



WEEK 30 Sunday, 19 July 2026 Saturday, 25 July 2026

Date	Start Time	Genre	Title
19/07/2026	500	News - Overseas	NHK World English News Morning
19/07/2026	515	News - Overseas	Euronews
19/07/2026	530	Current Affairs	ANC Philippines The World Tonight
19/07/2026	600	News - Overseas	DW English News
19/07/2026	630	Football	FIFA World Cup 2026
19/07/2026	930	Football	FIFA World Cup 2026
19/07/2026	1300	Football	FIFA World Cup 2026
19/07/2026	1600	Football	FIFA World Cup 2026: Highlights Show
19/07/2026	1630	Culture & Society	Building The Snowy
19/07/2026	1730	Cycling	Tour de France 2026 PM Highlights
19/07/2026	1830	News - Overseas	SBS World News
19/07/2026	1930	History	Eiffel Tower: Life Behind The Scenes
19/07/2026	2030	History	Structures Of Marvel: Medieval Paris
19/07/2026	2130	Cycling	Tour de France 2026 Full Stages
19/07/2026	2625	Popular Music / Jazz	Ireland In Music: Cailthnin
19/07/2026	2655	Popular Music / Jazz	Ireland In Music: Cailthnin
19/07/2026	2725	Documentary	Beautiful Game Changers
19/07/2026	2730	Football	FIFA World Cup 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	2026	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2026		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	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		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		
FIFA World Cup 2026: 3rd Place Playoff: Match 103	2026	103	All the action from the FIFA World Cup 2026 Third place play-off match between TBC and TBC at Miami Stadium.	USA	English-100	2026	LIVE	NC		Y		
FIFA World Cup 2026: Semi-Final: Match 102	2026	102	All the action from the FIFA World Cup 2026 Semi-Final match between TBC and TBC at Atlanta Stadium.	USA	English-100	2026	RPT	NC		Y		
FIFA World Cup 2026: 3rd Place Playoff: Match 103	2026	103	All the action from the FIFA World Cup 2026 Third place play-off match between TBC and TBC at Miami Stadium.	USA	English-100	2026	RPT	NC		Y		
Matchday 33	2026	33	All the best action from the latest Matchday at the FIFA World Cup 2026.	USA	English-100	2026		NC		Y		
Legacy, The	1	3	The final episode looks at the lasting impact of the original scheme, and the legacy that is being built now by the successors of that first workforce in the building of Snowy 2.0. Over almost eight decades, the Snowy transformed the environment and people around it. From Alpine skiing to towns that were built and towns that were moved, from new industries to 'New Australians', the legacy of The Snowy is unique.	AUSTRALIA	English-100	2022	RPT	PG		Y		Y
Stage 14	2026	14	Evening highlights from Stage 14 of the 2026 Tour de France, as the peloton takes on a 155 km route starting in Mulhouse and finishing in Le Markstein Fellingert.	FRANCE		2026		NC		Y		
SBS World News 2026 Ep 200	2026	200	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		
Part 3	1	3	We will take you behind the scenes of the preparation of Bastille Day Fireworks and the technical prowess of the elevators. We also follow Clement Bain, the Eiffel Tower brigade leader, and the new decoration of the top floor terrace imagined by Isabelle Saulay.	FRANCE	English-50; French-50	2023		PG				
Structures Of Marvel: Medieval Paris 1	0	0	In the heart of Paris, Ile de la Cite once featured one of the most majestic palaces of medieval times: The Palais des Rois. With only two parts of this palace remaining, viewers are invited to travel back in time and discover how the Sainte-Chapelle and the Conciergerie became the most accomplished buildings of the Middle Ages.	FRANCE	English-58; French-42	2023	RPT	G		Y		Y
Stage 15	2026	15	All the action from Stage 15 of the 2026 Tour de France, as the peloton takes on a 184 km route starting in Champagneole and finishing in Plateau de Solaison.	FRANCE	English-100	2026	LIVE	NC		Y		
Tri, A	1	3	Each episode Ireland In Music takes you all over Ireland with beautiful music and scenery. This episode contains Irish poet and rap artist Calaviedmai as she leads us to the edge of the Atlantic to the ruins of Kilbaron Castle in Donegal.	IRELAND	English-100	2023	RPT	G		Y		
Ceathair, A	1	4	Behold the majesty of Ireland's Slieve Gullion Forest Park with Larry Beau and Seana Davey.	IRELAND	English-100	2023	RPT	PG		Y		
Gel Freire: Keeping Brazil Close	1	7	At Canarinhos, Gel Freire helps keep alive a Sunday football tradition where Brazilians in Sydney find friendship, community and a lasting connection to home for more than 50 years.	AUSTRALIA	English-100	2026	RPT	G		Y		
FIFA World Cup 2026: Final: Match 104	2026	104	All the action from the FIFA World Cup 2026 Final between TBC and TBC at New York New Jersey Stadium.	USA	English-100	2026	LIVE	NC		Y		

20/07/2026	830	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	
20/07/2026	855	Current Affairs	Living Black Shorts	Living Black Shorts Ep 1	2025	1	Living Black Shorts gives voice to some of the First Nations talent that have been interviewed by the Living Black team or worked at SBS over its remarkable 50 years on air.	AUSTRALIA	English-100	2025	RPT	NC		Y	
20/07/2026	900	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	
20/07/2026	930	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	
20/07/2026	1030	History	Inside The Steam Train Museum	60 Years Of Steam	2	1	To celebrate 60 years since the collection began, the museum is preparing for their anniversary steam gala event, however, they encounter a few problems along the way. Engineer, Brian has his hands full trying to keep the Museum's largest engine on track mid-event. We meet volunteer Dan who has wanted to drive the engines at Bressingham since he was a small boy and has now achieved his dream.	UNITED KINGDOM	English-100	2020	RPT	G		Y	Y
20/07/2026	1125	Culture & Society	The Power Of Pop Choir	Power Of Pop Choir, The	0	0	The uplifting story of Pop Choir, one of Australia's largest community choirs who have 800 members in Melbourne.	AUSTRALIA	English-100	2023	RPT	PG		Y	
20/07/2026	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	
20/07/2026	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	
20/07/2026	1300	News - Overseas	PBS News Compass Points	PBS News Compass Points	2026	0	Join PBS News Hour's Nick Schirfin 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	
20/07/2026	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	
20/07/2026	1400	History	Queens That Changed The World	Virgin Queen: Elizabeth I, The	1	1	Elizabeth took the throne of a divided nation and it was her tolerance and wisdom that allowed peace, prosperity, and English culture to flourish. Her response to numerous threats, such as the Spanish Armada, saw her become one of the most powerful leaders in history.	UNITED KINGDOM	English-100	2023	RPT	PG	a	Y	Y
20/07/2026	1455	Archaeology	Iznik: The Sunken Basilica	Iznik: The Sunken Basilica	0	0	A routine survey flight in 2014 over Lake Iznik in Turkey unexpectedly revealed the sunken remains of a 4th century Byzantine basilica. This incredible discovery prompted international scientists to probe the elusive history and geology behind the demise of a church that was built in the ancient Roman city of Nicaea. Thanks to exclusive access to the site, including critical aerial and underwater cinematography, and spectacular CGI, we travel back through the centuries to the church's origins.	FRANCE	English-77; French-13; Turkish-9; German-1	2020	RPT	PG	a	Y	Y
20/07/2026	1600	Football	FIFA World Cup 2026: Highlights Show	Matchday 34	2026	34	All the best action from the latest Matchday at the FIFA World Cup 2026.	USA	English-100	2026		NC		Y	
20/07/2026	1630	Travel	The Cook Up With Adam Liaw	Cookies Or Cream	8	21	Talk about a deliciously difficult decision: Adam and his guests, ice cream expert Terri Mercieca and cookie CEO Brooke Bellamy must choose between cookies or cream.	AUSTRALIA	English-100	2025	RPT	G		Y	
20/07/2026	1700	Cycling	Tour de France 2026 PM Highlights	Stage 15	2026	15	Evening highlights from Stage 15 of the 2026 Tour de France, as the peloton takes on a 184 km route starting in Champagneole and finishing in Plateau de Solaison.	FRANCE		2026		NC		Y	
20/07/2026	1800	Quiz	Mastermind	Episode 76	8	76	Tonight: Andy Weir's novels, Dragon Ball's Vegeta, the Mark Renton books and Duran Duran. Eclectic? Absolutely. Accidental? Probably.	AUSTRALIA	English-100	2026		G			
20/07/2026	1830	News - Overseas	SBS World News	SBS World News 2026 Ep 201	2026	201	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	
20/07/2026	1930	Football	FIFA World Cup 2026	FIFA World Cup 2026: Final: Match 104	2026	104	All the action from the FIFA World Cup 2026 Final between TBC and TBC at New York New Jersey Stadium.	USA	English-100	2026	RPT	NC		Y	
20/07/2026	2130	Culture & Society	Alone Australia	Episode 1	4	1	Alone Australia returns for its fourth season, plunging ten brave souls into the brutal yet breathtaking Arctic Circle. Deep in Sapmi, Finland, they face a gruelling survival experiment where the subzero landscape grows deadlier by the day.	AUSTRALIA	English-100	2025	RPT			Y	Y

20/07/2026	2240	Culture & Society	Alone Australia	Episode 2	4	2	As the Arctic chill deepens, ten survivalists are pushed to their limits; one man's first catch ignites hope, while for others, a navigational mistake and an injury threaten to cut their journey short.	AUSTRALIA	English-100	2025	RPT			Y	Y	Y
20/07/2026	2345	Crime	Gomorra	Gomorra Series 4 Ep 5	4	5	Patri has some personal and business issues to resolve.	ITALY	Italian-100	2019	RPT	M	a d l			Y
20/07/2026	2435	Crime	Gomorra	Gomorra Series 4 Ep 6	4	6	Someone in the shadows wants to use Nicola, Patricia's right hand, to question the power structures Genny wanted and set fire to the streets of Naples.	ITALY	Italian-100	2019	RPT	MA	v			Y
20/07/2026	2535	Crime	Gomorra	Gomorra Series 4 Ep 7	4	7	The general discontent of the Forcella clan begins to undermine the leadership of Sangue Blu. From whom will Enzo have to look to prove he is a real leader?	ITALY	Italian-100	2019	RPT	MA	v			Y
20/07/2026	2625	Crime	Gomorra	Gomorra Series 4 Ep 8	4	8	An unforeseen event that drags Genny's new company into the spotlight is likely to blow up the construction of the entire airport.	ITALY	Italian-100	2019	RPT	M	a l v			Y
20/07/2026	2715	Health, Science & Technology	Michael Mosley Secrets Of The Superagers	Brain	1	1	In this new landmark science series, Dr Michael Mosley travels the world to meet extraordinary 'superagers' - people who seem to defy the normal rules of 'ageing'. Michael has recently turned 65 and wants to know the secrets and the science to ageing well. In this episode he looks at how to keep our brains young.	UNITED KINGDOM	English-100	2022	RPT	PG		Y		Y
20/07/2026	2810	History	Hitler's Putsch: Birth Of The Nazi Party	Hitler's Putsch: The Birth Of The Nazi Party		0	November 8, 1923. A localised uprising in the Bavarian capital of Munich, led by a small man with a toothbrush moustache and a poisonous yet compelling grandiloquence, would have repercussions that would lead to the political shackling of an entire nation, the most abhorrent crimes of the century and a world war. Divided into four distinct parts, this is the gripping story of how one turbulent night changed the world.	UNITED KINGDOM	English-100	2023	RPT	PG	a		Y	
21/07/2026	500	News - Overseas	NHK World English News Morning	NHK World English News Morning	2026	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2026		NC		Y		
21/07/2026	530	Current Affairs	ANC Philippines The World Tonight	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		NC		Y		
21/07/2026	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		
21/07/2026	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		
21/07/2026	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		
21/07/2026	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		
21/07/2026	800	News - Overseas	DO India News Hour	DO 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		
21/07/2026	900	Current Affairs	Living Black Shorts	Living Black Shorts Ep 2	2025	2	Living Black Shorts gives voice to some of the First Nations talent that have been interviewed by the Living Black team or worked at SBS over its remarkable 50 years on air.	AUSTRALIA	English-100	2025	RPT	NC		Y		
21/07/2026	905	Culture & Society	Paul O'Grady For The Love Of Dogs	Episode 2	3	2	This week, it's TLC time - that's tender love for canines as Paul meets a rather attractive bulldog with a rather unattractive eye problem.	UNITED KINGDOM	English-100	2014	RPT	PG	a		Y	
21/07/2026	935	Culture & Society	Paul O'Grady For The Love Of Dogs	Episode 3	3	3	Clinic staff fight to save the sight of a tibetan terrier with a painful eye condition, Paul takes three puppies to visit sick children in a local hospital, the star of the show is Tyler, a mongrel pup who proves he can get along with just about anyone but can he bond with Dame Jacqueline Wilson's cat? He needs to if he is to get a home with the famous children's author.	UNITED KINGDOM	English-100	2014	RPT	PG	a		Y	
21/07/2026	1005	History	Inside The Steam Train Museum	Steam Obsession, The	2	2	The gallopers roundabout receives some much-needed attention as the roof is replaced and the organ repaired before the start of the open season. Volunteer Mark passes a steam test on his miniature traction engine and he takes it out on a road run to celebrate.	UNITED KINGDOM	English-100	2020	RPT	PG		Y		Y
21/07/2026	1100	Cycling	Tour de France 2026 PM Highlights	Stage 15	2026	15	Evening highlights from Stage 15 of the 2026 Tour de France, as the peloton takes on a 184 km route starting in Champagne and finishing in Plateau de Solaison.	FRANCE		2026	RPT	NC		Y		

21/07/2026	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		
21/07/2026	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		
21/07/2026	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		
21/07/2026	1400	Current Affairs	Living Black Shorts	Living Black Shorts Ep 6	2025	6	Living Black Shorts gives voice to some of the First Nations talent that have been interviewed by the Living Black team or worked at SBS over its remarkable 50 years on air.	AUSTRALIA	English-100	2025	RPT	NC			Y		
21/07/2026	1405	History	Queens That Changed The World	Forgotten Queen: Anne, The	1	2	Anne, the last monarch of the Stuart Dynasty, was one of the hardest working monarchs the country had ever seen. Even in a new, more constitutional role, she brought about the union of England and Scotland, making her the first Queen of Great Britain.	UNITED KINGDOM	English-100	2023	RPT	PG	a		Y	Y	
21/07/2026	1500	Entertainment	Going Places With Ernie Dingo	Ningaloo, Picola, Kalgoorlie	6	1	Join Ernie as he hits the deep blue with the biggest fish in the sea at Ningaloo Reef, Rae jams with a folk duo in regional Victoria, and Mark learns an iconic Aussie pastime in Kalgoorlie.	AUSTRALIA	English-100	2023	RPT	PG			Y	Y	
21/07/2026	1530	Cooking	The Cook Up With Adam Liaw	Laughably Easy Dinners	9	67	It's laughs galore as Adam, comedian Ting Lim and cook Khanh Ong share their laughably easy dinner recipes.	AUSTRALIA	English-100	2025	RPT	G			Y		
21/07/2026	1600	Health, Science & Technology	Michael Mosley Secrets Of The Superagers	Senses, The	1	3	Dr Michael Mosley travels the world to meet extraordinary 'superagers'. In this episode about the senses, Michael meets a 73-year-old jazz musician in Chicago and discovers why playing music can prevent the hearing loss. In the town of Grasse, in France, he compares his sense of smell with a 75-year-old perfumer. Michael also reveals why aerobic exercise can help our eyesight and prevent the onset of glaucoma; one of the most common causes of age-related blindness.	UNITED KINGDOM	English-100	2022	RPT	G			Y	Y	
21/07/2026	1700	Quiz	Letters And Numbers	Letters And Numbers Series 5 Ep 7	5	0	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		
21/07/2026	1730	Travel	Adam Liaw's North American Fan Feasts	Mexico City I	1	3	Adam Liaw is in Mexico City where the locals love two things more than any other - food and sport - so Adam explores the ancient island farms of Xochimilco and the origins of some of Mexico's most popular street foods, to cycling the Reforma and the extraordinary spectacle of Lucha Libre.	AUSTRALIA	English-100	2026	RPT	PG			Y	Y	
21/07/2026	1800	Quiz	Mastermind	Episode 77	8	77	Tonight, another batch of almost-winners with Tame Impala, Black Books, the Multimedia Novels 17776 and 20020, and the Electric Light Orchestra.	AUSTRALIA	English-100	2026		G					
21/07/2026	1830	News - Overseas	SBS World News	SBS World News 2026 Ep 202	2026	202	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		
21/07/2026	1935	Culture & Society	Portugal with Michael Portillo	Algarve	1	3	Michael Portillo's journey of discovery through Portugal continues in one of the regions most visited by the Brits, the Algarve. But Michael goes way beyond the beaches to find the real story of this area so beloved by us. Stretching for 125 miles along its Southern Atlantic coast, the Algarve has been voted the world's best beach destination three times since 2020.	UNITED KINGDOM	English-100	2025	RPT	PG	a n		Y	Y	Y
21/07/2026	2030	Current Affairs	Insight	Processed Food Fight	2026	21	Ultra-processed foods - or UPFs - comprise up to 50 per cent of our calories, and while some provide significant nutrients for a balanced diet, other UPFs could be responsible for damage in every major bodily organ. So, what are ultra-processed foods, and are they as bad as they're made out to be?	AUSTRALIA	English-100	2026		NC			Y		
21/07/2026	2130	Cycling	Tour de France 2026 Full Stages	LIVE Stage 16	2026	16	All the action from Stage 16 of the 2026 Tour de France, as the peloton takes on a 26 km individual time trial starting in Evian-les-Bains and finishing in Thonon-les-Bains.	FRANCE	English-100	2026	LIVE	NC			Y		
21/07/2026	2620	Contemporary	Anne Boleyn	Too Close To The Sun	1	1	Queen Anne Boleyn is pregnant and convinced she will bear Henry a male heir. But Henry has an eye on one of Anne's ladies-in-waiting, Jane Seymour, and this realisation blindsides Anne. Events take a turn for the worse after Henry is involved in a near fatal riding accident and the wolves of the court start circling.	UNITED KINGDOM	English-100	2021	RPT	M	a s v		Y	Y	
21/07/2026	2710	Health, Science & Technology	Michael Mosley Secrets Of The Superagers	Body	1	2	Dr Michael Mosley travels the world to meet extraordinary 'superagers' - people who seem to defy the normal rules of 'ageing'. In this episode about the body, he looks for the latest methods to preserve our heart health, bones and muscles. Michael travels to Okinawa in Japan - an island famous for its long living people. He samples their unique diet and discovers that the Okinawan custom of forming lifelong social groups called 'Moai' could be one reason for their low levels of heart disease.	UNITED KINGDOM	English-100	2022	RPT	PG					
21/07/2026	2810	Popular Music / Jazz	Ireland In Music: Calthin	Cuig, A	1	5	Sean Nos singing is an ancient Irish tradition that Wallis Bird has updated in a sensational way as she sings her song 'Home' with The Line-Up Choir in the grounds of Tullynally Castle, Westmeath, Ireland.	IRELAND	English-100	2023	RPT	G			Y		
21/07/2026	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		
22/07/2026	500	News - Overseas	NHK World English News Morning	NHK World English News Morning	2026	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2026		NC			Y		

22/07/2026	530	Current Affairs	ANC Philippines The World Tonight	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		NC		Y
22/07/2026	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
22/07/2026	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
22/07/2026	700	Cycling	Tour de France 2026 AM Highlights	Stage 16	2026	16	Daily highlights from Stage 16 of the 2026 Tour de France, as the peloton takes on a 26 km Individual time trial starting in Evian-les-Bains and finishing in Thonon-les-Bains.	FRANCE		2026		NC		Y
22/07/2026	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
22/07/2026	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
22/07/2026	900	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
22/07/2026	1000	Current Affairs	Living Black Shorts	Living Black Shorts Ep 3	2025	3	Living Black Shorts gives voice to some of the First Nations talent that have been interviewed by the Living Black team or worked at SBS over its remarkable 50 years on air.	AUSTRALIA	English-100	2025	RPT	NC		Y
22/07/2026	1005	History	Inside The Steam Train Museum	Steamboats And Steampunk	2	3	Engineer Brian has to repaint an engine ahead of the upcoming steampunk event where bizarre costumes and unusual activities descend upon the museum for a day of 'Victorian retro-futurism'. Office manager Julie learns to operate a steam engine for the first time, and the museum take their new steamboat exhibit for its maiden voyage on the Norfolk broads.	UNITED KINGDOM	English-100	2020	RPT	G		Y
22/07/2026	1100	Nature & Environment	Search For The Last Great Tusker	Search For The Last Great Tusker, The	2023	0	Jonathan's mission is to create a magnificent painting of a world famous, but rarely seen elephant. The documentary follows him as he journeys deep into Amboseli National Park, Kenya in search of the elusive tusker; even the rangers in this massive park rarely get a glimpse of it.	UNITED KINGDOM	English-100	2023	RPT	PG		Y
22/07/2026	1200	Cycling	Tour de France 2026 AM Highlights	Stage 16	2026	16	Daily highlights from Stage 16 of the 2026 Tour de France, as the peloton takes on a 26 km Individual time trial starting in Evian-les-Bains and finishing in Thonon-les-Bains.	FRANCE		2026	RPT	NC		Y
22/07/2026	1300	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
22/07/2026	1330	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
22/07/2026	1400	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
22/07/2026	1500	Current Affairs	Insight	Processed Food Fight	2026	21	Ultra-processed foods - or UPFs - comprise up to 50 per cent of our calories, and while some provide significant nutrients for a balanced diet, other UPFs could be responsible for damage in every major bodily organ. So, what are ultra-processed foods, and are they as bad as they're made out to be?	AUSTRALIA	English-100	2026	RPT	NC		Y
22/07/2026	1600	Entertainment	Going Places With Ernie Dingo	Standley Chasm, Byron Bay, Mt Isa	6	2	Ernie takes in the beauty of the West MacDonnell Ranges in Central Australia, Bianca cozies up with Byron Bay's wildlife and Aaron learns to lasso with a cowboy in Queensland's rodeo-country.	AUSTRALIA	English-100	2023	RPT	G		Y
22/07/2026	1630	Cooking	The Cook Up With Adam Liaw	Short Cup Soup	9	68	If you want soup and you want it now, don't miss these short cut soup recipes from Adam, bestselling cookbook author Brendan Pang and award-winning comedian Annie Louey.	AUSTRALIA	English-100	2025	RPT	G		Y
22/07/2026	1700	Cycling	Tour de France 2026 PM Highlights	Stage 16	2026	16	Evening highlights from Stage 16 of the 2026 Tour de France, as the peloton takes on a 26 km Individual time trial starting in Evian-les-Bains and finishing in Thonon-les-Bains.	FRANCE		2026		NC		Y
22/07/2026	1800	Quiz	Mastermind	Episode 78	8	78	Tonight: TV classic Daredevil, the Australian 1967 Referendum, Stingless Bees and Lily Allen. Who will end up smiling at the end?	AUSTRALIA	English-100	2026		G		

22/07/2026	1830	News - Overseas	SBS World News	SBS World News 2026 Ep 203	2026	203	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			
22/07/2026	1930	Culture & Society	Alone Australia	Episode 3	4	3	With the cold settling in, the remaining participants battle injury, hunger, and the slow creep of isolation. One risky move on the water could mean the difference between resilience and rescue.	AUSTRALIA	English-100	2025		M	I	Y	Y	Y	
22/07/2026	2040	History	Concorde: Days That Shocked The World	Concorde: Days That Shocked The World	0	0	On the 25th July 2000, a Concorde leaving Paris for New York caught fire on take-off before crashing to the ground. But why? Investigators and loved ones recall the tragedy.	UNITED KINGDOM	English-50; French-50	2025		M	a				
22/07/2026	2130	Cycling	Tour de France 2026 Full Stages	LIVE Stage 17	2026	17	All the action from Stage 17 of the 2026 Tour de France, as the peloton takes on a 175 km route starting in Chambéry and finishing in Voiron.	FRANCE	English-100	2026	LIVE	NC		Y			
22/07/2026	2600	Contemporary	Anne Boleyn	Smell Of Smoke, The	1	2	Anne is haunted by nightmares of her still-born son. Having lost the baby, her position at court is in serious jeopardy. But Anne is a fighter, and she forces herself out of bed. Her new mission is to secure her daughter's right to the throne. But she quickly discovers that Cromwell has other ideas – he has been bartering the royal lineage in return for a political deal with Spain.	UNITED KINGDOM	English-100	2021	RPT	M	I s v	Y		Y	
22/07/2026	2655	Health, Science & Technology	Michael Mosley Secrets Of The Superagers	Senses, The	1	3	Dr Michael Mosley travels the world to meet extraordinary 'superagers'. In this episode about the senses, Michael meets a 75-year-old jazz musician in Chicago and discovers why playing music can prevent the hearing loss. In the town of Grasse, in France, he compares his sense of smell with a 75-year-old perfumer. Michael also reveals why aerobic exercise can help our eyesight and prevent the onset of glaucoma; one of the most common causes of age-related blindness.	UNITED KINGDOM	English-100	2022	RPT	G		Y	Y		
22/07/2026	2750	Popular Music / Jazz	Ireland In Music: Calthlin	Se, A	1	6	In Ireland, our teanga - our language serves as a direct connection to an ancient past. Amongst many musical thrills in this episode are Kila singing in Irish at Newgrange.	IRELAND	English-100	2023	RPT	G		Y			
22/07/2026	2820	Popular Music / Jazz	Ireland In Music: Scilimpini	Haon, A	1	1	Our musical journey around Ireland's most iconic locations begins here with an episode which includes a performance filmed at the gorgeous Adare Manor in County Limerick.	IRELAND	English-90; Gaithlig (Scottish Gaelic)-10	2022	RPT	G		Y			
22/07/2026	2850	Cooking	Destination Flavour China Bitesize	Black Sesame Tangyuan	1	1	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G		Y	Y		
23/07/2026	500	News - Overseas	NHK World English News Morning	NHK World English News Morning	2026	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2026		NC		Y			
23/07/2026	530	Current Affairs	ANC Philippines The World Tonight	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		NC		Y			
23/07/2026	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			
23/07/2026	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			
23/07/2026	700	Cycling	Tour de France 2026 AM Highlights	Stage 17	2026	17	Daily highlights from Stage 17 of the 2026 Tour de France, as the peloton takes on a 175 km route starting in Chambéry and finishing in Voiron.	FRANCE		2026		NC		Y			
23/07/2026	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			
23/07/2026	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			
23/07/2026	900	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			
23/07/2026	1000	Current Affairs	Living Black Shorts	Living Black Shorts Ep 4	2025	4	Living Black Shorts gives voice to some of the First Nations talent that have been interviewed by the Living Black team or worked at SBS over its remarkable 50 years on air.	AUSTRALIA	English-100	2025	RPT	NC		Y			
23/07/2026	1005	History	Inside The Steam Train Museum	Fire And Steam	2	4	The volunteers get to work clearing up damage after a winter storm, the vintage fire engine has its engine removed and overhauled to full working order and a visiting traction engine is put to work sawing wood and winching out a dead tree.	UNITED KINGDOM	English-100	2020	RPT	PG		Y		Y	

23/07/2026	1100	Cycling	Tour de France 2026 PM Highlights	Stage 16	2026	16	Evening highlights from Stage 16 of the 2026 Tour de France, as the peloton takes on a 26 km individual time trial starting in Evian-les-Bains and finishing in Thonon-les-Bains.	FRANCE		2026	RPT	NC	Y		
23/07/2026	1200	Cycling	Tour de France 2026 AM Highlights	Stage 17	2026	17	Daily highlights from Stage 17 of the 2026 Tour de France, as the peloton takes on a 175 km route starting in Chambéry and finishing in Voiron.	FRANCE		2026	RPT	NC	Y		
23/07/2026	1300	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		
23/07/2026	1330	News - Overseas	France 24 International SBS Middy	France 24 International SBS Middy	2024	0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	2024		NC	Y		
23/07/2026	1400	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		
23/07/2026	1500	Entertainment	Going Places With Ernie Dingo	Abrothos Islands, Glenreagh, Burketown	6	3	Ernie experiences the otherworldly Abrothos Islands, Bianca gets behind the lens with a photographer in the NSW Northern Rivers, and Aaron gets a birds eye view of the Gulf of Carpentaria.	AUSTRALIA	English-100	2023	RPT	PG	Y	Y	
23/07/2026	1530	Cooking	The Cook Up With Adam Liaw	Fish And Rice	9	69	It's a satisfyingly simple combination tonight, as Adam and his guests, recipe developer Lina Jebelle and chef Rashedul Hasan cook with fish and rice.	AUSTRALIA	English-100	2025	RPT	G	Y		
23/07/2026	1600	Health, Science & Technology	Michael Mosley Secrets Of The Superagers	Appearance	1	4	Dr Michael Mosley travels the world to meet extraordinary 'superagers'. In this episode about the appearance, Michael is in Los Angeles to meet a 71-year-old with amazing, wrinkle free skin, and learns about a study that reveals that chemicals in mangoes can visibly reduce facial wrinkles. In New York, he meets a scientist who has discovered that we can delay the onset of grey hair by reducing harmful levels of stress that cause the pigment in our hair to 'switch off'.	UNITED KINGDOM	English-80; Mandarin-20	2022	RPT	G	Y	Y	
23/07/2026	1700	Cycling	Tour de France 2026 PM Highlights	Stage 17	2026	17	Evening highlights from Stage 17 of the 2026 Tour de France, as the peloton takes on a 175 km route starting in Chambéry and finishing in Voiron.	FRANCE		2026		NC	Y		
23/07/2026	1800	Quiz	Mastermind	Episode 79	8	79	Tonight's second-chance contenders bring an eclectic mix: Laufey, Resident Evil, the Vietnamese Boat Exodus and Stray Gods. A little chaotic ... but we love that for them.	AUSTRALIA	English-100	2026		G			
23/07/2026	1830	News - Overseas	SBS World News	SBS World News 2026 Ep 204	2026	204	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		
23/07/2026	1935	Culture & Society	Spain With Michael Portillo	Bilbao And San Sebastian	1	3	Starting in Bilbao, Michael celebrates the extraordinary Guggenheim Museum, before joining locals Irene and Olaia in search of pintxos, the Basque finger food which he's told should not be confused with tapas! On their bar crawl, Michael hears how the once run-down city has transformed into a vibrant mix of old and new today.	UNITED KINGDOM	English-90; Spanish-10	2026		PG			
23/07/2026	2030	Culture & Society	Eva Longoria: Searching For France	Bordeaux	1	4	Bordeaux's world-famous vineyards are undergoing a revival as vintners seek to update their wines by introducing new technology and the reinvention older traditions. Eva visits St. Emilion where wine production began 1000 years ago and enjoys unusual wine pairings - a deep red with fish, and a buttery white with cheese. But Bordeaux isn't just about wine, it had superb produce: succulent duck and tender beef as well as 200-million-year-old caviar, served with signature Bordelaise sauces.	USA	English-89; French-11	2026		PG	a w	Y	Y
23/07/2026	2120	Cycling	Tour de France 2026 Full Stages	LIVE Stage 18	2026	18	All the action from Stage 18 of the 2026 Tour de France, as the peloton takes on a 185 km route starting in Voiron and finishing in Orcières-Merlette.	FRANCE	English-100	2026	LIVE	NC	Y		
23/07/2026	2600	Contemporary	Anne Boleyn	From The Ashes, A Flame	1	3	Anne is locked in the famous Tower, accused of treason, adultery and mystifyingly, incest. She is watched by her former ally Lady Shelton, who is secretly passing information to Cromwell. On the day of her trial, Anne presents herself with the pride and dignity of a warrior. But she is prejudged. Cromwell has bribed and blackmailed her ladies into testifying against her	UNITED KINGDOM	English-100	2021	RPT	M	a s v	Y	Y
23/07/2026	2700	Health, Science & Technology	Michael Mosley Secrets Of The Superagers	Appearance	1	4	Dr Michael Mosley travels the world to meet extraordinary 'superagers'. In this episode about the appearance, Michael is in Los Angeles to meet a 71-year-old with amazing, wrinkle free skin, and learns about a study that reveals that chemicals in mangoes can visibly reduce facial wrinkles. In New York, he meets a scientist who has discovered that we can delay the onset of grey hair by reducing harmful levels of stress that cause the pigment in our hair to 'switch off'.	UNITED KINGDOM	English-80; Mandarin-20	2022	RPT	G	Y	Y	
23/07/2026	2755	Popular Music / Jazz	Ireland In Music: Scilimpini	Do, A	1	2	Journey with Stephen Rea, known for his leading role in The Crying Game movie as he celebrates his love of poetry in this episode of Ireland In Music.	IRELAND	English-100	2022	RPT	G	Y		
23/07/2026	2830	Popular Music / Jazz	Ireland In Music: Scilimpini	Tri, A	1	3	Each episode Ireland In Music takes you all over Ireland with beautiful music and scenery. This episode contains Irish poet and rap artist Celaviedmai as she leads us to the edge of the Atlantic to the ancient ruins of Kilbaron Castle in Donegal.	IRELAND	English-100	2022	RPT	G	Y		

24/07/2026	500	News - Overseas	NHK World English News Morning	NHK World English News Morning	2026	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2026		NC		Y
24/07/2026	530	Current Affairs	ANC Philippines The World Tonight	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		NC		Y
24/07/2026	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
24/07/2026	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
24/07/2026	700	Cycling	Tour de France 2026 AM Highlights	Stage 18	2026	18	Daily highlights from Stage 18 of the 2026 Tour de France, as the peloton takes on a 185 km route starting in Voiron and finishing in Orcieres-Merlette.	FRANCE		2026		NC		Y
24/07/2026	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
24/07/2026	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
24/07/2026	900	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
24/07/2026	1000	Culture & Society	Uae From Above	Uae From Above	2020	0	Famous for its record-breaking skyscrapers, mega hotels and vast island resorts, the United Arab Emirates has a hidden side of diverse landscapes and natural beauty. In this aerial tour marvel at the skylines of Dubai and Abu Dhabi, before sizing up the world's tallest building: the Burj Khalifa.	UNITED KINGDOM	English-100	2020	RPT	G		Y
24/07/2026	1100	Cycling	Tour de France 2026 PM Highlights	Stage 17	2026	17	Evening highlights from Stage 17 of the 2026 Tour de France, as the peloton takes on a 175 km route starting in Chambéry and finishing in Voiron.	FRANCE		2026	RPT	NC		Y
24/07/2026	1200	Cycling	Tour de France 2026 AM Highlights	Stage 18	2026	18	Daily highlights from Stage 18 of the 2026 Tour de France, as the peloton takes on a 185 km route starting in Voiron and finishing in Orcieres-Merlette.	FRANCE		2026	RPT	NC		Y
24/07/2026	1300	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
24/07/2026	1330	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
24/07/2026	1400	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
24/07/2026	1500	News - Domestic	NITV News: Nula	NITV News: Nula 2026 Ep 26	2026	26	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
24/07/2026	1530	Travel	The Cook Up With Adam Liaw	20 Minute Chicken	8	22	Set your timer because Adam and his guests, comedian Urvi Majumdar and chef Tom Hitchcock are making their best 20 minute chicken dishes.	AUSTRALIA	English-100	2025	RPT	G		Y
24/07/2026	1600	Health, Science & Technology	Michael Mosley Secrets Of The Superagers	Health	1	5	In this episode about how to stay healthy on the inside, Dr Michael Mosley meets an 86-year-old cyclist with the immune system of a 30-year-old. In Hong Kong, we meet a scientist whose work has shown that the ancient Chinese practice of Tai Chi can be a better way of losing weight and lowering cholesterol, than other, much more vigorous exercise. And in Southern Italy, Michael visits a tiny village with one of the highest proportion of centenarians in the world.	UNITED KINGDOM	English-100	2022	RPT	G		Y Y
24/07/2026	1700	Cycling	Tour de France 2026 PM Highlights	Stage 18	2026	18	Evening highlights from Stage 18 of the 2026 Tour de France, as the peloton takes on a 185 km route starting in Voiron and finishing in Orcieres-Merlette.	FRANCE		2026		NC		Y

24/07/2026	1800	Quiz	Mastermind	Episode 80	8	80	Our weekly winners are back with two minutes of general knowledge, plus the dreaded slow burn round. Tonight's slow burn topics are a Musician, an Invention, a Country and a Character.	AUSTRALIA	English-100	2026		G				
24/07/2026	1830	News - Overseas	SBS World News	SBS World News 2026 Ep 205	2026	205	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	
24/07/2026	1935	History	The Quest For Camelot	Quest For Camelot, The	0	0	Who was King Arthur? Did he even exist? Was the legendary town of Camelot a real place? Prof. Mark Horton is convinced something akin to Camelot did indeed exist... and is on a mission to find it. Using a radical new approach, Mark scours primary sources, analyses recent archaeological find and deploys advanced scanning techniques to formulate groundbreaking new theories.	UNITED KINGDOM	English-100	2025						
24/07/2026	2040	History	Rebuilding Notre Dame Cathedral Part 2	Rebuilding Notre Dame Cathedral Part 2	0	0	Five years after the fire, Lucy Worsley re-visits the Cathedral of Notre-Dame de Paris ahead of its re-opening later this year.	UNITED KINGDOM	English-80; French-20	2024	RPT	G		Y	Y	
24/07/2026	2150	Cycling	Tour de France 2026 Full Stages	LIVE Stage 19	2026	19	All the action from Stage 19 of the 2026 Tour de France, as the peloton takes on a 128 km route starting in Gap and finishing in Alpe d'Huez.	FRANCE	English-100	2026	LIVE	NC			Y	
24/07/2026	2615	Health, Science & Technology	The Truth About Anxiety: Celia Pacquola	Truth About Anxiety With Celia Pacquola, The	0	0	Celia Pacquola is an award-winning actor and comedian. She also suffers from severe anxiety. She wants to help millions of Australians through their battle with anxiety by telling her story, challenging stigma and showing a way through it. She will meet those suffering from the condition, those on the road to recovery and those who are helping with the journey.	AUSTRALIA	English-100	2021	RPT	M	a d	Y	Y	Y
24/07/2026	2720	Health, Science & Technology	Michael Mosley Secrets Of The Superagers	Health	1	5	In this episode about how to stay healthy on the inside, Dr Michael Mosley meets an 86-year-old cyclist with the immune system of a 30-year-old. In Hong Kong, we meet a scientist whose work has shown that the ancient Chinese practice of Tai Chi can be a better way of losing weight, and lowering cholesterol, than other, much more vigorous exercise. And in Southern Italy, Michael visits a tiny village with one of the highest proportion of centenarians in the world.	UNITED KINGDOM	English-100	2022	RPT	G		Y	Y	
24/07/2026	2820	Popular Music / Jazz	Ireland In Music: Scimpini	Ceathair, A	1	4	Ireland In Music treats you to another selection of musical and scenic delights this episode, including the majestic Slieve Gullion Forest Park in the company of singer and whistler Larry Beau with harper Seana Davey.	IRELAND	English-100	2022	RPT	G		Y		
24/07/2026	2850	Cooking	Destination Flavour China Bitesize	Bamboo Shoots And Cured Ham Stir Fry	1	3	All the best moments and bits from Destination Flavour China, led by famed chef and author Adam Liaw.	AUSTRALIA	English-100	2018	RPT	G			Y	Y
25/07/2026	500	News - Overseas	NHK World English News Morning	NHK World English News Morning	2026	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2026		NC			Y	
25/07/2026	530	Current Affairs	ANC Philippines The World Tonight	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		NC			Y	
25/07/2026	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	
25/07/2026	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	
25/07/2026	700	Cycling	Tour de France 2026 AM Highlights	Stage 19	2026	19	Daily highlights from Stage 19 of the 2026 Tour de France, as the peloton takes on a 128 km route starting in Gap and finishing in Alpe d'Huez.	FRANCE		2026		NC			Y	
25/07/2026	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	
25/07/2026	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	
25/07/2026	900	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	
25/07/2026	1000	Culture & Society	The World From Above	Mustang Valley, Nepal, The	12	1	The Nepalese District of Mustang is one of the most unique places on earth; not only is it a place of staggering natural beauty - surrounded by some of the highest mountains on our planet, it is also a region forbidden until recently to foreigners that is seemingly untouched by time, whose inhabitants have a way of life unchanged for centuries, religious beliefs which predate Tibetan Buddhism, and whose structures and architecture are still preserved after hundreds of years.	UNITED KINGDOM	English-100	2023		G				

25/07/2026	1030	Culture & Society	The World From Above	English Lake District, The	12	2	With mountains and lakes carved out by glaciers during the last ice age, the Lake District is a UNESCO World Heritage Site and boasts some of the finest scenery in Europe. Our journey begins at Windermere, the deepest lake in England, and Scafell Pike, England's highest mountain. Exploring some of the central mountains or 'fells', we head via Conistone to Windermere, England's largest natural lake.	UNITED KINGDOM	English-100	2023		PG			
25/07/2026	1100	Cycling	Tour de France 2026 PM Highlights	Stage 18	2026	18	Evening highlights from Stage 18 of the 2026 Tour de France, as the peloton takes on a 185 km route starting in Voiron and finishing in Orcieres-Merlette.	FRANCE		2026	RPT	NC		Y	
25/07/2026	1200	Cycling	Tour de France 2026 AM Highlights	Stage 19	2026	19	Daily highlights from Stage 19 of the 2026 Tour de France, as the peloton takes on a 128 km route starting in Gap and finishing in Alpe d'Huez.	FRANCE		2026	RPT	NC		Y	
25/07/2026	1300	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	
25/07/2026	1330	News - Overseas	France 24 International SBS Middy	France 24 International SBS Middy	2024	0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	2024		NC		Y	
25/07/2026	1400	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	
25/07/2026	1500	Culture & Society	Following The Flow	Following The Flow	0	0	In February 2020 there was only one word on people's lips West of the Great Divide - water. Following the Flow tells the story of the once-mighty Macquarie Wamboool River in inland New South Wales right as the 'worst drought on record' was finally breaking. See the Macquarie River through the eyes of the people that know it best - First Nations peoples, historians, ecologists, water managers, farmers and fishers all with a story to tell.	AUSTRALIA	English-100	2022	RPT	PG	a I	Y	
25/07/2026	1630	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
25/07/2026	1700	Culture & Society	Grand Tours Of Scotland's Rivers	Highland River, A	3	6	Paul explores the River Oykel in Sutherland from its source in Assynt, to the Dornoch Firth and the sea. He learns about the loneliest and highest war grave in Scotland.	UNITED KINGDOM	English-100	2023	RPT	PG		Y	Y
25/07/2026	1730	Cycling	Tour de France 2026 PM Highlights	Stage 19	2026	19	Evening highlights from Stage 19 of the 2026 Tour de France, as the peloton takes on a 128 km route starting in Gap and finishing in Alpe d'Huez.	FRANCE		2026		NC		Y	
25/07/2026	1830	News - Overseas	SBS World News	SBS World News 2026 Ep 206	2026	206	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	
25/07/2026	1930	Cycling	Tour de France 2026 Full Stages	LIVE Stage 20	2026	20	All the action from Stage 20 of the 2026 Tour de France, as the peloton takes on a 171 km route starting in Le Bourg d'Oisans and finishing in Alpe d'Huez.	FRANCE	English-100	2026	LIVE	NC		Y	
25/07/2026	2500	History	Underground Army	Episode 3		3	Underground courts pass sentences. The German commander is killed. During diversion actions, trains were blown up, convoys were robbed, and prisoners were released. Polish special units from England enter the action.	UNITED KINGDOM	English-80; German-10; Polish-10	2022	RPT	M	a	Y	Y
25/07/2026	2555	History	Underground Army	Episode 4		4	Underground Army carries out Operation Storm, the Warsaw Uprising breaks out, but it is Stalin who seizes Eastern Europe and the terror returns. Poles overthrew communism thanks to 'Solidarity'.	UNITED KINGDOM	English-80; German-10; Polish-10	2022	RPT	M	a v	Y	Y
25/07/2026	2655	Health, Science & Technology	Michael Mosley Secrets Of The Superragers	Future Of Ageing	1	6	Michael Mosley looks at advances at the frontier of medicine that are attempting to turn back the clock on ageing. He starts in Tel Aviv, where he volunteers for some Hyperbaric Oxygen Therapy, which scientists claim can reverse ageing at a cellular level. Meanwhile, researchers at a biotech firm in California have developed a method of using plasma taken from blood to keep Parkinson's disease at bay. And in Cambridge, geneticist Wolf Reik has found a way of reprogramming human cells.	UNITED KINGDOM	English-100	2022	RPT	PG		Y	Y
25/07/2026	2750	Popular Music / Jazz	Ireland In Music: Scilimpini	Cuig, A	1	5	Sean Nos singing is an ancient Irish tradition that Wallis Bird has updated in a sensational way as she sings her song Home with The Line-Up Choir in the grounds of Tullymally Castle, Westmeath, Ireland.	IRELAND	English-100	2022	RPT	G		Y	
25/07/2026	2825	Popular Music / Jazz	Ireland In Music: Scilimpini	Se, A	1	6	In Ireland, our teanga - our language serves as a direct connection to an ancient past. Amongst many musical thrills in this episode are Kila singing in Irish at Newgrange, Ireland's most important ancient burial monument.	IRELAND	English-100	2022	RPT	G		Y	

