



WEEK 30: Sunday, 17 July - Saturday, 23 July 2022 - EASTERN STATES (NSW, QLD, ACT, VIC, TAS)

Date	Start Time	Genre	Title	Episode Title	Series	Episode	TV Guide Text	Country of Origin	Language	Year	Repeat	Classification	Consumer Advice	Closed Captions	Subtitles	Audio Description
2022-07-17	0500	News - Overseas	Al Jazeera NewsHour	Al Jazeera News Hour First Edition 2022	2022	0	In-depth global news from Al Jazeera Satellite Network, Doha, Qatar, in English.	QATAR	English-100	2022		NC				
2022-07-17	0600	News - Overseas	TRT World Newshour	TRT World Newshour	2022	0	The latest news from around the globe from TRT World, Istanbul, Turkey, in English.	TURKEY	English-100	2022		NC				
2022-07-17	0650	News - Overseas	Indian Country Today News	Indian Country Today News 2022	2022	0	Indian Country Today News is an independent news channel that serves Indigenous communities with news, entertainment, and opinion.	USA	English-100	2022		NC				
2022-07-17	0720	News - Overseas	Fiji One News	Fiji One News 2022	2022	0	Local, world, sport and entertainment news in English from Fiji TV, Suva, via satellite.	FIJI	English-100	2022		NC				
2022-07-17	0750	News - Overseas	France 24 Feature	France 24 Feature Second Edition 2022	2022	0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	2022		NC				
2022-07-17	0810	News - Overseas	ABC America Nightline	Abc America Nightline 2022	2022	0	ABC America's late-night television news program for in-depth reporting on today's major news stories.	USA	English-100	2022		NC				
2022-07-17	0840	Culture & Society	Alone	Up In Flames	06	3	The remaining survivalists try different strategies for procuring food, and they start reaping the rewards of their hard work. But for some, this success exacts a harsh cost - including illness, fire and their choice of food source.	USA	English-100	2019	RPT	PG	a l w		Y	Y
2022-07-17	0930	Contemporary	Shortland Street	Shortland Street Series 3 2021 Ep 151	03	151	Talia assures she had no idea that Ray was smoking, but a furious Drew assumes she was using too and vows she will never see Marley again.	NEW ZEALAND	English-100	2020	RPT	PG	a d			
2022-07-17	1000	Contemporary	Shortland Street	Shortland Street Series 3 2021 Ep 152	03	152	Boyd and Rani are both horrified that the woman they were pursuing wasn't Zara, before Detective Roshan Namal arrests Boyd for assault. Not wanting his wife to find out about his affair, Gavin convinces the police not to proceed.	NEW ZEALAND	English-100	2020	RPT	PG	a d			
2022-07-17	1030	Contemporary	Shortland Street	Shortland Street Series 3 2021 Ep 153	03	153	After a passionate hook-up, Samira assumes Prince won't continue cheating on Dawn and they will begin a relationship. However, Prince freaks out at this prospect and a hurt and angry Samira leaves.	NEW ZEALAND	English-100	2020	RPT	PG	d l s			
2022-07-17	1100	Narrative	Wellington Paranormal	Zombie Cops	01	6	In the exciting final episode, Minogue and O'Leary have to chase down two fellow officers who have turned into brain-eating zombies before they get to Wellington's ultimate meat market: Courtenay Place. And where are Sergeant Maaka's donuts?	NEW ZEALAND	English-100	2018	RPT	M	a v	Y	Y	Y
2022-07-17	1130	Narrative	Wellington Paranormal	Not Ness Monster, The	02	1	Minogue and O'Leary head for the ocean when local fishermen and fisherwomen, including the Prime Minister's fiancé, start disappearing around Wellington Harbour at the same time as strangely localised seismic events.	NEW ZEALAND	English-100	2019	RPT	M	a	Y		Y
2022-07-17	1200	Politics & Current Affairs	The New York Times Presents: The Weekly	Memo, The	01	10	An investigation into an overlooked moment when top U.S. law enforcement officials had an opportunity to take on the drug maker that was planting the seeds for the opioid crisis, but instead chose a less aggressive path.	USA	English-100	2019	RPT	M	d			
2022-07-17	1230	Politics & Current Affairs	The New York Times Presents: The Weekly	Apple's Gold	01	12	An investigation into Apple's supply chain uncovers how the gold in iPhones might trace back to violent paramilitary groups that extort, and sometimes kill, Colombian miners.	USA	English-100	2019	RPT	M	a v		Y	

2022-07-17	1300	Culture & Society	<b>Fentanyl's Deadly Grip</b>		Dopesick: Fentanyl's Deadly Grip	00	1	This feature follows the lives of people in Alberta, Canada, affected by the powerful opioid drug fentanyl. A special television presentation of VICE Canada's original digital documentary programming.	CANADA	English-100	2016	RPT	M	a d l			
2022-07-17	1330	News - Overseas	<b>ABC World News Tonight With David Muir</b>		ABC World News Tonight With David Muir 2022	2022	0	America's number one network news bulletin with anchors David Muir weekdays, Whit Johnson Saturday edition, and Linsey Davis Sunday edition.	USA	English-100	2022		NC		Y		
2022-07-17	1400	Cycling	<b>Tour De France 2022 Replay Stage 14</b>		Tour De France 2022 Replay, Stage 14	2022	14	Replay of the Tour de France 2022, Stage 14: Saint-Etienne to Mende, 195 km. With expert commentary from Matthew Keenan, Dr Bridie O'Donnell and Simon Gerrans. International Cycling 2022.	FRANCE		2022	RPT	NC		Y		
2022-07-17	1600	Nature & Environment	<b>Bamay</b>		Murrumbidgee River - Wiradjuri Country	2020	3	A slow TV showcase of the stunning landscapes found in Wiradjuri Country along the waters of the Murrumbidgee River.	AUSTRALIA	English-100	2020	RPT	G				
2022-07-17	1630	Current Affairs	<b>Insight</b>		Neighbours	2020	22	Insight takes a look at the stories behind neighbours who become more than just a wave over the fence.	AUSTRALIA	English-100	2020	RPT	NC		Y		
2022-07-17	1730	Culture & Society	<b>Life After People</b>		Bodies Left Behind, The	01	1	What would happen if every human being on Earth disappeared? The race is on to see which of Man's works will survive the longest. With seven billion people suddenly gone, what's the fate of the bodies left behind - in ancient mummy cases as well as liquid-nitrogen cryonic chambers?	USA	English-100	2010	RPT	PG	a			
2022-07-17	1820	History	<b>Scandinavian Star</b>	<a href="#">New Series Premiere</a>	Fire, The	01	1	This new six-part series tells the story of the tragedy that occurred on board the passenger ferry, Scandinavian Star, in 1990. A few hours before midnight on April 6th, 1990, the Scandinavian Star departs from Oslo heading to Frederikshavn. What should have been a regular cruise, quickly evolves into a tragedy: 159 people die after a fire erupts on board the ship. This is the story of the biggest unsolved murder case in Scandinavia in recent times.	DENMARK	Danish-25; Filipino-25; Norwegian-25; Portuguese-25	2021		PG	a		Y	
2022-07-17	1930	Health, Science & Technology	<b>Abandoned Engineering</b>	<a href="#">New Episode</a>	Death Behind Bars	04	7	An American prison for the violent and deranged, with links to one of the world's most infamous cult leaders; a cavernous tunnel network in France, offering shelter from unrelenting bombardment above; mysterious structures peeking out from the jungle of Castro's Cuba; and a mine that helped drive Britain's industrial revolution, but which came at great human cost. Each haunted shell, now ready to be unmasked and tell its own unique story.	UNITED KINGDOM	English-100	2020		M				
2022-07-17	2030	Culture & Society	<b>UnXplained With William Shatner</b>	<a href="#">New Episode</a>	Mysteries Of The Bible	01	15	According to scholars, the book known as 'The Bible' began as a series of stories that were first written down thousands of years ago. But given the fact that these stories have been continually subjected to centuries of editing, translation and re-interpretation, just who was The Bible's original author? Is it the work of God, or man? And how close are today's versions of it to the original texts?	USA	English-100	2020		MA	a			
2022-07-17	2120	Culture & Society	<b>QAnon: The Search For Q</b>		QAnon: The Search For Q Series 1 Ep 3	01	3	Bayan and Marley examine Q's impact on the American electorate as Q theories spread from the far-right to the far-left, and as more crimes are committed in the name of Q.	USA	English-100	2021	RPT	MA	a	Y	Y	
2022-07-17	2215	Culture & Society	<b>Polygamy: Three Wives, One Husband</b>		Three Wives, One Husband Series 1 Ep 4	01	4	Chris and Sasha have recently moved to the Ranch, and although Chris's late father founded the community, he struggles with the conservative direction it's taken. He recently married Sasha and dreams of one day building his own 'family kingdom' with four wives and 50 children - just like his dad.	UNITED KINGDOM	English-100	2017	RPT	M	a		Y	
2022-07-17	2310	Sexuality	<b>Mums Make Porn</b>		Mums Make Porn Series 1 Ep 2	01	2	Having done their research, the five mums start immersing themselves in the porn industry to get work experience, so they can learn how to make porn. Porn producer Dick Bush gives them a script writing masterclass, but single mum Sarah wants to make a totally different approach. The mums can't agree on a story or even how many people to cast.	UNITED KINGDOM	English-100	2018	RPT	MA	a n s w		Y	
2022-07-17	2405	Culture & Society	<b>Dark Side Of The Ring Confidential</b>		Montreal Screwjob, The	01	1	Evan Husney and Jason Eisener unpack every aspect of the most infamous incident in professional wrestling: The Montreal Screwjob - the 1997 WWF World Championship match between Bret Hart and Shawn Michaels. It features bonus interviews with former WWE referee Mike Chioda and Bret's ex-wife, Julie Hart.	USA	English-100	2020	RPT	M	a l v w	Y	Y	

2022-07-17	2520	Culture & Society	<b>Criminal Planet</b>	Cocaine	01	1	A 'South American Tsunami' of cocaine has flooded Europe. At the centre of it is the fearsome Albanian mafia and their deadly alliance with Colombia's biggest cocaine clan.	USA	English-100	2020	RPT	M	a d	Y	Y	
2022-07-17	2610	Culture & Society	<b>VICE</b>	Land Of The Free / Ethiopias War Within	8	10	In the wake of the chaotic 2020 election, a region in northern Idaho called 'American Redoubt' has burgeoned. Vegas Tenold reports on the trend of conservatives flocking there to escape liberal cities and put their stamp on local politics. Also, Julia Steers covers Ethiopia's civil war between the government and the TPLF.	USA	English-100	2021	RPT	MA	a v		Y	
2022-07-17	2645	News - Overseas	<b>NHK World English News</b>	Nhk World English News 2022	2022	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2022		NC				
2022-07-18	0500	News - Overseas	<b>Al Jazeera NewsHour</b>	Al Jazeera News Hour First Edition 2022	2022	0	In-depth global news from Al Jazeera Satellite Network, Doha, Qatar, in English.	QATAR	English-100	2022		NC				
2022-07-18	0600	News - Overseas	<b>TRT World Newshour</b>	TRT World Newshour	2022	0	The latest news from around the globe from TRT World, Istanbul, Turkey, in English.	TURKEY	English-100	2022		NC				
2022-07-18	0650	News - Overseas	<b>APTN National News</b>	Aptn National News Weekend Edition	2020	111	The news week in review from indigenous broadcaster APTN (Aboriginal Peoples Television Network) from Winnipeg, Canada, in English.	CANADA	English-100	2020		NC				
2022-07-18	0720	News - Overseas	<b>Fiji One News</b>	Fiji One News 2022	2022	0	Local, world, sport and entertainment news in English from Fiji TV, Suva, via satellite.	FIJI	English-100	2022		NC				
2022-07-18	0810	News - Overseas	<b>DW English News Morning</b>	Deutsche Welle English News Morning 2022	2022	0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	2022		NC		Y		
2022-07-18	0840	Culture & Society	<b>Alone</b>	Moose, The	06	4	As winter approaches, the survivalists make a desperate final bid to hunt, facing many dangers along the way. One participant finally has a big game animal in their crosshairs while another hunter is majorly set back by a gruesome accident.	USA	English-100	2019	RPT	PG	a l w		Y	Y
2022-07-18	0930	Contemporary	<b>Shortland Street</b>	Shortland Street Series 3 2021 Ep 154	03	154	Chris and Michelle argue over his deceit about babysitting and his avoidance of house-hunting, and Michelle storms out, leaving Chris to get a room at The IV for the night.	NEW ZEALAND	English-100	2020	RPT	PG	a l s			
2022-07-18	1000	Contemporary	<b>Shortland Street</b>	Shortland Street Series 3 2021 Ep 155	03	155	When an MVA patient's distress threatens to get in the way of her twin's care, Louis steps up to keep an eye on her. He gets to know Alice who's distraught to think she could have killed her twin sister, Maddie.	NEW ZEALAND	English-100	2020	RPT	PG	a d s			
2022-07-18	1030	Contemporary	<b>Shortland Street</b>	Shortland Street Series 3 2021 Ep 156	03	156	Marty is dismayed to find the rumours are true - Hayley has tested COVID positive. The hospital goes into lockdown, shutting ED, isolating affected patients and sending staff home to isolate until results are back.	NEW ZEALAND	English-100	2020	RPT	PG	a s			
2022-07-18	1100	Narrative	<b>Wellington Paranormal</b>	Fear The Briannas	02	2	The team investigates three high school students with the same name. They have somehow acquired sinister magical powers after a mysterious explosion in the school library. When a student gets attacked by a floating sewing machine, Minogue and O'Leary decide to try and tackle the teen witches head on.	NEW ZEALAND	English-100	2019	RPT	PG	h	Y	Y	Y
2022-07-18	1130	Narrative	<b>Wellington Paranormal</b>	Mt. Victoria Hooters	02	3	When Minogue and O'Leary enforce a police ban on hooting in the Mt. Victoria Tunnel, they unwittingly release the ghost of an old police officer (Mark Mitchinson) from the 1930s.	NEW ZEALAND	English-100	2019	RPT	M	l	Y	Y	Y
2022-07-18	1200	Culture & Society	<b>Border To Border</b>	UK And Ireland Part 1	01	3	Today the UK-Ireland border is peaceful and open. But the conflict, rooted in the centuries long legacy of British colonialism, is hardly resolved. It lies just below the surface of daily life.	USA	English-100	2021	RPT	M	a l v	Y	Y	
2022-07-18	1230	Culture & Society	<b>Marry Me, Marry My Family</b>	Marry Me, Marry My Family Series 1	01	3	When Travis swiped right on Tinder, he found himself in a fast-moving relationship with Rabia, a Pakistani-Australian. To continue the relationship, Travis converted to Islam and agreed to marry Rabia immediately. Meanwhile, Indigenous Wiradjuri woman Jessa plunges into Maori culture. Her wedding to important Maori leader, Areti, will be heavy on protocol, with Indigenous elders, politicians and even royalty on the guest list.	AUSTRALIA	English-70; Hindi-10; Maori-10; Urdu-10	2017	RPT	PG		Y	Y	Y

2022-07-18	1330	News - Overseas	<b>ABC World News Tonight With David Muir</b>	NEWS	ABC World News Tonight With David Muir 2022	2022	0	America's number one network news bulletin with anchors David Muir weekdays, Whit Johnson Saturday edition, and Linsey Davis Sunday edition.	USA	English-100	2022		NC		Y	
2022-07-18	1400	Cycling	<b>Tour De France 2022 Replay Stage 15</b>	SPORT	Tour De France 2022 Replay, Stage 15	2022	15	Replay of the Tour de France 2022, Stage 15: Rodez to Carcassonne, 200 km. With expert commentary from Matthew Keenan, Dr Bridie O'Donnell and Simon Gerrans. International Cycling 2022.	FRANCE		2022	RPT	NC		Y	
2022-07-18	1600	News - Overseas	<b>ABC America This Week</b>	NEWS	Abc America This Week With George Stephanopoulos 2022	2022	0	ABC America's pre-eminent weekly public affairs program with George Stephanopolous from New York, USA.	USA	English-100	2022		NC		Y	
2022-07-18	1655	Food	<b>It's Suppertime</b>		Holy Schnitzel	01	19	For a schnitzel that's the schiznit, watch Matty as he preps pork schnitzel, with a sumptuous spatze and braised red cabbage.	CANADA	English-100	2017	RPT	PG	al	Y	
2022-07-18	1720	Contemporary	<b>Shortland Street</b>	New Episode	Shortland Street Series 4 2022 Ep 137	04	137	The hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022		PG			
2022-07-18	1745	Culture & Society	<b>The Joy Of Painting With Bob Ross</b>	New Episode	Pathway To Autumn	15	11	The splendor of fall is produced by Bob Ross' red, orange and brown grasses and foliage, softly complimenting a rugged little shed.	USA	English-100	1988		G			
2022-07-18	1815	Culture & Society	<b>Forged In Fire</b>		Rhompaia, The	04	24	The bladesmiths are forced to achieve one of six Damascus patterns for their first round blade, and they must choose wisely. The ladder to victory is full of twists as the smiths stack, weld, and repeat trying to forge beautifully crafted and durable blades under their specified parameters.	USA	English-100	2017	RPT	PG	al	Y	
2022-07-18	1905	Quiz	<b>Jeopardy</b>	Encore Episode	Jeopardy Series 36 Ep 71	36	71	The late Alex Trebek hosts Jeopardy!, where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2019	RPT	PG			
2022-07-18	1930	News - Domestic	<b>NITV News Update</b>	NITV Encore	Nitv News Update 2022 Viceland Version Ep 136	2022	136	The latest news from the oldest living culture, Join Natalie Ahmat and the team of NITV journalists for stories from an Indigenous perspective.	AUSTRALIA		2022	RPT	NC			
2022-07-18	1935	Quiz	<b>8 Out Of 10 Cats Does Countdown</b>		8 Out Of 10 Cats Does Countdown Series 12 Ep 7	12	7	A hilarious take on Countdown and Letters & Numbers, this hybrid game show hosted by Jimmy Carr is packed with comic appearances, funny mascots, and visual gags.	UNITED KINGDOM	English-100	2017	RPT	M	ls	Y	
2022-07-18	2030	Quiz	<b>Taskmaster</b>	New Episode	Taskmaster Series 10 Ep 7	10	7	Mawaan Rizwan is not fazed at all when faced with office chairs, chickens and remote-control cars, although that's not the case for all the other competitors. Daisy May Cooper gets locked in a garage trying to decipher weird messages from Richard Herring, while Katherine Parkinson is baffled when presented with a giant marble. Taskmaster Greg Davies grades their efforts with his customary vigour, ably assisted by the loyal Alex Horne.	UNITED KINGDOM	English-100	2020		M		Y	Y
2022-07-18	2125	Narrative	<b>Kim's Convenience</b>	New Episode	Family Singing Contest	01	13	Janet's got big news! But before she tells her parents, she wants to make sure they're in the best possible moods, so she butters them up: she rents a fancy new SUV for Mr Kim and agrees to participate in a church family singing festival with Mrs Kim and Jung. Mr Kim lets the attention he gets from his new ride go to his head, while Jung is surprised to learn that Shannon has moved on.	CANADA	English-100	2016		M			
2022-07-18	2155	Entertainment	<b>Travel Man: 48 Hours In Krakow</b>		48 Hours In Krakow	9	3	Richard Ayoade is joined by comedian Joe Wilkinson for a 48-hour fling around the historic city of Krakow. Poland's second city is known for its culture, fairy-tale old town and baked goods. They dive headlong into the latter with a baking workshop to make Krakow's signature salty snack and precursor to the bagel, Obwarzanek Krakowski.	ICELAND	English-100	2019	RPT	PG	l	Y	
2022-07-18	2225	Culture & Society	<b>Counter Space</b>	New Episode	Agave Forever	02	5	The mezcal boom has made sustainability a crucial part of Mexico's recipe, and actor/entrepreneur Eva Longoria explains why business is a key ingredient. Sophia Roe makes ceviche with tequila and we meet the man who's dedicated his life to saving the animal behind agave - bats.	USA	English-100	2021		M		Y	
2022-07-18	2255	Culture & Society	<b>Counter Space</b>	New Episode	Thanks, Honey	02	6	Climate change threatens a way of life for Turkish honey producers as Sophia Roe elevates popcorn shrimp with something extra sweet. We meet a beekeeper who explains the link between bees and food, and another who creates a link between buzzing and beats.	USA	English-100	2021		M		Y	

2022-07-18	2325	Sexuality	<b>Sex On The Couch</b>	Couples On The Couch Series 1 Ep 6	01	6	Struggling to recreate their holiday sex, Matt and Asha seek help to overcome an embarrassment to talk about their most intimate desires. Dale and Mikey's differing sex drives sparks a deeper conversation about identity, and leads them to reassess their relationship in a way that neither of them expected.	UNITED KINGDOM	English-100	2019	RPT	M	a l s	Y	
2022-07-18	2425	Narrative	<b>Shrill</b>	Article	01	5	While Annie deals with the fallout from her 'Hello, I'm Fat' article with Gabe and her troll, Ryan guides Bonkers through an accidental mushroom trip.	USA	English-100	2019	RPT	M	a l s	Y	
2022-07-18	2455	Narrative	<b>Shrill</b>	Troll	01	6	Annie has been putting herself out there more than ever and her life is becoming a tornado of both good and bad. She is forced to confront her boyfriend, her boss, her roommate, and even her troll.	USA	English-100	2019	RPT	MA	a l	Y	
2022-07-18	2525	Culture & Society	<b>Scientology And The Aftermath</b>	Collection Agency, The	03	9	Leah and Mike interview former Scientologists who share the different ways they claim they were made to give the church money they couldn't afford. Their stories range from those who are thousands of dollars in debt, to those who were left financially and emotionally bankrupt.	USA	English-100	2019	RPT	PG	a	Y	
2022-07-18	2615	Culture & Society	<b>Scientology And The Aftermath</b>	Gilman Springs Road	03	10	Leah and Mike interview four former Scientologists Sea Org members. They discuss their personal effects after being at Gold Base, and the abuse from Church leader David Miscavige.	USA	English-100	2019	RPT	M	a l	Y	
2022-07-18	2700	News - Overseas	<b>NHK World English News</b>	Nhk World English News 2022	2022	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2022		NC			
2022-07-19	0500	News - Overseas	<b>Al Jazeera NewsHour</b>	Al Jazeera News Hour First Edition 2022	2022	0	In-depth global news from Al Jazeera Satellite Network, Doha, Qatar, in English.	QATAR	English-100	2022		NC			
2022-07-19	0600	News - Overseas	<b>TRT World Newshour</b>	TRT World Newshour	2022	0	The latest news from around the globe from TRT World, Istanbul, Turkey, in English.	TURKEY	English-100	2022		NC			
2022-07-19	0650	News - Overseas	<b>Te Ao with Moana</b>	Te Ao With Moana	2021	60	A weekly current affairs program that examines New Zealand and international stories through a Maori lens. From Maori Television, Auckland, NZ, in English.	NEW ZEALAND		2021		NC			
2022-07-19	0720	News - Overseas	<b>Fiji One News</b>	Fiji One News 2022	2022	0	Local, world, sport and entertainment news in English from Fiji TV, Suva, via satellite.	FIJI	English-100	2022		NC			
2022-07-19	0810	News - Overseas	<b>DW English News Morning</b>	Deutsche Welle English News Morning 2022	2022	0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	2022		NC		Y	
2022-07-19	0840	Culture & Society	<b>Alone</b>	Kill, The	06	5	The harsh Arctic winter temperatures creep closer as the survivalists scour the vast land for food. Most place their bets on smaller, more consistent sources of food, but one has the chance to harvest a big game animal and, afterwards, finds himself targeted by predators.	USA	English-100	2019	RPT	PG	a l w	Y	Y
2022-07-19	0930	Contemporary	<b>Shortland Street</b>	Shortland Street Series 3 2021 Ep 157	03	157	Jack, Rico and Dawn apologise to Marty for mocking him, before heading off to the big basketball game against Central. Enjoying a flirty vibe with Rico, Jack can't help feeling unsettled to hear Nathan is coming to watch.	NEW ZEALAND	English-100	2020	RPT	PG	a v		
2022-07-19	1000	Contemporary	<b>Shortland Street</b>	Shortland Street Series 3 2021 Ep 158	03	158	Boyd is horrified when Detective Namal shows CCTV footage of Rani entering the nightclub, but not leaving. While the police search for Kent Brown and his van, Boyd can't stay at home and starts a grid search of his own with Drew and Cece.	NEW ZEALAND	English-100	2020	RPT	PG	a l v		
2022-07-19	1030	Contemporary	<b>Shortland Street</b>	Shortland Street Series 3 2021 Ep 159	03	159	Rico is dismayed to learn Nathan has suffered a head injury by pushing himself too hard at the gym. Jack feels guilty of being the cause of Nathan's frustration, but later discovers a secret supply of anabolic steroids in Nathan's bag.	NEW ZEALAND	English-100	2020	RPT	PG	a l		
2022-07-19	1100	Narrative	<b>Wellington Paranormal</b>	Copy Cops	02	4	A dead cop turns up the police morgue that looks exactly like Minogue. But the real Minogue is very much alive. Minogue and O'Leary head to the creepy small town where the body was found, and soon discover a local motel full of copies of our two favourite paranormal cops.	NEW ZEALAND	English-100	2019	RPT	M	h n	Y	Y

2022-07-19	1130	Narrative	Wellington Paranormal		Haunting Of The 85 Nissan 300 Zx, The	02	5	When a boy racer's pride and joy, a restored 1985 two-door Nissan 300ZX ZR Turbo simply drives out of his garage all by itself, Minogue and O'Leary investigate.	NEW ZEALAND	English-100	2019	RPT	M	I s	Y	Y
2022-07-19	1200	Drama	The Fountain	MOVIE			0	Born from the sacrifices of man, the legendary Tree of Life promises eternity to those who drink its sap. It is the quest for this fabled tree which has consumed Tom (Hugh Jackman) over the course of 1000 years. Told in a non-linear style, the film follows Tom's soul through three separate incarnations, each of whom is desperate to save the life of his soul mate Izzi (Rachel Weisz) by harnessing the power of the Tree.	CANADA	English-100	2006	RPT	M	a l v	Y	Y
2022-07-19	1345	Cooking	Cook Up With Adam Liaw Bitesize		Cook Up With Adam Liaw Bitesize Series 1 Ep 4, The	01	4	Join host Adam Liaw and all your favourite chefs, cooks and celebrities for the best bits from The Cook Up kitchen.	AUSTRALIA	English-100	0	RPT	G		Y	
2022-07-19	1350	Culture & Society	Chasing Famous		Chasing Famous Series 1 Ep 2	01	2	The program starts with the reaction to the house reveal. 16 hours in and it's at 700,000 views. No-one knows who is in the house yet and the creators are busy filming their mask reveals.	USA	English-100	2021	RPT	M	I		
2022-07-19	1445	Culture & Society	Counter Space		France Dying On The Vine	01	4	Champagne makers grapple with the pandemic as Sophia Roe cooks fennel crusted pork with champagne and grape sauce. We meet a bubbly empress while Taji hangs with a boozy treat dealer.	USA	English-100	2020	RPT	PG			Y
2022-07-19	1515	Culture & Society	Counter Space		Mexico's Banned Foods	01	5	Mexico bans junk food to tackle disease as Sophia Roe cooks a dinner with canned and frozen food. We probe trade impacts on tradition and meet snackers scouring the globe for treats.	USA	English-100	2020	RPT	PG			Y
2022-07-19	1545	News - Overseas	ABC World News Tonight With David Muir	NEWS	ABC World News Tonight With David Muir 2022	2022	0	America's number one network news bulletin with anchors David Muir weekdays, Whit Johnson Saturday edition, and Linsey Davis Sunday edition.	USA	English-100	2022		NC		Y	
2022-07-19	1615	News - Overseas	PBS Newshour	NEWS	PBS Newshour 2022	2022	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	2022		NC		Y	
2022-07-19	1715	Contemporary	Shortland Street	New Episode	Shortland Street Series 4 2022 Ep 138	04	138	The hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022		PG			
2022-07-19	1745	Culture & Society	The Joy Of Painting With Bob Ross	New Episode	Deep Forest Lake	15	12	A dark mere almost completely shielded from the sunlight by a thick growth of soft leafy trees is Bob Ross' lovely painting today.	USA	English-100	1988		G			
2022-07-19	1815	Culture & Society	Forged In Fire		Schiavona, The	04	25	For the first time ever, the bladesmiths begin on a farm, where they harvest steel from farming tools. They then must use coal forges to make their signature blades with a hidden lanyard hole. Can they keep the fires burning to match the pace of the ticking clock?	USA	English-100	2017	RPT	PG	a l		Y
2022-07-19	1905	Quiz	Jeopardy	Encore Episode	Jeopardy Series 36 Ep 72	36	72	The late Alex Trebek hosts Jeopardy!, where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2019	RPT	PG			
2022-07-19	1930	News - Domestic	NITV News Update	NITV Encore	Nitv News Update 2022 Viceland Version Ep 137	2022	137	The latest news from the oldest living culture, Join Natalie Ahmat and the team of NITV journalists for stories from an Indigenous perspective.	AUSTRALIA		2022	RPT	NC			
2022-07-19	1935	Quiz	8 Out Of 10 Cats Does Countdown		8 Out Of 10 Cats Does Countdown Series 12 Ep 8	12	8	A hilarious take on Countdown and Letters & Numbers, this hybrid game show hosted by Jimmy Carr is packed with comic appearances, funny mascots, and visual gags.	UNITED KINGDOM	English-100	2017	RPT	M	a l	Y	
2022-07-19	2035	Culture & Society	Craig Charles: UFO Conspiracies	New Episode	Scotland	01	5	One of the world's best UFO hotspots is very close to home. Central Scotland has its very own Area 51 known as the 'Falkirk Triangle'. In this episode, Craig and Sarah scrutinise the Scottish UFO phenomenon. They examine a myriad of extraordinary cases, including the 1991 sighting of a glowing red disc that was captured on camera flying over Polmont Reservoir and the equally compelling case of a flying saucer over Graigluscar Reservoir in 1994, also captured on camera.	UNITED KINGDOM	English-100	2021		M	h		Y

2022-07-19	2130	Culture & Society	<b>Cocaine Trade Exposed: The Invisibles</b>		Narco Speaks, A	01	1	In the mid-1990s, Guatemalan businessman Otto Herrera finds himself in the middle of a cocaine goldrush and decides to cash in. For the first time ever, Otto Herrera tells the story of his rise to become Central America's ultimate narco middle-man - the invisible link between Colombia's cocaine kingpins and Mexico's notorious Sinaloa Cartel. Herrera reveals what its really like to be pulling the strings on a multi-million dollar cocaine empire.	USA	English-95; Spanish-5	2019	RPT	M	a	Y	Y	
2022-07-19	2225	Narrative	<b>Chad</b>	New Episode	Mona	02	3	Chad becomes a peer helper to Mona, a new student from France who's also Persian. Chad tries to teach Mona how to navigate life in an American high school but winds up offending her, causing Chad to make a grand gesture to apologise.	USA	English-100	2022		M				
2022-07-19	2255	Romance	<b>Threesome (Sweden)</b>	New Series Premiere	Threesome Series 1 (Sweden) Ep 1	01	1	David and Siri are a young Swedish couple living in London. They have been together since the last year of high school and are convinced of the strength of their love. During a night out in Shoreditch, David and Siri meet Camille, and at an after party a flirty game begins where the boundaries gradually dissolve. In an act of the moment's submission and drunken curiosity, they have a threesome.	SWEDEN	English-65; Swedish-35	2021		MA	d s	Y	Y	
2022-07-19	2325	Period	<b>Das Boot</b>	New Episode	Das Boot Series 3 Ep 2	03	2	Hagen Forster is informed about his mission by Weiss and meets the head of police at the morgue when he examines the dead Gestapo man. Meanwhile, it is the first dive for the young crew of U-949 and nervous C.O. Buchner struggles to gain their respect. In Kiel, Wilhelm thanks Lessing for organising U-612's logbook. Will he find out that the logbook was tampered with?	GERMANY	German-70; English-29; Portuguese-1	2022		MA		Y	Y	
2022-07-19	2425	Contemporary	<b>Instinctive Desires</b>		Instinto Series 1 Ep 3	01	3	The appearance of Marco's mother has a deep impact on Marco, who tries to face the situation with the help of Sara, his psychologist, who is prepared to do everything in her powers to find the reason behind her patient's anxiety attacks. Meanwhile, Barbara's suspicions grow as the relationship between Eva and Diego becomes more intense.	SPAIN	Danish-100	2019	RPT	M	I n s		Y	
2022-07-19	2515	Culture & Society	<b>Scientology And The Aftermath</b>		Buying A Town Part 1	03	11	Leah and Mike visit the spiritual headquarters of Scientology in Clearwater, Florida, and speak to some of the city's most prominent Scientology critics.	USA	English-100	2019	RPT	PG	a l		Y	
2022-07-19	2605	Culture & Society	<b>Scientology And The Aftermath</b>		Buying A Town Part 2	03	12	Leah and Mike travel to Clearwater, Florida, spiritual headquarters for the Church of Scientology. They explore how the controversial 1995 death of Scientologist Lisa McPherson marked a turning point in the Church's history.	USA	English-100	2019	RPT	M	a		Y	
2022-07-19	2650	News - Overseas	<b>NHK World English News</b>		Nhk World English News 2022	2022	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2022		NC				
2022-07-20	0500	News - Overseas	<b>Al Jazeera NewsHour</b>		Al Jazeera News Hour First Edition 2022	2022	0	In-depth global news from Al Jazeera Satellite Network, Doha, Qatar, in English.	QATAR	English-100	2022		NC				
2022-07-20	0600	News - Overseas	<b>TRT World Newshour</b>		TRT World Newshour	2022	0	The latest news from around the globe from TRT World, Istanbul, Turkey, in English.	TURKEY	English-100	2022		NC				
2022-07-20	0650	News - Overseas	<b>Indian Country Today News</b>		Indian Country Today News 2022	2022	0	Indian Country Today News is an independent news channel that serves Indigenous communities with news, entertainment, and opinion.	USA	English-100	2022		NC				
2022-07-20	0720	News - Overseas	<b>Fiji One News</b>		Fiji One News 2022	2022	0	Local, world, sport and entertainment news in English from Fiji TV, Suva, via satellite.	FIJI	English-100	2022		NC				
2022-07-20	0810	News - Overseas	<b>ABC America Nightline</b>		Abc America Nightline 2022	2022	0	ABC America's late-night television news program for in-depth reporting on today's major news stories.	USA	English-100	2022		NC				
2022-07-20	0840	Culture & Society	<b>Alone</b>		Ablaze	06	6	As they approach the one month mark, the participant's survival is threatened by new factors. One contestant is forced to defend himself from a huge predator. Another risks losing their shelter in a horrible accident.	USA	English-100	2019	RPT	PG	a l w		Y	Y
2022-07-20	0930	Contemporary	<b>Shortland Street</b>		Shortland Street Series 3 2021 Ep 160	03	160	Esther reacts badly to Marty's confession - that Wai helped her father die and he covered it up. Esther relates it to her unethical heart transplant, and they reach an understanding - she won't report him, because he did what he did for love.	NEW ZEALAND	English-100	2020	RPT	PG	a l s			

2022-07-20	1000	Cycling	<b>Tour De France 2022 Replay Stage 16</b>		Tour De France 2022 Replay, Stage 16	2022	16	Replay of the Tour de France 2022, Stage 16: Carcassonne to Foix, 179 km. With expert commentary from Matthew Keenan, Dr Bridie O'Donnell and Simon Gerrans. International Cycling 2022.	FRANCE		2022		NC		Y	
2022-07-20	1200	Culture & Society	<b>Front Up 1999</b>		Front Up 1999 Series 6	1999	3	A meet the people program hosted by Andrew Urban who interviews the average person in the street about their lives, relationships, careers, and future. Today, he chats with Andy from Germany.	AUSTRALIA	English-100	1999	RPT	PG			
2022-07-20	1230	Basketball	<b>Live WNBA: Indiana V Los Angeles</b>	SPORT	Basketball Wnba 2022, Indiana V Los Angeles	2022	13	Live coverage of the Women's National Basketball Association 2022. Indiana Fever take on Los Angeles Sparks at Crypto.com Arena, Los Angeles, California. Tip-off at 12.05pm (AEST).	USA	English-100	2022	LIVE	NC			
2022-07-20	1430	Culture & Society	<b>Front Up 1999</b>		Front Up 1999 Series 6	1999	4	This is a meet the people program hosted by Andrew Urban who interviews the average person in the street about careers, relationships, lives, and future. Today, Andrew speaks with Reid again.	AUSTRALIA	English-100	1999	RPT	PG			
2022-07-20	1500	Culture & Society	<b>In My Own World</b>		In My Own World Series 1 Ep 1	01	1	Tequila Mockingbird can transport herself to any point in time. She can see the future and she can visit the past - but can she repair her relationship with her son, Harley?	USA	English-100	2021	RPT	PG	a	Y	
2022-07-20	1550	News - Overseas	<b>ABC World News Tonight With David Muir</b>	NEWS	ABC World News Tonight With David Muir 2022	2022	0	America's number one network news bulletin with anchors David Muir weekdays, Whit Johnson Saturday edition, and Linsey Davis Sunday edition.	USA	English-100	2022		NC		Y	
2022-07-20	1615	News - Overseas	<b>PBS Newshour</b>	NEWS	PBS Newshour 2022	2022	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	2022		NC		Y	
2022-07-20	1715	Contemporary	<b>Shortland Street</b>	New Episode	Shortland Street Series 4 2022 Ep 139	04	139	The hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022		PG			
2022-07-20	1745	Culture & Society	<b>The Joy Of Painting With Bob Ross</b>	New Episode	Peaks Of Majesty	15	13	Bob Ross paints a still lake that captures the reflection of some trees as a range of rugged mountains stand guard in the background.	USA	English-100	1988		G			
2022-07-20	1815	Culture & Society	<b>Forged In Fire</b>		Sica Sword	04	26	The bladesmiths get locked and loaded to forge a signature blade out of a 50-calibre flintlock pistol. Despite giving it their best shot, it's a struggle turning a gun into a blade, and after two gruelling rounds, two smiths are sent barrelling towards elimination.	USA	English-100	2017	RPT	PG	a l v	Y	
2022-07-20	1905	Quiz	<b>Jeopardy</b>	Encore Episode	Jeopardy Series 36 Ep 73	36	73	The late Alex Trebek hosts Jeopardy!, where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2019	RPT	PG			
2022-07-20	1930	News - Domestic	<b>NITV News Update</b>	NITV Encore	Nitv News Update 2022 Viceland Version Ep 138	2022	138	The latest news from the oldest living culture, Join Natalie Ahmat and the team of NITV journalists for stories from an Indigenous perspective.	AUSTRALIA		2022	RPT	NC			
2022-07-20	1935	Quiz	<b>8 Out Of 10 Cats Does Countdown</b>		8 Out Of 10 Cats Does Countdown Series 12 Ep 9	12	9	A hilarious take on Countdown and Letters & Numbers, this hybrid game show hosted by Jimmy Carr is packed with comic appearances, funny mascots, and visual gags.	UNITED KINGDOM	English-100	2017	RPT	M	a l s	Y	
2022-07-20	2030	Quiz	<b>Celebrity Letters And Numbers</b>		Celebrity Letters And Numbers Series 2 Ep 6	02	6	Michael, David, and Lily are joined by celebrity contestants Tanya Hennessy, Benjamin Law, Merrick Watts and special Dictionary Corner guest Nakkiah Lui.	AUSTRALIA	English-100	0	RPT	M	a l s	Y	
2022-07-20	2130	Thriller	<b>Hannibal</b>	MOVIE			0	Seven years have passed since Dr Hannibal Lecter and FBI agent Clarice Starling met in a prison for the criminally insane. The doctor, having escaped, is now living in Europe and unaware that his past has caught up with him. His sixth victim, Mason Verger, though hideously disfigured, has survived and is now out for revenge, using as bait someone Lecter cannot resist - Clarice Starling. Stars Anthony Hopkins, Julianne Moore and Gary Oldman.	USA	English-100	2001	RPT	MA	v	Y	Y
2022-07-20	2355	Horror	<b>Suspiria</b>	MOVIE			0	A darkness swirls at the centre of a world-renowned dance company, one that will engulf the artistic director, an ambitious young dancer, and a grieving psychotherapist. Some will succumb to the nightmare. Others will finally wake up. Stars Chloë Grace Moretz, Tilda Swinton and Dakota Johnson.	ITALY	English-25; French-25; German-25; Russian-25	2018	RPT	MA	h l n v	Y	



2022-07-20	2640	News - Overseas	<b>NHK World English News</b>	Nhk World English News 2022	2022	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2022	NC							
2022-07-21	0500	News - Overseas	<b>Al Jazeera NewsHour</b>	Al Jazeera News Hour First Edition 2022	2022	0	In-depth global news from Al Jazeera Satellite Network, Doha, Qatar, in English.	QATAR	English-100	2022	NC							
2022-07-21	0600	News - Overseas	<b>TRT World Newshour</b>	TRT World Newshour	2022	0	The latest news from around the globe from TRT World, Istanbul, Turkey, in English.	TURKEY	English-100	2022	NC							
2022-07-21	0650	News - Overseas	<b>Indian Country Today News</b>	Indian Country Today News 2022	2022	0	Indian Country Today News is an independent news channel that serves Indigenous communities with news, entertainment, and opinion.	USA	English-100	2022	NC							
2022-07-21	0720	News - Overseas	<b>Fiji One News</b>	Fiji One News 2022	2022	0	Local, world, sport and entertainment news in English from Fiji TV, Suva, via satellite.	FIJI	English-100	2022	NC							
2022-07-21	0810	News - Overseas	<b>ABC America Nightline</b>	Abc America Nightline 2022	2022	0	ABC America's late-night television news program for in-depth reporting on today's major news stories.	USA	English-100	2022	NC							
2022-07-21	0840	Culture & Society	<b>Alone</b>	Night Raider	06	7	The remaining survivalists battle with predators, protecting their precious food stores. Some have their traps raided, forcing them to rethink their strategy, while another defends his turf by confronting the Arctic's most ferocious beast. Meanwhile, another participant's hunt goes awry when their prey fights back.	USA	English-100	2019	RPT	PG	a l w		Y		Y	
2022-07-21	0930	Contemporary	<b>Shortland Street</b>	Shortland Street Series 3 2021 Ep 161	03	161	Though Alice pushes for sex, Louis refuses to rush things. Cece is concerned to learn Louis and Alice slept in the same bed, but when she implies Louis is taking advantage of Alice, an appalled Louis backs her off.	NEW ZEALAND	English-100	2020	RPT	PG	a					
2022-07-21	1000	Contemporary	<b>Shortland Street</b>	Shortland Street Series 3 2021 Ep 162	03	162	Nicole stands her ground, insisting she's fine, and that Maeve and Tess are molycoddling her. Maeve is left kicking herself, and apologises over a romantic dinner, but Tess interrupts it and feels like she's still intruding.	NEW ZEALAND	English-100	2020	RPT	PG	a					
2022-07-21	1030	Contemporary	<b>Shortland Street</b>	Shortland Street Series 3 2021 Ep 163	03	163	Though she's been threatened with a knife, Desdemona refuses to give up her purse and is shoved back, hitting her head. But to her surprise and relief, Desi is rescued by a coterie of drag queens.	NEW ZEALAND	English-100	2020	RPT	PG	a l					
2022-07-21	1100	Narrative	<b>Wellington Paranormal</b>	Mobots	02	6	A series of thefts of out of date phones and electrical goods leads Minogue and O'Leary to the epicentre of the crime, which just happens to be O'Leary's old family home at the top of Mt. Victoria.	NEW ZEALAND	English-100	2019	RPT	PG		Y			Y	
2022-07-21	1130	Narrative	<b>Wellington Paranormal: Christmas Special</b>	Christmas Special	02	7	Minogue and O'Leary have to go on patrol on Christmas Eve, so our cameras follow them as they respond to a number of callouts that just happen to have a paranormal element to them. Devilish shenanigans at a Santa's grotto and presents escaping from their wrapping are all in a day's work for the intrepid duo.	NEW ZEALAND	English-100	2019	RPT	PG	h l n	Y			Y	
2022-07-21	1200	Culture & Society	<b>Devoured</b>	Devoured Series 1 Ep 3	01	3	Four people die from a listeria outbreak after Blue Bell Ice Cream refuses to pull its product from the shelves. But Texans stand by their brand with almost cult-like devotion.	USA	English-100	2021	RPT	PG						
2022-07-21	1245	Culture & Society	<b>One Armed Chef</b>	One Armed Chef Series 1 Ep 3	01	3	Renowned photographer and chef Giles Duley meets the people tackling food poverty in Glasgow, learns from the pioneer of sourdough bread, and talks mental health with Kayus Bankole of the band Young Fathers.	USA	English-100	2021	RPT	M	a l	Y				
2022-07-21	1335	News - Overseas	<b>ABC World News Tonight With David Muir</b>	ABC World News Tonight With David Muir 2022	2022	0	America's number one network news bulletin with anchors David Muir weekdays, Whit Johnson Saturday edition, and Linsey Davis Sunday edition.	USA	English-100	2022	NC			Y				
2022-07-21	1400	Cycling	<b>Tour De France 2022 Replay Stage 17</b>	Tour De France 2022 Replay, Stage 17	2022	17	Replay of the Tour de France 2022, Stage 17: Saint-Gaudens to Peyragudes, 130 km. With expert commentary from Matthew Keenan, Dr Bridie O'Donnell and Simon Gerrans. International Cycling 2022.	FRANCE		2022	RPT	NC		Y				
2022-07-21	1600	Culture & Society	<b>Lee Lin Chin's Fashionista</b>	Naomi Goodsir: Milliner	01	1	Hosted by SBS TV's iconic fashion guru, Lee Lin Chin. Tonight's episode features Milliner Naomi Goodsir.	AUSTRALIA	English-100	2003	RPT	G		Y				

2022-07-21	1615	News - Overseas	PBS Newshour	NEWS	PBS Newshour 2022	2022	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	2022		NC		Y		
2022-07-21	1715	Contemporary	Shortland Street	New Episode	Shortland Street Series 4 2022 Ep 140	04	140	The hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022		PG				
2022-07-21	1745	Culture & Society	The Joy Of Painting With Bob Ross	New Episode	Two Seasons		16	1	Take a little walk with Bob Ross as he shows you how to create the same mountain landscape setting in both summer and winter.	USA	English-100	1988					
2022-07-21	1815	Culture & Society	Forged In Fire		Jumonji Yari	04		27	Edged-weapon mastery is put to the test right away as four bladesmiths must forge a functional friction folder. Without knowing how their blades will be tested, each smith must find the critical junction where skill meets resiliency to produce a folding knife versatile enough to handle any test imaginable.	USA	English-100	2017	RPT	PG	a l		
2022-07-21	1905	Quiz	Jeopardy	Encore Episode	Jeopardy Series 36 Ep 74	36		74	The late Alex Trebek hosts Jeopardy!, where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2019	RPT	PG			
2022-07-21	1930	News - Domestic	NITV News Update	NITV Encore	Nitv News Update 2022 Viceland Version Ep 139	2022		139	The latest news from the oldest living culture, Join Natalie Ahmat and the team of NITV journalists for stories from an Indigenous perspective.	AUSTRALIA		2022	RPT	NC			
2022-07-21	1935	Quiz	8 Out Of 10 Cats Does Countdown		8 Out Of 10 Cats Does Countdown Series 12 Ep 10	12		10	A hilarious take on Countdown and Letters & Numbers, this hybrid game show hosted by Jimmy Carr is packed with comic appearances, funny mascots, and visual gags.	UNITED KINGDOM	English-100	2017	RPT	M	a l s w	Y	
2022-07-21	2035	Culture & Society	Dark Side Of The 90s		TV For Teens	01		3	Dark Side of the 90's takes a deep dive into the decade's untold history, revealing secrets, perspectives, and first-hand accounts like you've never seen before. This episode tells the story of how the upstart Fox Network forever changed television - making its mark by grabbing the attention of the nation's youth.	USA	English-100	2021	RPT	M	a d v	Y	
2022-07-21	2130	Health, Science & Technology	The Obesity Myth		Battling The Biology	01		1	A three-part documentary series that follows the struggle of morbidly obese patients and their families as they go through the weight loss program at Melbourne's Austin Health. The Doctors at Austin Health are taking a different approach by treating obesity as a chronic genetic disease. The treatment regimen, which is a last resort for many patients, uses a combination of diet, medication and bariatric surgery to transform bodies and lives.	AUSTRALIA	English-100	2017	RPT	M	l	Y	
2022-07-21	2235	Culture & Society	Betraying The Badge	New Series Premiere	Rich Rivera: The Inside Man	01		1	This new series tells harrowing stories of the police who abandon their oath to serve and protect, and instead, steal, cheat, and, in some cases, kill. All told by the dirty cops themselves, the whistle-blowers, prosecutors, and fellow officers who took them down. In the first episode, a young, idealistic rookie for the West New York, New Jersey Police Department, discovers a pattern of pervasive criminal behaviour within his department and decides to go undercover for the FBI.	USA	English-100	2021					
2022-07-21	2330	Thriller	Limetown		I Have Heard The Future	01		1	American Public Radio journalist Lia Haddock (Jessica Biel) reckons with a 15-year-old mystery - the mass disappearance of the entire population of Limetown.	USA	English-100	2019	RPT	M	a s	Y	Y
2022-07-21	2405	Culture & Society	Vice News Tonight	NEWS	Vice News Tonight 2022 Ep 39	01		39	VICE News Tonight provides an indispensable source of international news, featuring a unique brand of investigative journalism and hard-hitting storytelling.	USA	English-100	2021		NC			
2022-07-21	2500	Contemporary	The Looming Tower		Looming Tower Series 1 Ep 5, The	01		5	The CIA and FBI are on high alert as threats surrounding the new millennium abound. O'Neill and Soufan raid an AQ cell in Brooklyn. The CIA continues to hide vital information from the FBI while they track suspicious individuals entering the U.S.	USA	English-84; Arabic-16	2018	RPT	M	d l s v	Y	Y
2022-07-21	2555	Contemporary	The Looming Tower		Looming Tower Series 1 Ep 6, The	01		6	Vince continues asking for permission to share Mihdhar's visa with the FBI. O'Neill loses his briefcase and an investigation into his handling of classified materials begins. A radicalised boy travels to Yemen to start his own martyrdom journey.	USA	English-75; Arabic-25	2018	RPT	MA	l	Y	Y

2022-07-21	2650	Contemporary	<b>The Looming Tower</b>	Looming Tower Series 1 Ep 7, The	01	7	O'Neill and Soufan travel to Yemen to begin the investigation into the bombing of the U.S.S. Cole. The FBI becomes aware of a meeting in Malaysia and of Khallad, without knowing the CIA has been aware of both of those things for months.	USA	English-80; Arabic-20	2018	RPT	M	a l	Y	Y
2022-07-21	2745	News - Overseas	<b>NHK World English News</b>	Nhk World English News 2022	2022	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2022				NC	
2022-07-22	0500	News - Overseas	<b>Al Jazeera NewsHour</b>	Al Jazeera News Hour First Edition 2022	2022	0	In-depth global news from Al Jazeera Satellite Network, Doha, Qatar, in English.	QATAR	English-100	2022				NC	
2022-07-22	0600	News - Overseas	<b>TRT World Newshour</b>	TRT World Newshour	2022	0	The latest news from around the globe from TRT World, Istanbul, Turkey, in English.	TURKEY	English-100	2022				NC	
2022-07-22	0650	News - Overseas	<b>Indian Country Today News</b>	Indian Country Today News 2022	2022	0	Indian Country Today News is an independent news channel that serves Indigenous communities with news, entertainment, and opinion.	USA	English-100	2022				NC	
2022-07-22	0720	News - Overseas	<b>Fiji One News</b>	Fiji One News 2022	2022	0	Local, world, sport and entertainment news in English from Fiji TV, Suva, via satellite.	FIJI	English-100	2022				NC	
2022-07-22	0810	News - Overseas	<b>ABC America Nightline</b>	Abc America Nightline 2022	2022	0	ABC America's late-night television news program for in-depth reporting on today's major news stories.	USA	English-100	2022				NC	
2022-07-22	0840	Culture & Society	<b>Alone</b>	Out Cold	06	8	The remaining survivalists struggle with the effects of malnourishment. Even with a large food cache, one participant is losing weight at a rapid pace and must rethink his entire strategy.	USA	English-100	2019	RPT	PG	a l w	Y	Y
2022-07-22	0930	Contemporary	<b>Shortland Street</b>	Shortland Street Series 3 2021 Ep 164	03	164	Determined not to be cowed, Esther reports the vandalised room to Chris, who calls the police. Rico is thrown that Merv went to such extremes, but stands by his point - quotas are divisive.	NEW ZEALAND	English-100	2020	RPT	PG	a l s		
2022-07-22	1000	Contemporary	<b>Shortland Street</b>	Shortland Street Series 3 2021 Ep 165	03	165	Having been accidentally punched by AJ, a furious Michelle kicks him out. Michelle and Chris demand an explanation from Viv, who admits she told AJ she had an affair with Chris in order to back him off.	NEW ZEALAND	English-100	2020	RPT	PG	a l		
2022-07-22	1030	Contemporary	<b>Shortland Street</b>	Shortland Street Series 3 2021 Ep 166	03	166	Louis is rattled by Shaun's erratic claims that Alice intentionally caused the crash that killed Maddie. Protective, Louis backs Alice and defends her from Shaun.	NEW ZEALAND	English-100	2020	RPT	PG	a l s		
2022-07-22	1100	Narrative	<b>Wellington Paranormal</b>	Invisible Fiend, The	03	1	After getting called out to a mysterious home invasion, Minogue and O'Leary manage to arrest an invisible entity and bring it in for questioning. But thermal vision goggles reveal the entity to be huge and monstrous and it soon escapes custody..	NEW ZEALAND	English-100	2020	RPT	M	h	Y	Y
2022-07-22	1130	Narrative	<b>Wellington Paranormal</b>	Te Maero	03	2	After finding footage of a camper being abducted by a large hairy creature, the cops decide to head for the bush. Sarge believes it to be a Maero or Sasquatch-type creature from Maori mythology.	NEW ZEALAND	English-100	2020	RPT	M	d	Y	Y
2022-07-22	1200	Culture & Society	<b>Tattoo Age</b>	Bert Krak	02	1	Bert Krak is leading the renaissance of New York-style traditional tattooing. This uncompromising straight shooter is also an avid collector and devoted family man.	USA	English-100	2017	RPT	PG		Y	
2022-07-22	1230	Culture & Society	<b>Tattoo Age</b>	Mary Joy Scott	02	3	Mary Joy Scott is one of the most sought after tattooers in the world today. She was the last apprentice of San Francisco tattooing legend, Ed Hardy.	USA	English-100	2017	RPT	PG	a	Y	
2022-07-22	1300	Sport General	<b>Feeding The Scrum 2022</b>	<b>NITV Encore</b> Feeding The Scrum 2022	2022	9	Join the best First Nations athletes and entertainers to talk sports, pop culture and the issues that affect us all in a fly-on-the-wall chat between friends.	AUSTRALIA		2022	RPT	NC			
2022-07-22	1330	News - Overseas	<b>ABC World News Tonight With David Muir</b>	<b>NEWS</b> ABC World News Tonight With David Muir 2022	2022	0	America's number one network news bulletin with anchors David Muir weekdays, Whit Johnson Saturday edition, and Linsey Davis Sunday edition.	USA	English-100	2022				NC	Y
2022-07-22	1400	Cycling	<b>Tour De France 2022 Replay Stage 18</b>	<b>SPORT</b> Tour De France 2022 Replay, Stage 18	2022	18	Replay of the Tour de France 2022, Stage 18: Lourdes to Hautacam, 143 km. With expert commentary from Matthew Keenan, Dr Bridie O'Donnell and Simon Gerrans. International Cycling 2022.	FRANCE		2022	RPT	NC		Y	

2022-07-22	1605	Culture & Society	Lee Lin Chin's Fashionista		Michelle Jank: Textiles	01	2	Lee Lin Chin talks to Michelle Jank about her New York show and her extensive use of visual diaries in her work, for instance, the technical process of printing collages on fabric.	AUSTRALIA	English-100	2003	RPT	G		Y	
2022-07-22	1615	News - Overseas	PBS Newshour	NEWS	PBS Newshour 2022	2022	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	2022		NC		Y	
2022-07-22	1715	Contemporary	Shortland Street	New Episode	Shortland Street Series 4 2022 Ep 141	04	141	The hugely popular Kiwi soap is set around the goings-on at a fictional Auckland hospital, and has a reputation for dealing with complex social issues in an inclusive and engrossing way.	NEW ZEALAND	English-100	2022		PG			
2022-07-22	1745	Culture & Society	The Joy Of Painting With Bob Ross	New Episode	Nestled Cabin	16	2	Out of nowhere appears an unexpected find - a weathered cottage in the deep forest that Bob Ross places there, in an already perfect setting.	USA	English-100	1988					
2022-07-22	1815	Culture & Society	Forged In Fire		Ultimate Team, The	04	28	The heat is doubled as four master smiths compete alongside their apprentices to forge an iconic weapon of warfare - the trench knife. Each team must work together, tagging in and out every half hour, with only one smith allowed to touch the knife at a time.	USA	English-100	2017	RPT	PG	a l	Y	
2022-07-22	1900	Quiz	Jeopardy	Encore Episode	Jeopardy Series 36 Ep 75	36	75	The late Alex Trebek hosts Jeopardy!, where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2019	RPT	PG			
2022-07-22	1930	News - Domestic	NITV News Update	NITV Encore	Nitv News Update 2022 Viceland Version Ep 140	2022	140	The latest news from the oldest living culture, Join Natalie Ahmat and the team of NITV journalists for stories from an Indigenous perspective.	AUSTRALIA		2022	RPT	NC			
2022-07-22	1935	Quiz	8 Out Of 10 Cats Does Countdown		8 Out Of 10 Cats Does Countdown Series 12 Ep 11	12	11	A hilarious take on Countdown and Letters & Numbers, this hybrid game show hosted by Jimmy Carr is packed with comic appearances, funny mascots, and visual gags.	UNITED KINGDOM	English-100	2017	RPT	M	a l s w	Y	
2022-07-22	2030	Narrative	The Orville	New Episode	Midnight Blue	03	8	Set 400 years in the future, the series follows the adventures of the USS Orville, a not-so-top-of-the-line exploratory ship in Earth's interstellar fleet. In this episode, the Orville crew visits Heveena's sanctuary world and embarks on a journey that may leave the entire Union more vulnerable.	USA	English-100	2020		M			
2022-07-22	2210	Culture & Society	The Cost Of Cyberbullying: #fatuglyslut	Premiere	Cost Of Cyberbullying: #fatuglyslut, The	0	0	Journalists Florence Hainaut and Myriam Leroy have suffered cyberviolence like 73 per cent of women around the world. Starting from online hate speeches, they take the viewer into an international narrative, both intimate and political, which draws up an alarming inventory of misogyny.	FRANCE	French-40; German-40; English-20	2021		MA			
2022-07-22	2315	Sexuality	Tent And Sex		Tent And Sex Series 1 Ep 1	01	1	Sunny explores male sexuality and their common insecurities. Male sexuality is plagued by unshakeable clichés. For example they cannot get enough of it, like to boast about it unabashedly, want as many different partners as possible and prefer to be dominant in bed. But is male sexuality really that rigid?	NETHERLANDS	Dutch-100	2014	RPT	M	s	Y	
2022-07-22	2345	Thriller	The Act		Whole New World, A	01	6	While Gypsy and Nick are on the run, flashbacks to a much younger Dee Dee reveal how trauma with her own mother set her up for conflict with Gypsy.	USA	English-100	2019	RPT	MA	a s v	Y	
2022-07-22	2440	Culture & Society	Vice News Tonight	NEWS	Vice News Tonight 2022 Ep 40	01	40	VICE News Tonight provides an indispensable source of international news, featuring a unique brand of investigative journalism and hard-hitting storytelling.	USA	English-100	2021		NC			
2022-07-22	2535	Thriller	Savages		Les Sauvages Series 1 Ep 4	01	4	Hope returns when Idder Chaouch awakens. Marion went to Saint-Etienne because Fouad no longer answer her calls, while Nazir escapes from his Saint-Etienne prison.	FRANCE	French-100	2019	RPT	M	a l s v	Y	
2022-07-22	2640	Comedy	Birdman	MOVIE			0	Birdman or (The Unexpected Virtue of Ignorance) is a black comedy that tells the story of an actor (Michael Keaton) - famous for portraying an iconic superhero - as he struggles to mount a Broadway play. In the days leading up to opening night, he battles his ego and attempts to recover his family, his career, and himself. Directed by Alejandro G. Iñárritu and also stars Edward Norton and Emma Stone.	USA	English-100	2014	RPT	MA	l	Y	Y

2022-07-22	2840	News - Overseas	<b>NHK World English News</b>		Nhk World English News 2022	2022	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2022		NC							
2022-07-23	0500	News - Overseas	<b>Al Jazeera NewsHour</b>		Al Jazeera News Hour First Edition 2022	2022	0	In-depth global news from Al Jazeera Satellite Network, Doha, Qatar, in English.	QATAR	English-100	2022		NC							
2022-07-23	0600	News - Overseas	<b>TRT World Newshour</b>		TRT World Newshour	2022	0	The latest news from around the globe from TRT World, Istanbul, Turkey, in English.	TURKEY	English-100	2022		NC							
2022-07-23	0650	News - Overseas	<b>Indian Country Today News</b>		Indian Country Today News 2022	2022	0	Indian Country Today News is an independent news channel that serves Indigenous communities with news, entertainment, and opinion.	USA	English-100	2022		NC							
2022-07-23	0720	News - Overseas	<b>Fiji One News</b>		Fiji One News 2022	2022	0	Local, world, sport and entertainment news in English from Fiji TV, Suva, via satellite.	FIJI	English-100	2022		NC							
2022-07-23	0740	News - Overseas	<b>Deutsche Welle Global 3000</b>		Deutsche Welle Global 3000 2000	2022	0	Deutsche Welle's news magazine looks at the issues that are moving us today and shows how people are living with the opportunities and risks of globalisation.	GERMANY	English-100	2022		NC						Y	
2022-07-23	0810	News - Overseas	<b>ABC America Nightline</b>		Abc America Nightline 2022	2022	0	ABC America's late-night television news program for in-depth reporting on today's major news stories.	USA	English-100	2022		NC							
2022-07-23	0840	Culture & Society	<b>Alone</b>		Ice Cometh, The	06	9	As the weather gets colder and even less forgiving, the participants struggle to obtain basic resources. One contestant wakes one morning to a grave discovery and realises that the Arctic winter has only just begun.	USA	English-100	2019	RPT	PG	a l w				Y		Y
2022-07-23	0930	Contemporary	<b>Shortland Street</b>		Shortland Street Series 3 2021 Ep 167	03	167	Wilder is shocked that his mother seemed about to hit him. She tries to apologise, but Wilder is too upset and leaves. Maeve remains determined to find out what kind of harmful material is on Wilder's laptop.	NEW ZEALAND	English-100	2020	RPT	PG	a l s						
2022-07-23	1000	Basketball	<b>Live WNBA: Dallas V Chicago</b>	<b>SPORT</b>	Basketball Wnba 2022, Dallas V Chicago	2022	14	Live coverage of the Women's National Basketball Association 2022. Dallas Wings take on Chicago Sky at Wintrust Arena, Chicago, Illinois. Tip-off at 9.35am (AEST).	USA	English-100	2022	LIVE	NC							
2022-07-23	1200	Culture & Society	<b>VICE</b>		State Of Surveillance	04	13	VICE investigates government surveillance programs. Shane Smith travels to Moscow to meet with NSA whistle-blower Edward Snowden.	USA	English-100	0	RPT	M	a v				Y		
2022-07-23	1235	Sport General	<b>Over The Black Dot</b>	<b>NITV Encore</b>	Over The Black Dot 2022 19	2022	19	Rugby league analytics at its best. Join your hosts Dean Widders and Timana Tahu as they break down every play from every round, every week from the greatest game of all, rugby league.	AUSTRALIA		2022	RPT	NC							
2022-07-23	1305	Sport General	<b>Yokayi Footy 2022</b>	<b>NITV Encore</b>	Yokayi Footy 2022 Episode 19	2022	19	Yokayi is victory! An AFL show with heart - Yokayi Footy is fun, fresh and everything that we love about the game! Hosted by Megan Waters and Andrew Krakouer.	AUSTRALIA		2022	RPT	NC							
2022-07-23	1400	Cycling	<b>Tour De France 2022 Replay Stage 19</b>	<b>SPORT</b>	Tour De France 2022 Replay, Stage 19	2022	19	Replay of the Tour de France 2022, Stage 19: Castelnau-Magnoac to Cahors, 189 km. With expert commentary from Matthew Keenan, Dr Bridie O'Donnell and Simon Gerrans. International Cycling 2022.	FRANCE		2022	RPT	NC					Y		
2022-07-23	1600	Culture & Society	<b>Lee Lin Chin's Fashionista</b>		Tina Kalivas: Time And Timelessness	01	3	Lee Lin Chin talks to Tina Kalvias, whose experience covers the spectrum of fashion and film. Her knowledge of costume and cutting techniques were finely tuned through her experience as seamstress.	AUSTRALIA	English-100	2003	RPT	G					Y		
2022-07-23	1610	News - Overseas	<b>ABC World News Tonight With David Muir</b>	<b>NEWS</b>	ABC World News Tonight With David Muir 2022	2022	0	America's number one network news bulletin with anchors David Muir weekdays, Whit Johnson Saturday edition, and Linsey Davis Sunday edition.	USA	English-100	2022		NC					Y		
2022-07-23	1635	News - Overseas	<b>PBS Newshour</b>	<b>NEWS</b>	PBS Newshour 2022	2022	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	2022		NC					Y		
2022-07-23	1735	Current Affairs	<b>Insight</b>		In-Laws	2022	21	For better or worse, you marry in-laws. How do people navigate these tricky and rewarding life-changing relationships? Presented by Kumi Taguchi.	AUSTRALIA	English-100	2022	RPT	NC					Y		

2022-07-23	1835	Culture & Society	<b>Modern Marvels: Toys</b>	<a href="#">New Series Premiere</a>	Modern Marvels: Toys Series 1 Ep 1	01	1	In Modern Marvels, host Adam Richman is not playing around. He's working hard to find out how some toys transform from mere playthings into valuable collectibles, nostalgic beacons of our childhood and thus classics. Along the way, Adam visits Stern to see how their pinball machines have outlasted the competition and even the law. Plus, how have Slinkys kept springing back? And how does Hasbro get that amazing smell into its can of Play-Doh?	USA	English-100	2021									
2022-07-23	1930	Health, Science & Technology	<b>Impossible Engineering</b>	<a href="#">New Episode</a>	Crossrail - UK	03	4	The Crossrail Project in London is one of the most ambitious engineering projects ever seen. Started in 2009, engineers have created a colossal 42 km of fresh railway tunnels straight through the city's heart. Eight gigantic Tunnel Boring Machines have excavated the tunnels with breath-taking precision through the tangled web of ancient tunnels, service pipes, sewers, power lines and abandoned stations, inches from the foundations of some of the world's most historic buildings.	UNITED KINGDOM	English-100	2017						PG			
2022-07-23	2030	Culture & Society	<b>Hoarders</b>	<a href="#">New Episode</a>	Sybil And Ron	08	12	Sybil's hoard is so intense that mice have started to live in her tub and her refrigerator. Her home is so jam packed that she has literally been forced outside and is now sleeping in her backyard. If she doesn't clean up, her family will call adult protective services and have her removed from her property. Meanwhile, Ron has hoarded out his camera shop to the point where he has lost many of his customers. If he doesn't clean up, he could lose his business and livelihood.	USA	English-100	2016						MA	a	Y	
2022-07-23	2120	Culture & Society	<b>Time Warp: The Greatest Cult Films</b>		Horror And Sci-Fi	01	2	The greatest cult horror and science fiction films of all-time are studied in vivid detail in the second volume of Time Warp. Includes ground-breaking classics like Night of the Living Dead, The Texas Chainsaw Massacre, and sci-fi gems such as Blade Runner and A Clockwork Orange.	USA	English-100	2019	RPT					MA	a d h v w		
2022-07-23	2255	Contemporary	<b>Colony</b>		Geronimo	01	5	When the identity of the leader of the Resistance, Geronimo, is revealed, Proxy Snyder sees an opportunity to improve his standing in the Colony, and he comes down with a vengeance. Meanwhile, Katie struggles with the weight of her choices.	USA	English-100	2016	RPT					MA	v	Y	Y
2022-07-23	2345	Contemporary	<b>Colony</b>		Yoknapatawpha	01	6	A high speed chase traps Will, Katie, and Proxy Snyder. When all is said and done, their allegiances are tested, and Will and Katie find out shocking news about their long-lost son.	USA	English-100	2016	RPT					MA	v	Y	Y
2022-07-23	2435	Animation	<b>South Park</b>		Quest For Ratings	8	11	The boys of South Park produce their own morning news show on the school's closed-circuit television station and are immediately caught up in the intense competition for ratings.	USA	English-100	2004	RPT					M	a d w	Y	
2022-07-23	2505	Animation	<b>South Park</b>		Stupid Spoiled Whore Video Playset	8	12	All the fourth grade girls idolise a rich, famous and spoiled socialite. They even have her brand-new toy set that comes complete with video camera and losable cell phone. In an effort to impress their idol, the girls ask the boys to make their own video.	USA	English-100	2004	RPT					MA	a l s w	Y	
2022-07-23	2535	Animation	<b>South Park</b>		Cartman's Incredible Gift	8	13	After sustaining a severe head injury, Cartman appears to have the power to see into the future. South Park detectives are quick to enlist his help in cracking unsolved muder cases and Cartman is more than willing to help - for a price.	USA	English-100	2004	RPT					M	a v w	Y	
2022-07-23	2605	Animation	<b>South Park</b>		Woodland Critter Christmas	8	14	Stan is approached by forest critters and asked to help them build a manger in anticipation of the birth of their Lord and Saviour. Stan complies, only to find out that they serve a very different Lord.	USA	English-100	2004	RPT					M	a v w	Y	
2022-07-23	2635	News - Overseas	<b>NHK World English News</b>		Nhk World English News 2022	2022	0	English news from Japan's Broadcasting Corporation, NHK, delivering the latest in business, technology, health, environmental and world news.	JAPAN	English-100	2022						NC			











