</b>	Episode 6	2	6	Paul catches up with the Jack Russell and Staffie cross puppies he met earlier in the series. Now nearly four weeks old, the adorable puppies are all thriving and ready to be weaned. Paul helps them try solid food for the first time, after being hand reared by staff at Battersea since birth, given bottles every two hours day and night. Despite one of the pups taking a toilet break under Paul's leg yet again, he is still smitten and fighting the urge to take them home.	UNITED KINGDOM	English-100	2013	RPT	PG	a w				Y
23/05/2026	1100	Culture & Society	<b>Hot Roads: World's Most Dangerous Roads</b>	Camels And Trucks In Rajasthan	3	4	Rajasthan is a state of ancient palaces, vast desert landscapes and roads that are fast-paced, chaotic and utterly unpredictable. Travelling by truck, bus, autorickshaw and dromedary, this is a journey from the Aravalli Mountains to the Thar Desert. Along the way, free-roaming leopards, great flocks of cranes and the ever-present sacred cow ensure that no two kilometres are ever quite the same.	GERMANY	English-79; Hindi-21	2023		PG				Y	Y
23/05/2026	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
23/05/2026	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
23/05/2026	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
23/05/2026	1400	Entertainment	<b>Going Places With Ernie Dingo</b>	Fitzroy Crossing, Bellenden Ker, Inverloch	5	3	Ernie cruises the ancient waterways of Danggu Gorge, Aaron catches up with a talented woodcarver in QLD's sugarcane country and Narelda tries her hand at natural horsemanship in regional Victoria.	AUSTRALIA	English-100	2023	RPT	PG	a l			Y	Y
23/05/2026	1500	Sport	<b>Stories From The Cities</b>	San Francisco Bay Area	2026	14	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 the San Francisco Bay Area through its people, neighbourhoods, culture, and the everyday moments that define the city.		English-100	2026		PG					
23/05/2026	1530	Archaeology	<b>Cleopatra: Mystery Of The Mummified Hand</b>	Cleopatra: The Mystery Of The Mummified Hand		0	A renowned American collector might hold the key to the mysterious tomb. He recently discovered a perfectly preserved mummified hand, brought back from Egypt in the 18th century. If the accompanying text is to be believed, it is that of Cleopatra VII, the last Queen Pharaoh of this vanished civilization. Could it be true? A thrilling investigation begins to solve a 2,000-year-old enigma.	FRANCE	English-75; French-25	2022	RPT	PG	a		Y	Y	

23/05/2026	1630	Cycling	<b>Giro d'Italia 2026 Highlights</b>	Stage 13	2026	13	Highlights from Stage 13 of the 2026 Giro d'Italia, as the peloton takes on a 188 km route starting in Alessandria and finishing in Verbania.	ITALY		2026	RPT					Y		
23/05/2026	1730	History	<b>The Battle Of Crete</b>	Evacuation		1	2	Allied forces were evacuated off Crete's south coast in a dangerous operation that cost the lives of almost 1000 British seamen and Allied soldiers. Protected by a series of bloody and heroic rear-guard actions to slow down the German advance, thousands of soldiers embarked on a forced march over the mountains of central Crete to meet Royal Navy ships which would take them 400 miles across the Mediterranean to Alexandria in Egypt.	AUSTRALIA	English-100	2019							
23/05/2026	1830	News - Overseas	<b>SBS World News</b>	SBS World News 2026 Ep 143	2026	143	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	
23/05/2026	1930	Culture & Society	<b>Jewels of the Mediterranean</b>	Cyprus		1	9	With its 11 months of sunshine, this episode explores Cyprus. A village is taken over by a Cypriot Wedding, the Fella Twins create a new Kolokasi recipe, we find the secret to the perfect halloumi and meet the women stitching Cyprus back together.	UNITED KINGDOM	English-99; Greek-1	2025		PG	a w		Y	Y	
23/05/2026	2020	Culture & Society	<b>Magical Train Journeys In Switzerland</b>	With The Voralpen-Express From St Gallen To Lucerne		1	7	From the rolling hills of Appenzellerland across Lake Zurich to vibrant Lucerne, the journey with the Voralpenexpress offers unique panoramas on its way from the east to central Switzerland and an insight into the historic architecture of the Swiss railroad pioneers.	GERMANY	English-70; German-30	2021	RPT	G				Y	
23/05/2026	2120	Biography	<b>Elizabeth Taylor: Rebel Superstar</b>	Fame		1		Elizabeth was the first A-list celebrity to open the doors to the public, sharing all the drama of her life and relationships with the world and, in the process, invented the modern celebrity.	USA	English-100	2024	RPT	M	a l		Y	Y	
23/05/2026	2215	History	<b>The Wonders Of Europe</b>	Tower Of London, The		3	3	Famous for its ravens and the Crown Jewels, the Tower of London attracts more than three million visitors every year. Built in the 11th century by William the Conqueror, Duke of Normandy who became King of England, England's first stone keep was transformed two centuries later into a magnificent royal residence.	FRANCE	English-80; French-20	2024	RPT	PG	a v		Y	Y	
23/05/2026	2315	Thriller	<b>Snowpiercer</b>	Born To Bleed		3	6	As the bomber is revealed, Layton comes to terms with his past decisions before making an irreversible call.	USA	English-100	2022	RPT	MA	v		Y	Y	
23/05/2026	2410	Thriller	<b>Snowpiercer</b>	Ouroboros		3	7	As the train grapples with Layton's status, he's discovering that some dreams aren't worth having. Wilford makes a shocking discovery.	USA	English-100	2022	RPT	MA	v		Y	Y	
23/05/2026	2500	Thriller	<b>Snowpiercer</b>	Setting Itself Right		3	8	As the train detours from New Eden, an environmental catastrophe threatens everyone onboard.	USA	English-100	2022	RPT	MA	a		Y	Y	
23/05/2026	2555	Culture & Society	<b>Matched</b>	Reunion Dinner And Ankit		2	8	Writer Ankit has a way with words but will that help him in the search for a bride, while a dinner party unites some of our arranged favourites to discuss the highs and lows of their arranged marriage experience.	NEW ZEALAND	English-100	2020	RPT	PG			Y	Y	Y
23/05/2026	2645	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		
23/05/2026	2720	Culture & Society	<b>Off The Beaten Track With Kate Humble</b>	Ep 4		2	4	In West Wales, Kate meets the last Master Thatcher based in Wales, starting in Newport Pems, she helps with the harvesting of water reeds, an invasive, thick grass-like plant now used on 80 per cent of thatched roofs in the UK; she then travels to Merthyr Mawr to learn that protected, historical buildings are thatched with heritage wheat straw.	UNITED KINGDOM	English-100	2022	RPT	PG			Y		
23/05/2026	2755	Culture & Society	<b>Great Coastal Railway Journeys</b>	Southampton		2	18	This leg of Michael's journey starts in Southampton, one of the busiest ports on the South Coast and home to the National Oceanography Centre. Whilst learning of their role in the fight against plastic in our seas, Michael discovers their new fleet of research submarines. From the port, Michael takes a ferry to the Isle of Wight. Once there, a nostalgic ride on the Isle of Wight Steam Railway prompts fond memories of childhood family holidays.	UNITED KINGDOM	English-100	2022	RPT	G			Y		Y
23/05/2026	2830	Culture & Society	<b>Bamay</b>	Nyungar Country, Esperance Pt 2		5	4	Bamay is back! See more stunning and diverse Australian locations from the Australian skies.	AUSTRALIA	English-100	2024	RPT	G					



