

Program Guide



WEEK 5: Sunday, 26 January - Saturday, 1 February 2020 ALL MARKETS

Date	Start Time	Genre	Title	Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	RPT	Classification	Consumer Advice	Closed Captions	Subtitles
2020-01-26	0500	News - Domestic	CGTN English News	Cgtn English News Morning		0	The English language news channel from China Global Television Network (CGTN) in Beijing. Formerly known as CCTV English News.	CHINA	English-100	0		NC		Y	
2020-01-26	0515	News - Domestic	NHK World English News	Nhk World English News Morning		0	News from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news, in English.	JAPAN	English-100	0		NC		Y	
2020-01-26	0530	News - Domestic	Deutsche Welle English News	Deutsche Welle English News Morning		0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	0		NC		Y	
2020-01-26	0600	General	Sunrise Ceremony	Sunrise Ceremony		0	Experience unique Indigenous perspectives, cultural performances and entertainment all encapsulated in our 2020 sunrise show.	AUSTRALIA	English-100	2020		PG		Y	
2020-01-26	0800	News - Domestic	Nitv News Special: Day 26 2020	Nitv News Special: Day 26 2020 Ep1	2020	1	Hosted by Natalie Ahmat (AM) and Rae Johnston (PM), NITV News will bring audiences updates each hour, including crossing live to journalists at Australia Day, Survival Day, and Invasion Day events.	AUSTRALIA	English-100	2020		NC		Y	
2020-01-26	0900	Documentary Feature	Occupation: Native	Occupation: Native	01	0	In this country, the Aboriginal story is often buried deep beneath the accepted 228-year Australian historical narrative.	AUSTRALIA	English-100	2017	RPT	PG		Y	
2020-01-26	0955	News - Domestic	Nitv News Special: Day 26 2020	Nitv News Special: Day 26 2020 Ep2	2020	2	Hosted by Natalie Ahmat (AM) and Rae Johnston (PM), NITV News will bring audiences updates each hour, including crossing live to journalists at Australia Day, Survival Day, and Invasion Day events.	AUSTRALIA	English-100	2020		NC		Y	
2020-01-26	1005	Documentary Feature	Connection To Country	Connection To Country	01	0	Follows the Indigenous people of the Western Australian Pilbara's battle to preserve Australia's 40,000-year-old cultural heritage from the ravages of a booming mining industry. Filmmaker Tyson Mowarin shows the waves of industrialisation and development that threaten sites all over the region, and how he and the people of the Pilbara are fighting back by documenting the rock art, recording sacred sites and battling to get their unique cultural heritage recognised, 'digitised' and celebrated.	AUSTRALIA	English-50; Ngarluma-50	0	RPT	G		Y	Y
2020-01-26	1105	News - Domestic	Nitv News Special: Day 26 2020	Nitv News Special: Day 26 2020 Ep3	2020	3	Hosted by Natalie Ahmat (AM) and Rae Johnston (PM), NITV News will bring audiences updates each hour, including crossing live to journalists at Australia Day, Survival Day, and Invasion Day events.	AUSTRALIA	English-100	2020		NC		Y	
2020-01-26	1120	Culture & Society	Remaking The Pathway	Remaking The Pathway	00	0	When Batumbil Burarrwanga retraces a journey she made by foot as a child, she speaks to the land and recalls stories passed down by her father, reviving her family's connection to their homelands.	AUSTRALIA	English-85; Yolngu Matha-15	2018	RPT	PG	q	Y	Y
2020-01-26	1150	General	Sunrise Ceremony	Sunrise Ceremony		0	Experience unique Indigenous perspectives, cultural performances and entertainment all encapsulated in our 2020 sunrise show.	AUSTRALIA	English-100	2020	RPT	PG		Y	
2020-01-26	1350	News - Domestic	Nitv News Special: Day 26 2020	Nitv News Special: Day 26 2020 Ep4	2020	4	Hosted by Natalie Ahmat (AM) and Rae Johnston (PM), NITV News will bring audiences updates each hour, including crossing live to journalists at Australia Day, Survival Day, and Invasion Day events.	AUSTRALIA	English-100	2020		NC		Y	
2020-01-26	1400	Culture & Society	The Indian Pacific	Indian Pacific: Australia's Longest Train Journey, The	00	0	Crossing Australia from Perth to Sydney, the pivotal part played by the transcontinental railway line in linking the far-flung west coast with the eastern states is explored, including how the rail impacted Indigenous Australians on the Nullabor Plain, the new colony of South Australia, and the Indigenous trade route of the Blue Mountains.	AUSTRALIA		2018	RPT	PG		Y	
2020-01-26	1700	Current Affairs	Small Business Secrets Series 6	Small Business Secrets Series 6 Ep 3	2020	3	Small Business Secrets shines a light on the small business owners and innovators playing a vital role in Australia's economic growth.	AUSTRALIA	English-100	2020		NC		Y	
2020-01-26	1730	History	Singapore 1942 - End Of Empire	Singapore 1942 - End Of Empire Series 1 Ep 2	01	2	Contrary to popular belief, the war in the Pacific commenced with Japanese air attacks against Hong Kong, Malaya and Singapore. Ninety five minutes before America's Pearl Harbor was infamously bombed by Japanese aircraft on 7 December 1941, Britain's territories in the 'Far East' had already been attacked from the air. Just two months later, on 15 February 1942, the world was stunned when the victorious Imperial Japanese Army marched into Singapore. It was Japan's greatest victory and Britain's worst defeat in World War Two.	AUSTRALIA	English-80; Japanese-20	0	RPT	PG		Y	Y

2020-01-26	1830	News - Domestic	SBS World News	NEWS	SBS World News 2020 Ep 26	2020	26	Up-to-date reports and analysis of the major national and international news stories of the day in Australia's only world news service.	AUSTRALIA		2020	LIVE	NC		Y
2020-01-26	1930	History	Australia In Colour		Outpost Of Empire	01	1	This episode charts the story of the nation from 1897 to 1929 as agriculture transforms the land. Explorer Douglas Mawson, swimmer Annette Kellerman and the men fighting under Britain in World War I become the new nation's first heroes.			0	RPT	PG	a w	Y
2020-01-26	2030	Biography	The Sapphires	NITV Simulcast			0	The Sapphires is an inspirational tale set in the heady days of the late '60s about a quartet of young, talented singers from a remote Aboriginal mission, discovered and guided by a kind-hearted, soul-loving manager.	AUSTRALIA	English-100	2012				Y
2020-01-26	2235	Quiz	8 Out Of 10 Cats Does Countdown		8 Out Of 10 Cats Does Countdown Series 8 Ep 6	08	6	It's Letters and Numbers with a whole bunch of comedians. Hosted by Jimmy Carr, Rachel Riley and Susie Dent. Featuring special guests Romesh Ranganathan, Phill Jupitus and Liza Tarbuck.	UNITED KINGDOM	English-100	2015	RPT	M	a l s	Y
2020-01-26	2330	History	Civilisations		Cult Of Progress, The	01	8	If David Olusoga's first film in Civilisations is about the art that followed and reflected early encounters between different cultures, his second explores the artistic reaction to imperialism in the 19th century. David shows the growing ambivalence with which artists reacted to the idea of progress - both intellectual and scientific - that underpinned the imperial mission and followed the Enlightenment and the Industrial Revolution.	UNITED KINGDOM	English-100	2018	RPT	PG		Y
2020-01-26	2440	Culture & Society	Look Me In The Eye		Look Me In The Eye Series 1 Ep 5	1	5	In a social experiment based on the study of neuroscientists, this episode hosted by Ray Martin features Bret, who hasn't seen his father Colin in 35 years and wants him back in his life, former band members Jeff and James, whose friendship ended when the band split 10 years ago, and teenage friends Sherrie and Bindi, who haven't seen each other in 15 years.	AUSTRALIA	English-100	2017	RPT	M	a l	Y
2020-01-26	2545	Culture & Society	Human		Human		0	Following the success of Home, discover the new film project by Yann Arthus-Bertrand. Human is a combination of testimonies and exclusive aerial images. This sensitive experience is an introspection into who we are today as a community but also and most importantly, as an individual. Through wars, inequalities, discriminations, but also love, family, Human confronts us with the realities and the diversity of our human conditions.	FRANCE	English-40; Arabic-20; French-20; Hebrew-20	2015	RPT	PG	a	Y Y
2020-01-26	2815	History	Great British Railway Journeys		Walsall To Bournville	01	18	Michael Portillo meets the queen's saddler in Walsall, learns how to cook an authentic Indian curry in Birmingham, and visits Bournville, rumoured to be the best place to live in Britain.	UNITED KINGDOM	English-100	2010	RPT	G		Y
2020-01-26	2855	Cooking	Rachel Khoo's Kitchen Notebook Bitesize		Egg And Bacon Bread From Ep 2	01	6	Passionate food writer Rachel Khoo uncovers Melbourne and the wider state of Victoria's culinary wonders for the world to see.	AUSTRALIA	English-100	2015	RPT	G		Y
2020-01-27	0500	News - Domestic	CGTN English News		Cgtn English News Morning		0	The English language news channel from China Global Television Network (CGTN) in Beijing. Formerly known as CCTV English News.	CHINA	English-100	0		NC		Y
2020-01-27	0515	News - Domestic	NHK World English News		Nhk World English News Morning		0	News from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news, in English.	JAPAN	English-100	0		NC		Y
2020-01-27	0530	News - Domestic	Deutsche Welle English News		Deutsche Welle English News Morning		0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	0		NC		Y
2020-01-27	0600	News - Domestic	France 24 English News First Edition		France 24 English News Morning First Edition		0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	0		NC		Y
2020-01-27	0630	News - Overseas	This Week with George Stephanopoulos	NEWS	Abc America: This Week With George Stephanopoulos		0	This Week with George Stephanopoulos from ABC America.	USA	English-100	0		NC		Y
2020-01-27	0730	News - Overseas	Italian News		Italian News Daily		0	News via satellite from RAI Rome in Italian, no subtitles.	ITALY	Italian-100	2013		NC		
2020-01-27	0810	News - Overseas	Filipino News		Filipino News		0	News via satellite from ABS-CBN Manila, in Tagalog, no subtitles.	PHILIPPINES	Filipino-100	2013		NC		
2020-01-27	0840	News - Overseas	French News		French News		0	News via satellite from FT2 Paris, in French, no subtitles.	FRANCE	French-100	2013		NC		
2020-01-27	0930	News - Overseas	Greek News		Greek News		0	News via satellite from ERT Athens, in Greek, no subtitles.	GREECE	Greek-100	2017		NC		
2020-01-27	1030	News - Overseas	German News		German News		0	News via satellite from DW Berlin, in German, no subtitles.	GERMANY	German-100	2013		NC		
2020-01-27	1100	News - Overseas	Spanish News		Spanish News		0	News via satellite from RTVE Madrid, in Spanish, no subtitles.	SPAIN	Spanish-100	2013		NC		
2020-01-27	1130	News - Overseas	Turkish News		Turkish News		0	News via satellite from TRT Turkey, in Turkish, no subtitles.	TURKEY	Turkish-100	2013		NC		

2020-01-27	1200	News - Overseas	Arabic News F24		Arabic News F24		0	International news and current affairs from France 24 Arabic, via satellite, in Arabic, no subtitles.	FRANCE	Arabic-100	0		NC				
2020-01-27	1230	News - Overseas	ABC America: World News Tonight	NEWS	Abc America: World News Tonight With David Muir		0	America's number one network news bulletin, with anchors David Muir on weekdays and Tom Llamas on weekends.	USA	English-100	0		NC		Y		
2020-01-27	1300	News - Overseas	Al Jazeera News		Al Jazeera News Hour Second Edition		0	News via satellite from Al Jazeera Satellite Network, Qatar, in English.	QATAR	English-100	2012		NC		Y		
2020-01-27	1400	Nature & Environment	Telemarkskanalen Boat Journey		Telemarkskanalen Boat Journey Series 1 Ep 6	01	6	Drift along Norway's Telemark Canal aboard the MS Victoria as it sails through a series of locks and past points of interest between Skien and Dalen.	NORWAY	Norwegian-81; English-19	2012	RPT	G			Y	
2020-01-27	1500	History	Ice Bridge: The Impossible Journey		Ice Bridge: The Impossible Journe		0	This feature documentary goes on an ambitious search for the truth and rewrites the history books, creating a never-before-seen world of the earliest life in North America - the Megafauna that roamed the east coast as the first humans arrived across the Atlantic. With indisputable evidence from genetic testing, geological exploration, archaeological digs and testing of the artefacts uncovered, this is an incredible ancient tale of migration over a dangerous and unforgiving bridge of ice.	UNITED KINGDOM	English-100	2017	RPT	PG		Y	Y	
2020-01-27	1600	Cooking	Destination Flavour China	Lunar New Year	Yunnan		01	6	Whilst the Han ethnic group makes up 92% of Chinas population, Yunnan holds the largest number of ethnic minority groups, with 25 here out of the 55 that are recognised. Adam is keen to explore different ethnic minorities within the province and see how their traditions have the shaped the region, and its food, into what is it today.		English-70; Mandarin-30	2018	RPT	G		Y	Y
2020-01-27	1630	Documentary	Food Detectives		Food Detectives Series 1 Compilation Ep 1	01	1	In this new series, scientist Professor Alice Roberts, Chef Tom Kerridge and journalist Sean Fletcher are keen to improve cooking, health and bank balances by dishing up the plain facts about food. Tom's on a mission to improve everyone's cooking skills one dish at a time and responds to the public's kitchen disasters. Professor Roberts reveals that three quarters of the UK population are taking home a food poisoning bug with them from the supermarket. Consumer journalist Sean Fletcher is pulling apart the ingredients in some every day foods - this time it's pasta.	UNITED KINGDOM	English-100	2016	RPT	G		Y		
2020-01-27	1730	Quiz	Letters And Numbers		Letters And Numbers Series 2 Ep 16	02	16	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	2011	RPT	G		Y		
2020-01-27	1800	Quiz	Mastermind Australia		Mastermind Series 1 Ep 66	01	66	With highly respected TV host, journalist, and self-confessed quiz junkie Jennifer Byrne at the helm, this program places contenders in the iconic Mastermind chair and gives them two tense minutes to answer as many questions as possible on their chosen specialist subject.	AUSTRALIA		2019	RPT	G		Y		
2020-01-27	1830	News - Domestic	SBS World News	NEWS	SBS World News 2020 Ep 27	2020	27	Up-to-date reports and analysis of the major national and international news stories of the day in Australia's only world news service.	AUSTRALIA		2020	LIVE	NC		Y		
2020-01-27	1935	Lifestyle	Cruising With Jane McDonald	Final Episode	South America: Part Two	04	4	Jane continues her ultra-luxury cruise around South America. Leaving Chile and the Falklands behind her, Jane's ending her second week in Puerto Madryn, Argentina. Visiting a city with the largest Welsh settlement outside of Wales, there's a bit of history, a bit of singing, and a lovely cuppa in the local tea house.	UNITED KINGDOM	English-100	2018		PG		Y		
2020-01-27	2025	Health, Science & Technology	Michael Mosley: Trust Me, I'm A Doctor		Trust Me, I'm A Doctor Series 7 Ep 1	07	1	Trust Me, I'm a Doctor is back with a special programme on mental health. Michael Mosley runs an experiment to find the best way to beat stress - mindfulness, yoga or gardening. Psychiatrist Dr Alain Gregoire reveals how sleep affects mental health. GP Zoe Williams discovers why laughing can be as good as exercise for improving mood. Surgeon Gabriel Weston investigates a new cure for some patients with serious mental illness. And geneticist Giles Yeo asks if you can eat your way to happiness.	UNITED KINGDOM	English-100	2018	RPT	PG	a	Y		
2020-01-27	2130	Culture & Society	24 Hours In Police Custody	New Episode	Detective And The Surgeon, The	04	17	Bedfordshire Police investigate a reported burglary in which antiques worth a quarter of a million pounds have been stolen from a country estate. But something about the case doesn't add up.	UNITED KINGDOM	English-100	2018		M	a l v	Y		
2020-01-27	2225	News - Domestic	SBS World News Late	NEWS	SBS World News Late 2020 Ep 18	2020	18	Up-to-date reports and analysis of the major national and international news stories of the day in Australia's only world news service.	AUSTRALIA		2020	LIVE	NC		Y		
2020-01-27	2255	Football	The World Game	SPORTS	World Game 2020, The Ep 4	2020	4	Join the SBS football team for highlights and previews, plus the best action, news and exclusive interviews from around the football world.	AUSTRALIA		2020		NC		Y		
2020-01-27	2330	Crime	Wisting	New Episode	Wisting Series 1 Ep 6	01	6	Just as Wisting is hailed a national hero for solving The Caveman case, he faces accusations of evidence tampering in a previous murder case, leading to Vidar Haglund's potentially wrongful conviction. Line tries to keep her father out of the headlines, by chasing a news story on a recent murder.	NORWAY	Norwegian-100	2019		M	a v	Y	Y	

2020-01-27	2425	Crime	Witnesses	Witnesses Series 2 Ep 5	02	5	Antone's car is found on the side of the road, but there's no trace of him. Meanwhile, Sandra's on the run with Catherine as they try to figure out who Martin Souriau is covering for. The police, in the meantime, have identified the second killer.	FRANCE	French-100	2016	RPT	M	I v	Y
2020-01-27	2530	Contemporary	Borgen	Borgen Series 1 Ep 5	01	5	With the support of her Minister of Trade, Birgitte puts forth a proposal for gender quotas on Danish companies' boards of directors. The proposal meets resistance both in and out of government - and the country's most powerful businessman gives Birgitte an ultimatum that could have serious consequences. Meanwhile, Katrine turns down an offer of help to take better care of herself, and Kasper gets into a muddle with the ladies. Stars Sidse Babett Knudsen.	DENMARK	Danish-100	2010	RPT	M	s	Y
2020-01-27	2640	Contemporary	Borgen	Borgen Series 1 Ep 6	01	6	Birgitte faces her first state visit, as the president of the former Soviet republic of Turgistan comes to Denmark and announces his intention to invest one billion euros in Danish wind turbine technology. However, the simultaneous arrival of a renowned Turgistani poet and dissident, places Birgitte in the middle of a significant, escalating conflict. She also faces some conflict on the home front. Stars Sidse Babett Knudsen, Johan Philip Asbæk and Birgitte Hjort Sørensen.	DENMARK	Danish-100	2010	RPT	M	a l s	Y Y
2020-01-27	2755	Reality	Sugar Free Farm	Sugar Free Farm Series 2 Ep 1	02	1	A new cast of famous faces will undergo a challenging dietary experiment: living entirely without sugar, refined carbohydrates, cheap meat, bad fats and all processed foods for 15 consecutive days, in the second series of Sugar Free Farm. Stepping up to the sugar free plate include the fifth incarnation of Doctor Who, Peter Davison; former Conservative Party MP Ann Widdecombe, much loved comedian Joe Pasquale, This Morning's resident showbiz reporter, Alison Hammond, star of The Only Way Is Essex, Gemma Collins and Britain's Got Talent finalists, father and son dance duo, Stavros Flatley. Under the watchful eye of the show's new nutritionist, Hala El-Shafie, will the sugar craving celebrities survive the gruelling challenge and change their unhealthy eating habits for good?	UNITED KINGDOM	English-100	2016	RPT	M	I	Y
2020-01-27	2850	Cooking	Rachel Khoo's Kitchen Notebook Bitesize	Antipasto Platter From Ep 3	01	7	Passionate food writer Rachel Khoo uncovers Melbourne and the wider state of Victoria's culinary wonders for the world to see.	AUSTRALIA	English-100	2015	RPT	G		Y
2020-01-28	0500	News - Domestic	CGTN English News	Cgtn English News Morning		0	The English language news channel from China Global Television Network (CGTN) in Beijing. Formerly known as CCTV English News.	CHINA	English-100	0		NC		Y
2020-01-28	0515	News - Domestic	NHK World English News	Nhk World English News Morning		0	News from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news, in English.	JAPAN	English-100	0		NC		Y
2020-01-28	0530	News - Domestic	Deutsche Welle English News	Deutsche Welle English News Morning		0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	0		NC		Y
2020-01-28	0600	News - Domestic	France 24 English News First Edition	France 24 English News Morning First Edition		0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	0		NC		Y
2020-01-28	0630	News - Domestic	Al Jazeera English News	Al Jazeera News First Edition		0	News via satellite from Al Jazeera Satellite Network, Qatar, in English.	QATAR	English-100	0		NC		Y
2020-01-28	0700	News - Overseas	BBC News	BBC 6 O'clock News	2017	0	BBC 6.00pm evening news via satellite from London, UK, in English.	UNITED KINGDOM	English-100	2017		NC		Y
2020-01-28	0730	News - Overseas	Italian News	Italian News Daily		0	News via satellite from RAI Rome in Italian, no subtitles.	ITALY	Italian-100	2013		NC		
2020-01-28	0810	News - Overseas	Filipino News	Filipino News		0	News via satellite from ABS-CBN Manila, in Tagalog, no subtitles.	PHILIPPINES	Filipino-100	2013		NC		
2020-01-28	0840	News - Overseas	French News	French News		0	News via satellite from FT2 Paris, in French, no subtitles.	FRANCE	French-100	2013		NC		
2020-01-28	0930	News - Overseas	Greek News	Greek News		0	News via satellite from ERT Athens, in Greek, no subtitles.	GREECE	Greek-100	2017		NC		
2020-01-28	1030	News - Overseas	German News	German News		0	News via satellite from DW Berlin, in German, no subtitles.	GERMANY	German-100	2013		NC		
2020-01-28	1100	News - Overseas	Spanish News	Spanish News		0	News via satellite from RTVE Madrid, in Spanish, no subtitles.	SPAIN	Spanish-100	2013		NC		
2020-01-28	1130	News - Overseas	Turkish News	Turkish News		0	News via satellite from TRT Turkey, in Turkish, no subtitles.	TURKEY	Turkish-100	2013		NC		
2020-01-28	1200	News - Overseas	Arabic News F24	Arabic News F24		0	International news and current affairs from France 24 Arabic, via satellite, in Arabic, no subtitles.	FRANCE	Arabic-100	0		NC		

2020-01-28	1230	News - Overseas	ABC America: World News Tonight	NEWS	Abc America: World News Tonight With David Muir		0	America's number one network news bulletin, with anchors David Muir on weekdays and Tom Llamas on weekends.	USA	English-100	0		NC	Y		
2020-01-28	1300	News - Domestic	PBS Newshour	NEWS	PBS Newshour		0	Reviews and analysis of the day's news presented by Judy Woodruff for the Public Broadcasting Service (PBS) in the United States.	USA	English-100	2012		NC	Y		
2020-01-28	1400	Nature & Environment	Telemarkskanalen Boat Journey		Telemarkskanalen Boat Journey Series 1 Ep 7	01	7	Drift along Norway's Telemark Canal aboard the MS Victoria as it sails through a series of locks and past points of interest between Skien and Dalen.	NORWAY	Norwegian-98; English-2	2012	RPT	G	Y		
2020-01-28	1500	Cooking	Destination Flavour China	Lunar New Year	Sichuan And Hunan	01	7	On his journey discovering China's history through its food, Adam's next stops are the fiery provinces of Sichuan and Hunan, both part of the eight great regional cuisines. This time he's got someone to help him explore, Chinese food expert Fuchsia Dunlop, who has written books on both Sichuanese and Hunanese cuisine.	AUSTRALIA	English-70; Mandarin-30	2018	RPT	G	Y	Y	
2020-01-28	1530	Biography	Who Do You Think You Are? Lulu		Lulu	14	6	Singer Lulu investigates a mystery that has plagued her family for years. She wants to find out why her mother was the only child from seven to be raised by another family.	UNITED KINGDOM	English-100	2017	RPT	PG	Y		
2020-01-28	1635	Documentary	Food Detectives		Food Detectives Series 1 Compilation Ep 2	01	2	Professor Roberts finds out about the latest research, which suggests that drinking artificially sweetened drinks can encourage people to eat more than expected. She's also investigating the chemical that's causing the problem and asks how worried everyone should be about eating meat. Tom's on a mission to help with another kitchen fail. He visits Glasgow and Bracknell to sort out viewer's Yorkshire puddings and risotto kitchen fails. The supermarkets offer own brand products across a range stretching from basic to premium. Sean investigates if it's worth paying for a premium product or if money-saving basic is as good for health and taste buds.	UNITED KINGDOM	English-100	2016	RPT	PG	Y		
2020-01-28	1730	Quiz	Letters And Numbers		Letters And Numbers Series 2 Ep 17	02	17	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	2011	RPT	G	Y		
2020-01-28	1800	Quiz	Mastermind Australia		Mastermind Series 1 Ep 67	01	67	With highly respected TV host, journalist, and self-confessed quiz junkie Jennifer Byrne at the helm, this program places contenders in the iconic Mastermind chair and gives them two tense minutes to answer as many questions as possible on their chosen specialist subject.	AUSTRALIA		2019	RPT	G	Y		
2020-01-28	1830	News - Domestic	SBS World News	NEWS	SBS World News 2020 Ep 28	2020	28	Up-to-date reports and analysis of the major national and international news stories of the day in Australia's only world news service.	AUSTRALIA		2020	LIVE	NC	Y		
2020-01-28	1930	Biography	Who Do You Think You Are? Boy George	Final Episode	Boy George	15	4	Iconic pop star Boy George grew up in south London in an Irish family, and he expects to find a lot of sadness in his family tree. As George uncovers the grim details of what really happened to his grandmother and his great uncle, he also delights in a new sense of his family being truly part of Irish history.	UNITED KINGDOM	English-100	2018		PG	Y		
2020-01-28	2040	History	Prince Albert's Secret Papers	Premiere	Prince Albert's Secret Papers	00	0	With access to private papers and thousands of photographs, Professor Saul David examines Albert's significant role in shaping Victorian Britain.	UNITED KINGDOM	English-100	2018			Y		
2020-01-28	2135	Culture & Society	Stacey Dooley Sleeps Over	New Episode	Family Who Live Online, The	01	4	Stacey spends the weekend with the Saccone Jolys - one of Britain's most popular YouTube families. They have nearly 2 million subscribers, and their four children have all been featured in online videos since they were born.	UNITED KINGDOM	English-100	2019		M	Y		
2020-01-28	2230	News - Domestic	SBS World News Late	NEWS	SBS World News Late 2020 Ep 19	2020	19	Up-to-date reports and analysis of the major national and international news stories of the day in Australia's only world news service.	AUSTRALIA		2020	LIVE	NC	Y		
2020-01-28	2300	Crime	The Twelve	New Series Premiere	Twelve Series 1 Ep 1, The	01	1	Ghent, 2018. Twelve citizens with different backgrounds are plucked from their daily lives. They come together to make up the jury for the 'Millennium Trial', a controversial case. It will be no simple task, as they must decide on the guilt or innocence of the respected headmistress Fri Palmers.	BELGIUM	Flemish-100	2018		MA	s	Y	
2020-01-28	2400	Thriller	Deep State		Stories	01	6	Max is reunited with his family, but danger is not far behind. He travels to London and finally manages to get to White. In Tehran, Leyla meets a U.S. envoy who provides her with yet more clues related to the orders her unit were given.	UNITED KINGDOM	English-80; Arabic-10; French-10	2018	RPT	MA	v	Y	Y
2020-01-28	2500	Contemporary	The State		State Series 1 Ep 2, The	01	2	The recruits are forced to reflect on their new lives in The State. Jalal and Ziyaad experience bloody frontline battle, while Shakira witnesses the horrifying aftermath of a barrel bomb and Ushna is shocked at the brutal treatment of women. Shakira must persuade a dangerous commander to set aside ISIS rules and allow her to work in hospital, and Jalal has a conversation which makes him question the whole rationale for his journey to Syria.	UNITED KINGDOM	English-95; Arabic-5	2017	RPT	MA	a v w	Y	Y

2020-01-28	2555	Thriller	Counterpart	No Man's Land, Part One	01	9	As Emily Prime and Shaw stop Pope's hit on his accomplice Kaspar, and promise to keep him safe in exchange for his cooperation, Prime goes on the run after learning he's the target of the search for the mole. When he arrives to plan their next move and discovers that Quayle accused him, Prime is again forced to flee.	USA	English-100	2017	RPT	MA	d v	Y	Y
2020-01-28	2655	Thriller	Counterpart	No Man's Land, Part Two	01	10	Following the attack on OI, Fancher looks to portray the carnage to the media as the work of a disgruntled, mentally ill employee. As Clare continues insisting they work together to protect their family, Quayle returns to his job to find both sides refusing to take responsibility for the wounded assassin Angel Eyes, who is dying in the Crossing after failing to make it back to the Other Side.	USA	English-100	2017	RPT	MA	v	Y	Y
2020-01-28	2755	Reality	Sugar Free Farm	Sugar Free Farm Series 2 Ep 2	02	2	The celebrities make butter and cheese from scratch, but when two farmhands are caught cheating, the chickens really come home to roost. Peter Davison returns from a spell in hospital due to sugar withdrawal.	UNITED KINGDOM	English-100	2016	RPT	M	l	Y	
2020-01-28	2855	Cooking	Rachel Khoo's Kitchen Notebook Bitesize	One Pot Lentils From Ep 3	01	8	Passionate food writer Rachel Khoo uncovers Melbourne and the wider state of Victoria's culinary wonders for the world to see.	AUSTRALIA	English-100	2015	RPT	G		Y	
2020-01-29	0500	News - Domestic	CGTN English News	Cgtn English News Morning		0	The English language news channel from China Global Television Network (CGTN) in Beijing. Formerly known as CCTV English News.	CHINA	English-100	0		NC		Y	
2020-01-29	0515	News - Domestic	NHK World English News	Nhk World English News Morning		0	News from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news, in English.	JAPAN	English-100	0		NC		Y	
2020-01-29	0530	News - Domestic	Deutsche Welle English News	Deutsche Welle English News Morning		0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	0		NC		Y	
2020-01-29	0600	News - Domestic	France 24 English News First Edition	France 24 English News Morning First Edition		0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	0		NC		Y	
2020-01-29	0630	News - Domestic	Al Jazeera English News	Al Jazeera News First Edition		0	News via satellite from Al Jazeera Satellite Network, Qatar, in English.	QATAR	English-100	0		NC		Y	
2020-01-29	0700	News - Overseas	BBC News	BBC 6 O'clock News	2017	0	BBC 6.00pm evening news via satellite from London, UK, in English.	UNITED KINGDOM	English-100	2017		NC		Y	
2020-01-29	0730	News - Overseas	Italian News	Italian News Daily		0	News via satellite from RAI Rome in Italian, no subtitles.	ITALY	Italian-100	2013		NC			
2020-01-29	0810	News - Overseas	Filipino News	Filipino News		0	News via satellite from ABS-CBN Manila, in Tagalog, no subtitles.	PHILIPPINES	Filipino-100	2013		NC			
2020-01-29	0840	News - Overseas	French News	French News		0	News via satellite from FT2 Paris, in French, no subtitles.	FRANCE	French-100	2013		NC			
2020-01-29	0930	News - Overseas	Greek News	Greek News		0	News via satellite from ERT Athens, in Greek, no subtitles.	GREECE	Greek-100	2017		NC			
2020-01-29	1030	News - Overseas	German News	German News		0	News via satellite from DW Berlin, in German, no subtitles.	GERMANY	German-100	2013		NC			
2020-01-29	1100	News - Overseas	Spanish News	Spanish News		0	News via satellite from RTVE Madrid, in Spanish, no subtitles.	SPAIN	Spanish-100	2013		NC			
2020-01-29	1130	News - Overseas	Turkish News	Turkish News		0	News via satellite from TRT Turkey, in Turkish, no subtitles.	TURKEY	Turkish-100	2013		NC			
2020-01-29	1200	News - Overseas	Arabic News F24	Arabic News F24		0	International news and current affairs from France 24 Arabic, via satellite, in Arabic, no subtitles.	FRANCE	Arabic-100	0		NC			
2020-01-29	1230	News - Overseas	ABC America: World News Tonight	NEWS Abc America: World News Tonight With David Muir		0	America's number one network news bulletin, with anchors David Muir on weekdays and Tom Llamas on weekends.	USA	English-100	0		NC		Y	
2020-01-29	1300	News - Domestic	PBS Newshour	NEWS PBS Newshour		0	Reviews and analysis of the day's news presented by Judy Woodruff for the Public Broadcasting Service (PBS) in the United States.	USA	English-100	2012		NC		Y	
2020-01-29	1400	Nature & Environment	Telemarkskanalen Boat Journey	Telemarkskanalen Boat Journey Series 1 Ep 8	01	8	Drift along Norway's Telemark Canal aboard the MS Victoria as it sails through a series of locks and past points of interest between Skien and Dalen.	NORWAY	Norwegian-100	2012	RPT	G			Y

2020-01-29	1500	Archaeology	Scotland: Rome's Final Frontier		Scotland: Rome's Final Frontier		0		The incredible story of how Scotland became the Roman Empire's toughest military challenge. At the height of its power, Rome boasted the domination of millions of people and vast tracts of lands as far east as Syria, Egypt in the south, Spain in the west and the Germanic wildernesses in the north. In 43AD Emperor Claudius' forces invaded and conquered Britain, but there was one small part of these barbarian lands that wasn't so easy to crush. Through some of Scotland's most extraordinary Roman sites and illuminating new archaeology, historian Dr Fraser Hunter shows how Scotland and its people defied an onslaught of Roman imperial power for over a century.	UNITED KINGDOM	English-100	2013	RPT	G			Y	
2020-01-29	1600	Cooking	Destination Flavour China	Lunar New Year	Fujian		01	8	On his journey discovering China's history through its food, Adam comes to another one of the eight great regional cuisines - Fujian - a place with a long history of migration where the movement of people left an enduring mark that manifested in its food and culture. Adam starts his exploration in the ancient port city of Xiamen, where so many of the Fujian dishes and ingredients come from that have had huge influence abroad.		English-70; Mandarin-30	2018	RPT	G			Y	Y
2020-01-29	1630	Documentary	Food Detectives		Food Detectives Series 1 Compilation Ep 3		01	3	Can changing your surroundings alter how food and drink tastes? Professor Alice Roberts and a group of diners enjoy a culinary experience with a difference. The music, lighting and even the shape of the plates are changed throughout the meal to see what effect this has on how we perceive the taste of food. Sensory gastronomy is a new field of scientific research, and although it may sound unfamiliar, its findings have practical implications.	UNITED KINGDOM	English-100	2016	RPT	PG			Y	
2020-01-29	1730	Quiz	Letters And Numbers		Letters And Numbers Series 2 Ep 18		02	18	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	2011	RPT	G			Y	
2020-01-29	1800	Quiz	Mastermind Australia		Mastermind Series 1 Ep 68		01	68	With highly respected TV host, journalist, and self-confessed quiz junkie Jennifer Byrne at the helm, this program places contenders in the iconic Mastermind chair and gives them two tense minutes to answer as many questions as possible on their chosen specialist subject.	AUSTRALIA		2019	RPT	G			Y	
2020-01-29	1830	News - Domestic	SBS World News	NEWS	SBS World News 2020 Ep 29	2020		29	Up-to-date reports and analysis of the major national and international news stories of the day in Australia's only world news service.	AUSTRALIA		2020	LIVE	NC			Y	
2020-01-29	1930	History	Tony Robinson Down Under		Welcome To Australia		01	5	Tony Robinson does an entrance examination to see if he'd qualify as an acceptable migrant to Australia. From its earliest days, Australia needed free migrants to grow and prosper, and it needed women. Schemes were devised to achieve both objectives, with bounties offered for bringing boatloads of human cargo from the UK and Ireland. But the people merchants got greedy, and the human toll was terrible. Tony traces immigration and multi-culturalism from the early 1800s, through the White Australia Policy, to the first arrival of Vietnamese boat people in the 1970s. He decides that the best way of exploring a country's diversity is to talk to taxi drivers.	AUSTRALIA	English-100	2011	RPT	PG			Y	
2020-01-29	2030	Health, Science & Technology	Cannabis: Drug Or Miracle Medicine?	Premiere	Cannabis: Dangerous Drug Or Miracle Medicine?		0	0	One minute cannabis is the drug that's going to save the world. The next it's branded as a leading cause of mental health issues. So what's the truth behind the headlines?	UNITED KINGDOM	English-100	2019					Y	
2020-01-29	2130	Period	Vikings	New Episode	Valhalla Can Wait		06	8	Bjorn faces a difficult decision. Ubbe and Torvi leave Kattegat, in search of new lands and perhaps old friends. Oleg's plans for the invasion of Scandinavia are taking shape.	USA	English-100	2019			MA		Y	
2020-01-29	2230	News - Domestic	SBS World News Late	NEWS	SBS World News Late 2020 Ep 20	2020		20	Up-to-date reports and analysis of the major national and international news stories of the day in Australia's only world news service.	AUSTRALIA		2020	LIVE	NC			Y	
2020-01-29	2300	Contemporary	The Red Line	New Episode	I Must Tell You What We Have Inherited		01	7	Tia's campaign for alderman is in jeopardy after it is revealed that Jira is her daughter, whom she gave up for adoption. Also, in order to help indict Paul, Daniel tries to find the anonymous sender of the security tape that shows him shooting Harrison.	USA	English-100	2019			M	a	Y	Y
2020-01-29	2350	Biography	Neruda	Premiere				0	It's 1948 and the Cold War has reached Chile. In congress, Senator Pablo Neruda (Luis Gnecco) accuses the government of betraying the Communist Party and is swiftly impeached by President Gonzalez Videla (Alfredo Castro). Police Prefect Oscar Peluchonneau (Gael Garcia Bernal) is assigned to arrest the poet.	ARGENTINA	French-50; Spanish-50	2016			MA	n s		Y
2020-01-29	2550	Period	Versailles		Afterlife, The		03	5	Maintenon returns to the palace with renewed vigour and encourages Louis to step up his plans - and to impose restrictions on the Protestants. Chevalier stands up for Delphine - but Maintenon sacks him. Guillaume is compromised and recants his faith to secure a lucrative contract and save the family business, but his sister Jeanne is horrified - has he just sold his soul to the dream of Versailles? Louis wants to undermine Leopold in Vienna and makes a secret deal with Berek, the Ottoman envoy.	UNITED KINGDOM	English-100	2018	RPT	MA	s		Y	Y

2020-01-29	2655	Period	Versailles	Wheel Of Fortune, The	03	6	After the tragedy of Marie-Thérèse's death, Louis changes tactics. He plans to marry Philippe's daughter to King Charles and plots with the Ottomans to attack Austria. But he finds a new adversary in the papal envoy Leto, who has come to attend Marie-Thérèse's funeral.	UNITED KINGDOM	English-100	2018	RPT	MA	s	Y
2020-01-29	2755	Reality	Sugar Free Farm	Sugar Free Farm Series 2 Ep 3	02	3	As the effects of the new diet kick in and the sugar withdrawal symptoms start to recede, the celebs meet their meat, working closely with the farm's livestock and choosing which ones go to slaughter. Alison Hammond and Peter Davison struggle to play god when it comes to the young buffalo, and one of the farmhands is shocked to discover the truth about his breakfast sausage sarnies.	UNITED KINGDOM	English-100	2016	RPT	M	I	Y
2020-01-29	2850	Cooking	Rachel Khoo's Kitchen Notebook Bitesize	Smashed Figs With Blue Cheese From Ep 3	01	9	Passionate food writer Rachel Khoo uncovers Melbourne and the wider state of Victoria's culinary wonders for the world to see.	AUSTRALIA	English-100	2015	RPT	G		Y
2020-01-30	0500	News - Domestic	CGTN English News	Cgtn English News Morning		0	The English language news channel from China Global Television Network (CGTN) in Beijing. Formerly known as CCTV English News.	CHINA	English-100	0		NC		Y
2020-01-30	0515	News - Domestic	NHK World English News	Nhk World English News Morning		0	News from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news, in English.	JAPAN	English-100	0		NC		Y
2020-01-30	0530	News - Domestic	Deutsche Welle English News	Deutsche Welle English News Morning		0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	0		NC		Y
2020-01-30	0600	News - Domestic	France 24 English News First Edition	France 24 English News Morning First Edition		0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	0		NC		Y
2020-01-30	0630	News - Domestic	Al Jazeera English News	Al Jazeera News First Edition		0	News via satellite from Al Jazeera Satellite Network, Qatar, in English.	QATAR	English-100	0		NC		Y
2020-01-30	0700	News - Overseas	BBC News	BBC 6 O'clock News	2017	0	BBC 6.00pm evening news via satellite from London, UK, in English.	UNITED KINGDOM	English-100	2017		NC		Y
2020-01-30	0730	News - Overseas	Italian News	Italian News Daily		0	News via satellite from RAI Rome in Italian, no subtitles.	ITALY	Italian-100	2013		NC		
2020-01-30	0810	News - Overseas	Filipino News	Filipino News		0	News via satellite from ABS-CBN Manila, in Tagalog, no subtitles.	PHILIPPINES	Filipino-100	2013		NC		
2020-01-30	0840	News - Overseas	French News	French News		0	News via satellite from FT2 Paris, in French, no subtitles.	FRANCE	French-100	2013		NC		
2020-01-30	0930	News - Overseas	Greek News	Greek News		0	News via satellite from ERT Athens, in Greek, no subtitles.	GREECE	Greek-100	2017		NC		
2020-01-30	1030	News - Overseas	German News	German News		0	News via satellite from DW Berlin, in German, no subtitles.	GERMANY	German-100	2013		NC		
2020-01-30	1100	News - Overseas	Spanish News	Spanish News		0	News via satellite from RTVE Madrid, in Spanish, no subtitles.	SPAIN	Spanish-100	2013		NC		
2020-01-30	1130	News - Overseas	Turkish News	Turkish News		0	News via satellite from TRT Turkey, in Turkish, no subtitles.	TURKEY	Turkish-100	2013		NC		
2020-01-30	1200	News - Overseas	Arabic News F24	Arabic News F24		0	International news and current affairs from France 24 Arabic, via satellite, in Arabic, no subtitles.	FRANCE	Arabic-100	0		NC		
2020-01-30	1230	News - Overseas	ABC America: World News Tonight	NEWS Abc America: World News Tonight With David Muir		0	America's number one network news bulletin, with anchors David Muir on weekdays and Tom Llamas on weekends.	USA	English-100	0		NC		Y
2020-01-30	1300	News - Domestic	PBS Newshour	NEWS PBS Newshour		0	Reviews and analysis of the day's news presented by Judy Woodruff for the Public Broadcasting Service (PBS) in the United States.	USA	English-100	2012		NC		Y
2020-01-30	1400	Nature & Environment	Telemarkskanalen Boat Journey	Telemarkskanalen Boat Journey Series 1 Ep 9	01	9	Drift along Norway's Telemark Canal aboard the MS Victoria as it sails through a series of locks and past points of interest between Skien and Dalen.	NORWAY	Norwegian-100	2012	RPT	G		Y
2020-01-30	1500	Nature & Environment	Telemarkskanalen Boat Journey	Telemarkskanalen Boat Journey Series 1 Ep 10	01	10	Drift along Norway's Telemark Canal aboard the MS Victoria as it sails through a series of locks and past points of interest between Skien and Dalen.	NORWAY	Norwegian-100	2012	RPT	G		Y

2020-01-30	1555	Cooking	Destination Flavour China	Lunar New Year	Hong Kong And Guandong	01	9	Hong Kong looms on the horizon, its glittering peaks towering over the lush foliage tumbling down the steep peaks that punctuate the city. Adam has arrived in a city where restaurant is king and the average Hong Kong resident eats out an astonishing 23 times a month. To help him find his way around, Adam meets up with his friend, Hong Kong based food writer Janice Leung.		English-70; Mandarin-30	2018	RPT	G		Y	Y
2020-01-30	1625	History	Victoria And Albert: The Wedding		Victoria And Albert: The Wedding Series 1, Ep 1	01	1	Lucy Worsley re-stages the wedding of Queen Victoria and Prince Albert. Each detail is brought back to life in a spectacular ceremony as Lucy reveals how this event saved the monarchy and invented modern marriage.	UNITED KINGDOM	English-100	2018	RPT	G		Y	
2020-01-30	1730	Quiz	Letters And Numbers		Letters And Numbers Series 2 Ep 19	02	19	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	2011	RPT	G		Y	
2020-01-30	1800	Quiz	Mastermind Australia		Mastermind Series 1 Ep 69	01	69	With highly respected TV host, journalist, and self-confessed quiz junkie Jennifer Byrne at the helm, this program places contenders in the iconic Mastermind chair and gives them two tense minutes to answer as many questions as possible on their chosen specialist subject.	AUSTRALIA		2019	RPT	G		Y	
2020-01-30	1830	News - Domestic	SBS World News	NEWS	SBS World News 2020 Ep 30	2020	30	Up-to-date reports and analysis of the major national and international news stories of the day in Australia's only world news service.	AUSTRALIA		2020	LIVE	NC		Y	
2020-01-30	1930	Culture & Society	Australia With Julia Bradbury	Final Episode	Victoria	01	8	Julia takes a road trip along Victoria's Great Ocean Road on her way to Melbourne. This is one of the most spectacular coastal drives in the world. At Port Campbell National Park, she discovers the extraordinary coastal landscape of the Twelve Apostles.	UNITED KINGDOM	English-100	2018		PG		Y	
2020-01-30	2000	Travel	Luke Nguyen's Railway Vietnam	Final Episode	Luke Nguyen's Railway Vietnam Series 1 Ep 10	01	10	Luke visited SAPA high in the hills in Northern Vietnam fifteen years ago. He's pleased to find out that not much has changed, and visits a little girl he befriended during that time. She welcomes him into her house and learns how the local dish of dried buffalo is made. He also goes foraging for botanicals with a scientist who is making Vietnam's very first gin.	AUSTRALIA	English-100	2019		PG		Y	
2020-01-30	2030	Thriller	The Girl With The Dragon Tattoo	MOVIE			0	A discredited journalist (Daniel Craig) and a mysterious computer hacker discover that even the wealthiest families have skeletons in their closets while working to solve the mystery of a 40-year-old murder in this David Fincher-directed remake of the 2009 Swedish thriller of the same name. Inspired by late author Stieg Larsson's successful trilogy of books, The Girl with the Dragon Tattoo gets under way as the two leads (Daniel Craig and Rooney Mara) are briefed in the disappearance of Harriet Vanger, whose uncle suspects she may have been killed by a member of their own family. The deeper they dig for the truth, however, the greater the risk of being buried alive by members of the family, who will go to great lengths to keep their secrets tightly sealed.	USA	English-100	2011	RPT	MA	a l s v	Y	
2020-01-30	2325	News - Domestic	SBS World News Late	NEWS	SBS World News Late 2020 Ep 21	2020	21	Up-to-date reports and analysis of the major national and international news stories of the day in Australia's only world news service.	AUSTRALIA		2020				Y	
2020-01-30	2355	Period	Outlander	New Episode	Outlander Series 4 Ep 12	04	12	Brianna confronts a violent figure from her past in an attempt to cope with her trauma. Roger befriends a fellow captive and endeavours to escape the Mohawk Village, while Fergus and Marsali plan a dangerous mission to save an old friend from the noose.	USA	English-100	2018		MA		Y	Y
2020-01-30	2455	Period	Project Blue Book		Scoutmaster, The	01	7	After a Scoutmaster vanishes when he and his troop witness a strange craft hovering in the woods, Hynek is sent to investigate for Project Blue Book, while Quinn is pulled into a rogue mission for General Harding.	USA	English-100	2018	RPT	M	a v	Y	
2020-01-30	2545	Period	Project Blue Book		War Games	01	8	When a film emerges documenting an Army platoon under UFO attack, the Generals send Hynek and Quinn in to investigate, where they find the soldiers not only suffer from physical effects of war, but psychological ones as well.	USA	English-100	2018	RPT	M	a v	Y	
2020-01-30	2630	Thriller	Modus		Modus Series 2 Ep 5	02	5	Inger Johanne discovers that she is being tailed and goes to Hedvig for help. The puzzle pieces slowly begin falling into place, and Inger Johanne gets an idea that makes her decide to take matters into her own hands.	SWEDEN	Swedish-60; English-35; Danish-5	2017	RPT	M	a l v	Y	Y
2020-01-30	2720	Thriller	Modus		Modus Series 2 Ep 6	02	6	Warren has a hard time getting the rest of the FBI to listen to his theory on what is behind the president's disappearance. Inger Johanne ends up in a very conflicted situation when Helen Tyler does not want to be found by the outside world.	SWEDEN	English-50; Swedish-46; Danish-2; Farsi-2	2017	RPT	M	a l v	Y	Y
2020-01-30	2810	Reality	Sugar Free Farm		Sugar Free Farm Series 2 Ep 4	02	4	After two weeks of their radical, new diet, the seven celebrity farmhands are ready to re-enter the real world, where they'll be challenged by their old temptations. Let loose at the village fair, comedian Joe Pasquale is tempted by the call of his favourite sweet treats while former Dr Who Peter Davidson must resist a room filled with cupcakes. Meanwhile Alison Hammond is surprised to discover that her tastebuds have adjusted in the absence of sugar.	UNITED KINGDOM	English-100	2016	RPT	PG		Y	

2020-01-31	0500	News - Domestic	CGTN English News		Cgtn English News Morning		0	The English language news channel from China Global Television Network (CGTN) in Beijing. Formerly known as CCTV English News.	CHINA	English-100	0		NC		Y
2020-01-31	0515	News - Domestic	NHK World English News		Nhk World English News Morning		0	News from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news, in English.	JAPAN	English-100	0		NC		Y
2020-01-31	0530	News - Domestic	Deutsche Welle English News		Deutsche Welle English News Morning		0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	0		NC		Y
2020-01-31	0600	News - Domestic	France 24 English News First Edition		France 24 English News Morning First Edition		0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	0		NC		Y
2020-01-31	0630	News - Domestic	Al Jazeera English News		Al Jazeera News First Edition		0	News via satellite from Al Jazeera Satellite Network, Qatar, in English.	QATAR	English-100	0		NC		Y
2020-01-31	0700	News - Overseas	BBC News		BBC 6 O'clock News	2017	0	BBC 6.00pm evening news via satellite from London, UK, in English.	UNITED KINGDOM	English-100	2017		NC		Y
2020-01-31	0730	News - Overseas	Italian News		Italian News Daily		0	News via satellite from RAI Rome in Italian, no subtitles.	ITALY	Italian-100	2013		NC		
2020-01-31	0810	News - Overseas	Filipino News		Filipino News		0	News via satellite from ABS-CBN Manila, in Tagalog, no subtitles.	PHILIPPINES	Filipino-100	2013		NC		
2020-01-31	0840	News - Overseas	French News		French News		0	News via satellite from FT2 Paris, in French, no subtitles.	FRANCE	French-100	2013		NC		
2020-01-31	0930	News - Overseas	Greek News		Greek News		0	News via satellite from ERT Athens, in Greek, no subtitles.	GREECE	Greek-100	2017		NC		
2020-01-31	1030	News - Overseas	German News		German News		0	News via satellite from DW Berlin, in German, no subtitles.	GERMANY	German-100	2013		NC		
2020-01-31	1100	News - Overseas	Spanish News		Spanish News		0	News via satellite from RTVE Madrid, in Spanish, no subtitles.	SPAIN	Spanish-100	2013		NC		
2020-01-31	1130	News - Overseas	Turkish News		Turkish News		0	News via satellite from TRT Turkey, in Turkish, no subtitles.	TURKEY	Turkish-100	2013		NC		
2020-01-31	1200	News - Overseas	Arabic News F24		Arabic News F24		0	International news and current affairs from France 24 Arabic, via satellite, in Arabic, no subtitles.	FRANCE	Arabic-100	0		NC		
2020-01-31	1230	News - Overseas	ABC America: World News Tonight	NEWS	Abc America: World News Tonight With David Muir		0	America's number one network news bulletin, with anchors David Muir on weekdays and Tom Llamas on weekends.	USA	English-100	0		NC		Y
2020-01-31	1300	News - Domestic	PBS Newshour	NEWS	PBS Newshour		0	Reviews and analysis of the day's news presented by Judy Woodruff for the Public Broadcasting Service (PBS) in the United States.	USA	English-100	2012		NC		Y
2020-01-31	1400	Health, Science & Technology	World From Above		Algeria From Above Series 1 Ep 1	01	1	Algeria From Above is the first documentary shot of Algeria exclusively from the sky. Through the eyes of the famous French photographer Yann Arthus-Bertrand, we are introduced to this grandiose country, its cultural and natural wealth, in entirely new ways.	FRANCE	English-100	2017	RPT	G		Y
2020-01-31	1500	News - Domestic	Nitv News: Nula	NITV Encore	Nitv News: Nula 2	2020	2	Natalie Ahmat and the NITV News team take us around the country, covering the big stories, and exploring the issues that matter to our communities.	AUSTRALIA		2020	LIVE	NC		Y
2020-01-31	1525	Current Affairs	Small Business Secrets Series 6	Replay	Small Business Secrets Series 6 Ep 3	2020	3	Small Business Secrets shines a light on the small business owners and innovators playing a vital role in Australia's economic growth.	AUSTRALIA	English-100	2020	RPT	NC		Y
2020-01-31	1555	Cooking	Destination Flavour China	Lunar New Year	Hainan Island	01	10	Adam arrives in Hainan, ready for the Liaw family reunion. After months apart, he's meeting his wife and two kids here in Haikou, to join him at the family reunion, but before they arrive, he's keen to check out the islands food and culture. Hainan Island is known as 'Oriental Hawaii', and it enjoys the same palm-fringed golden beaches and tropical climate. Over the years though many Hainanese left the island migrating to South East Asia in search of a better life, along with the Liaw branch of the family that begat Adam and this history has also influenced the islands food and culture.		English-70; Mandarin-30	2018	RPT	G	Y	Y
2020-01-31	1625	History	Victoria And Albert: The Wedding		Victoria And Albert: The Wedding Series 1, Ep 2	01	2	Lucy Worsley re-stages the wedding of Queen Victoria and Prince Albert. Each detail is brought back to life in a spectacular ceremony as Lucy reveals how this event saved the monarchy and invented modern marriage.	UNITED KINGDOM	English-100	2018	RPT	G		Y

2020-01-31	1730	Quiz	Letters And Numbers		Letters And Numbers Series 2 Ep 20	02	20	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	2011	RPT	G		Y	
2020-01-31	1800	Quiz	Mastermind Australia		Mastermind Series 1 Ep 70	01	70	With highly respected TV host, journalist, and self-confessed quiz junkie Jennifer Byrne at the helm, this program places contenders in the iconic Mastermind chair and gives them two tense minutes to answer as many questions as possible on their chosen specialist subject.	AUSTRALIA		2019	RPT	G		Y	
2020-01-31	1830	News - Domestic	SBS World News	NEWS	SBS World News 2020 Ep 31	2020	31	Up-to-date reports and analysis of the major national and international news stories of the day in Australia's only world news service.	AUSTRALIA		2020	LIVE	NC		Y	
2020-01-31	1935	Archaeology	Hunting Egypt's Lost Treasures	New Episode	Hunt For The Pyramid Tomb	01	5	Why did the great pharaohs of Egypt abandon the pyramids of Giza and choose a secret cemetery in the Valley of the kings as their burial ground? In the shadow of the pyramids, an extraordinary discovery in a rare 4,5000 tomb. We descend 100 meters underground to investigate the first tomb ever built in the valley, whilst a team from the University of Basel are on the hunt for clues to identify human remains found in looted tombs.	UNITED KINGDOM	English-100	2018		PG		Y	Y
2020-01-31	2030	Quiz	The Big Fat Quiz Of The Decade	Premiere	Big Fat Quiz Of The Decade, The		0	Jimmy Carr is back with the Big Fat Quiz of the Decade, the super-size quiz that addresses the shenanigans of the last 10 years. Question master Jimmy Carr will challenge a new array of famous guests who will battle it out for the ultimate Big Fat Quiz crown.	UNITED KINGDOM	English-100	2019				Y	
2020-01-31	2210	News - Domestic	SBS World News Late	NEWS	SBS World News Late 2020 Ep 22	2020	22	Up-to-date reports and analysis of the major national and international news stories of the day in Australia's only world news service.	AUSTRALIA		2020	LIVE	NC		Y	
2020-01-31	2240	Drama	Mr Holmes	MOVIE			0	An aged, retired Sherlock Holmes deals with early dementia as he tries to remember both his final case and a mysterious woman whose memory haunts him. He also befriends a fan, the young son of his housekeeper, who wants him to work again.	UNITED KINGDOM	English-100	2015	RPT	PG	a	Y	
2020-01-31	2435	Thriller	The Night Manager		Night Manager Series 1, The Ep 4	01	4	While he continues to recuperate in Roper's villa, Pine risks discovery when he breaks into Roper's study and finds chilling evidence of Roper's next deal. Meanwhile, Burr and Steadman seize on an opportunity to recruit a new asset.	USA	English-100	2016	RPT	M	a	Y	Y
2020-01-31	2530	Contemporary	Ride Upon The Storm		Ride Upon The Storm Series 2 Ep 9	02	9	Christian finds documents related to August's deployment as an army chaplain. This brings back a flood of memories and new revelations that he wishes he'd known at the time of August's death.	DENMARK	Danish-99; Swedish-1	2018	RPT	M	a		Y
2020-01-31	2640	Sexuality	Feu: Crazy Horse Paris		Feu: Crazy Horse Paris		0	Christian Louboutin directs four original dance tableaux featuring topless dancers in the famous Parisian cabaret.	FRANCE	French-100	2012	RPT	MA	n		Y
2020-01-31	2815	History	Great British Railway Journeys		Coventry To Watford	01	19	Michael Portillo relives the Coventry Blitz, meets the last pure breed Aylesbury duck farmer in Buckinghamshire and finds out how the trains helped to evacuate millions of children during the World War II.	UNITED KINGDOM	English-100	2010	RPT	G		Y	
2020-01-31	2855	Cooking	Rachel Khoo's Kitchen Notebook Bitesize		Cider Glazed Ham Hocks From Ep 4	01	10	Passionate food creator and writer, Rachel Khoo, uncovers Melbourne and the wider state of Victoria's culinary wonders for the world to see.	AUSTRALIA	English-100	2015	RPT	G		Y	
2020-02-01	0500	News - Domestic	CGTN English News		Cgtn English News Morning		0	The English language news channel from China Global Television Network (CGTN) in Beijing. Formerly known as CCTV English News.	CHINA	English-100	0		NC		Y	
2020-02-01	0515	News - Domestic	NHK World English News		Nhk World English News Morning		0	News from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news, in English.	JAPAN	English-100	0		NC		Y	
2020-02-01	0530	News - Domestic	Deutsche Welle English News		Deutsche Welle English News Morning		0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	0		NC		Y	
2020-02-01	0600	News - Domestic	France 24 English News First Edition		France 24 English News Morning First Edition		0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	0		NC		Y	
2020-02-01	0630	News - Domestic	Al Jazeera English News		Al Jazeera News First Edition		0	News via satellite from Al Jazeera Satellite Network, Qatar, in English.	QATAR	English-100	0		NC		Y	
2020-02-01	0700	News - Overseas	BBC News		BBC 6 O'clock News	2017	0	BBC 6.00pm evening news via satellite from London, UK, in English.	UNITED KINGDOM	English-100	2017		NC		Y	
2020-02-01	0730	News - Overseas	Italian News		Italian News Daily		0	News via satellite from RAI Rome in Italian, no subtitles.	ITALY	Italian-100	2013		NC			
2020-02-01	0810	News - Overseas	Filipino News		Filipino News		0	News via satellite from ABS-CBN Manila, in Tagalog, no subtitles.	PHILIPPINES	Filipino-100	2013		NC			

2020-02-01	0840	News - Overseas	French News		French News		0	News via satellite from FT2 Paris, in French, no subtitles.	FRANCE	French-100	2013		NC				
2020-02-01	0930	News - Overseas	Greek News		Greek News		0	News via satellite from ERT Athens, in Greek, no subtitles.	GREECE	Greek-100	2017		NC				
2020-02-01	1030	News - Overseas	German News		German News		0	News via satellite from DW Berlin, in German, no subtitles.	GERMANY	German-100	2013		NC				
2020-02-01	1100	News - Overseas	Spanish News		Spanish News		0	News via satellite from RTVE Madrid, in Spanish, no subtitles.	SPAIN	Spanish-100	2013		NC				
2020-02-01	1130	News - Overseas	Turkish News		Turkish News		0	News via satellite from TRT Turkey, in Turkish, no subtitles.	TURKEY	Turkish-100	2013		NC				
2020-02-01	1200	News - Overseas	Arabic News F24		Arabic News F24		0	International news and current affairs from France 24 Arabic, via satellite, in Arabic, no subtitles.	FRANCE	Arabic-100	0		NC				
2020-02-01	1230	News - Overseas	ABC America: World News Tonight	NEWS	Abc America: World News Tonight With David Muir		0	America's number one network news bulletin, with anchors David Muir on weekdays and Tom Llamas on weekends.	USA	English-100	0		NC				Y
2020-02-01	1300	News - Domestic	PBS Newshour	NEWS	PBS Newshour		0	Reviews and analysis of the day's news presented by Judy Woodruff for the Public Broadcasting Service (PBS) in the United States.	USA	English-100	2012		NC				Y
2020-02-01	1400	Current Affairs	Small Business Secrets Series 6	Replay	Small Business Secrets Series 6 Ep 3	2020	3	Small Business Secrets shines a light on the small business owners and innovators playing a vital role in Australia's economic growth.	AUSTRALIA	English-100	2020	RPT	NC				Y
2020-02-01	1430	Archaeology	Mont Saint-Michel, Scanning The Wonder		Mont Saint-Michel, Scanning The Wonder	00	0	The town and Abbey of the Mont St Michel built on a tiny rocky tidal island overlooking the Bay has captured the imagination of millions of visitors. The settlement on the island dates back to the 8th Century. The maze-like constructions overlapping one another unfold over centuries: Pagan temple, a haven for hermits, a Roman abbey, a Gothic marvel, a fortress and a cursed prison. Historians and archaeologists have never ceased to study and restore the site to try and decipher the traces of its multiple functions.	FRANCE	English-60; French-40	2018	RPT	PG			Y	Y
2020-02-01	1535	Basketball	Basketball 2020: Wnbl Highlights	SPORTS	Basketball 2020: Wnbl Highlights Ep 5	2020	5	All the best moments and highlights from the 2020 Women's National Basketball League. Basketball 2020.	AUSTRALIA		2020		NC				Y
2020-02-01	1610	Variety	The Crystal Maze		Team Loveit	01	11	Hosted by famed British comic Richard Ayoade, a team of five contestants, led by an eccentric Maze Master, journey through four fantastical time zones in this epic adventure game show.	UNITED KINGDOM	English-100	2017	RPT	G				Y
2020-02-01	1705	Entertainment	Travel Man		Stockholm	05	4	Richard Ayoade and actress Sally Phillips head to Stockholm for a fulsome 48 hours in the Swedish capital. Together they scale rooftops, visit the ABBA museum, eat Swedish Danish, and stay up late playing on their phones. Despite a shared sufferance of vertigo Richard and Sally fearlessly try Stockholm's only rooftop tour. Harnessed and helmeted they inch their way around the roof of the former parliament building scoping the city as they go.	UNITED KINGDOM	English-100	2017	RPT	PG			Y	Y
2020-02-01	1735	Lifestyle	Cruising California	New Season Premiere	California	03	1	After a lifetime's wait to see America's 'golden state', Jane does it in style, sailing up the California coast on a luxury 3,000-berth cruise ship. The journey takes in some of the USA's most recognisable landmarks, from LA's iconic 'Hollywood' sign, to San Francisco's Golden Gate Bridge.	UNITED KINGDOM	English-100	2017		PG				
2020-02-01	1830	News - Domestic	SBS World News	NEWS	SBS World News 2020 Ep 32	2020	32	Up-to-date reports and analysis of the major national and international news stories of the day in Australia's only world news service.	AUSTRALIA		2020	LIVE	NC				Y
2020-02-01	1930	Culture & Society	The Secrets Of Coca-Cola		Secrets Of Coca Cola - The Billion Dollar Beverage, The		0	The Secrets Of Coca Cola: The Billion Dollar Beverage reveals how a murky brown medicine invented in 1886, containing cocaine, became the best-selling soft drink of all time. Cameras are allowed access to the company's gigantic bottling factory in Wakefield for the first time.	UNITED KINGDOM	English-100	2019	RPT	PG		a d		Y
2020-02-01	2030	Comedy	The Grand Budapest Hotel	MOVIE			0	The Grand Budapest Hotel recounts the adventures of Gustave H, a legendary concierge at a famous European hotel between the wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend.	GERMANY	English-100	2014						Y
2020-02-01	2220	Biography	Gandhi				0	In 1893, Gandhi is thrown off a South African train for being an Indian and travelling in a first class compartment. Gandhi realises that the laws are biased against Indians and decides to start a non-violent protest campaign for the rights of all Indians in South Africa. After numerous arrests and the unwanted attention of the world, the government finally relents by recognizing rights for Indians, though not for the native blacks of South Africa. After this victory, Gandhi is invited back to India, where he is now considered something of a national hero. He is urged to take up the fight for India's independence from the British Empire. Gandhi agrees, and mounts a non-violent non-cooperation campaign of unprecedented scale, coordinating millions of Indians nationwide.	USA	English-100	1982	RPT	M	a v		Y	

2020-02-01	2550	Archaeology	Britain's Ancient Capital: Orkney	Britain's Ancient Capital: Secrets Of Orkney S1 Ep 3	01	3	Andy Torbet dives below the waves in search of the inspiration for the first stone circle, Chris Packham and Neil Oliver spend the night on an abandoned island as they hunt for clues as to why cultures change, Shini Somara tests the technology behind bronze-age saunas and the archaeologists uncover a remarkable find.	UNITED KINGDOM	English-100	2016	RPT	G		Y	
2020-02-01	2650	Culture & Society	The Island With Bear Grylls	Island With Bear Grylls Series 4 Ep 6, The	04	6	Bear Grylls examines how the two groups from different generations survived their five weeks as castaways to determine if it was the wisdom of age or the energy of youth that proved the most valuable.	UNITED KINGDOM	English-100	2017	RPT	M	l s	Y	Y
2020-02-01	2750	Politics & Current Affairs	Exodus: Our Journey	Exodus: Our Journey To Europe Series 2 Ep 1	02	1	Ali and Sharin are newlyweds from Afghanistan. They have spent the last month camping on the streets, of Thessaloniki, waiting for smugglers to get them across the heavily guarded borders into Macedonia and Serbia. This is not the honeymoon they dreamed of.	UNITED KINGDOM	English-100	2017	RPT	M	a v	Y	Y