



WEEK 11: Sunday, 7 March - Saturday, 13 March 2021 EASTERN STATES (NSW, VIC, TAS, ACT)

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
2021-03-07	0500	News - Overseas	Korean News	Korean News		0	News via satellite from YTN Korea, in Korean, no subtitles.	SOUTH KOREA	Korean-100	2013		NC				
2021-03-07	0530	News - Overseas	Indonesian News	Indonesian News		0	News via satellite from TVRI Jakarta, in Indonesian, no subtitles.	INDONESIA	Indonesian-100	2013		NC				
2021-03-07	0610	News - Overseas	Hong Kong News	Hong Kong News		0	News via satellite from TVB Hong Kong, in Cantonese, no subtitles.	HONG KONG	Cantonese-100	2013		NC				
2021-03-07	0630	News - Overseas	Chinese News	Chinese News		0	News via satellite from CCTV Beijing, in Mandarin, no subtitles.	CHINA	Mandarin-100	2013		NC				
2021-03-07	0700	News - Overseas	Russian News	Russian News		0	News via satellite from NTV Moscow, in Russian, no subtitles.	RUSSIA	Russian-100	2013		NC				
2021-03-07	0730	News - Overseas	Polish News	Polish News		0	Wydarzenia from Polsat in Warsaw via satellite, in Polish, no subtitles.	POLAND	Polish-100	2013		NC				
2021-03-07	0800	News - Overseas	Maltese News	Maltese News		0	News from Public Broadcasting Services Limited, Malta, in Maltese, no subtitles.	MALTA	Maltese-100	2013		NC				
2021-03-07	0830	News - Overseas	Macedonian News	Macedonian News		0	News via satellite from public broadcaster MRT in Skopje, in Macedonian, no subtitles.	MACEDONIA	Macedonian-100	2013		NC				
2021-03-07	0900	News - Overseas	Croatian News	Croatian News		0	News via satellite from HRT Croatia, in Croatian, no subtitles.	CROATIA	Croatian-100	2013		NC				
2021-03-07	0930	News - Overseas	Serbian News	Serbian News		0	News via satellite from Serbian Broadcasting Corporation, in Serbian, no subtitles.	SERBIA	Serbian-100	2013		NC				
2021-03-07	1000	News - Overseas	Portuguese News	Portuguese News		0	News via satellite from RTP Portugal (Lisbon), in Portuguese, no subtitles.	PORTUGAL	Portuguese-100	2013		NC				
2021-03-07	1050	News - Overseas	Urdu News	Urdu News		0	News via satellite from PTV Pakistan in Islamabad, in Urdu, no subtitles.	PAKISTAN	Urdu-100	2013		NC				
2021-03-07	1135	News - Overseas	Hindi News	Hindi News		0	News via satellite from NDTV India, in Hindi, no subtitles.	INDIA	Hindi-100	2013		NC				
2021-03-07	1200	Culture & Society	It's A Match	It's A Match	00	0	Alana and Lori were two LGBT 20-somethings looking for love on Tinder when a casual right swipe made a match that would bind them together forever. Within a few weeks of meeting, Lori learned that Alana suffers from Lupus and has been waiting on the kidney transplant list for years. The state of New York, where Alana lives, has the lowest number of organ donors in the country, and because of her complex medical background, her chances of finding a donor match were incredibly slim. Against all odds, Lori found that she was a candidate for donation and decided to give Alana the ultimate gift. If the transplant is a success, Alana will triple her life expectancy and be freed from nightly dialysis. But if it fails, Lori will go through risky surgery and lose a healthy organ in vain.	USA	English-100	2017	RPT	PG	a w	Y	Y	Y
2021-03-07	1300	Narrative	New Girl	Hubbudy Bubby	06	2	Jess and Cece jump on the campaign trail and make a bet with a disbelieving Schmidt that they can recruit voters for the upcoming Presidential election. Meanwhile, Winston teaches Nick about modern phone sex.	USA	English-100	2016	RPT	PG	a s			
2021-03-07	1330	Narrative	New Girl	Single And Sufficient	06	3	When Schmidt and Cece and Winston and Aly invite Jess on their couples glamping trip, members of her singles-only group tag along. Meanwhile, Nick struggles with the next chapter of his New Orleans-set novel after Schmidt gives him 'no notes.'	USA	English-100	2016	RPT	PG	a s			
2021-03-07	1400	Basketball	LIVE NBL 2021: Melbourne V Brisbane	LIVE Basketball: National Basketball League 2020-2021 Ep 58	2020	58	Live coverage of the 2020-2021 National Basketball League. Melbourne United take on Brisbane Bullets at Melbourne Arena. Tip off at 2.05pm AEDT.	AUSTRALIA		2020	LIVE	NC				

2021-03-07	1600	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	
2021-03-07	1630	Basketball	LIVE NBL 2021: Illawarra V Perth	LIVE	Basketball: National Basketball League 2020-2021 Ep 59	2020	59	Live coverage of the 2020-2021 National Basketball League. Illawarra Hawks take on Perth Wildcats at Melbourne Arena. Tip off at 4.35pm AEDT.	AUSTRALIA		2020	LIVE	NC			
2021-03-07	1830	Narrative	Brooklyn Nine-Nine		Two Turkeys	05	7	Jake and Amy attempt to get their parents to bond over Thanksgiving dinner, but their first holiday together as a family doesn't go well. Meanwhile, at the precinct, Holt and Kevin's special Thanksgiving pie is stolen from his office and Holt searches through the ranks for the possible culprit.	USA	English-100	2017	RPT	PG			
2021-03-07	1900	Situation / Sketch	Monty Python's Flying Circus		Untitled	01	10	A bank robber accidentally holds up a lingerie shop, a vocational guidance counsellor, and a pet store that can transform terriers into any kind of pet.	UNITED KINGDOM	English-100	1969	RPT	PG	a		
2021-03-07	1935	Health, Science & Technology	Abandoned Engineering	New Episode	Abandoned Engineering Series 3 Ep 2	03	2	Buildings lost to the sands of the desert, structures slowly being consumed by nature, whole settlements abandoned in the furthest reaches of the planet - these are the world's strangest ghost towns.	UNITED KINGDOM	English-98; French-2	2019		PG			
2021-03-07	2030	Contemporary	Why Women Kill	Final Episode	Kill Me As If It Were The Last Time	01	10	After learning the shocking truth about her daughter's death, Beth Ann devises a plan for revenge that could alter the course of many lives. As Karl's health worsens, Simone's commitment to their relationship is tested. With Jade out of the picture, Taylor and Eli are focusing on their love story, and are hopeful the past is far behind them.	USA	English-100	2019		MA	a v	Y	Y
2021-03-07	2130	Culture & Society	United Shades Of America	New Episode	United Shades Of America Series 3 Ep 7	03	7	The sun, the sand, the ocean. These are the images everyone pictures of Hawaii and for good reason. These islands are some of the most beautiful pieces of land that's a part of the United States. But for many native Hawaiians, the fact that they're a part of the U.S. is something that has caused a lot more problems than any amount of tourism can solve.	USA	English-100	2018		M			
2021-03-07	2220	Narrative	Letterkenny	New Episode	Mitsvah	06	4	The Hockey Players learn about Judaism.	CANADA	English-100	2018		M	a l s w	Y	
2021-03-07	2245	Variety	Sydney Gay And Lesbian Mardi Gras 2021	SBS Encore	Sydney Gay And Lesbian Mardi Gras 2021		1	Proving nothing - not even a pandemic - is going to rain on this parade, Mardi Gras has found a new home in 2021 – the iconic Sydney Cricket Ground to ensure the safety of participants, spectators and the community at large. This year's history-making global event will light up with glittering performances and stellar interviews with a cavalcade of soon-to-be announced celebrity guests, not to mention the colourful pageantry of costumes, puppetry and props. Bringing the world together each year in a celebration of diversity and inclusion, it's also an opportunity to reflect on the history of activism and protest that started the movement in 1978.	AUSTRALIA	English-100	2021	RPT	PG		Y	
2021-03-07	2645	News - Overseas	France 24 News In English From Paris		France 24 English News		0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	0		NC			
2021-03-07	2700	News - Overseas	Thai News		Thai News		0	News via satellite from Thai Public Broadcasting Service, in Thai, no subtitles.	THAILAND	Thai-100	0		NC			
2021-03-07	2730	News - Overseas	Bangla News		Bangla News		0	News via satellite from Channel i Bangladesh, in Bangla, no subtitles.	BANGLADESH	Bengali-100	0		NC			
2021-03-07	2800	News - Overseas	Punjabi News		Punjabi News		0	News via satellite from India, in Punjabi, no subtitles.	INDIA	Punjabi-100	0		NC			
2021-03-07	2830	News - Overseas	Sri Lankan Sinhalese News		Sri Lankan Sinhalese News		0	News from Sri Lanka Rupavahini Corporation Colombo Sri Lanka, in Sinhalese, no subtitles.	SRI LANKA	Sinhalese-100	0		NC			
2021-03-08	0500	News - Overseas	Korean News		Korean News		0	News via satellite from YTN Korea, in Korean, no subtitles.	SOUTH KOREA	Korean-100	2013		NC			
2021-03-08	0530	News - Overseas	Indonesian News		Indonesian News		0	News via satellite from TVRI Jakarta, in Indonesian, no subtitles.	INDONESIA	Indonesian-100	2013		NC			
2021-03-08	0610	News - Overseas	Hong Kong News		Hong Kong News		0	News via satellite from TVB Hong Kong, in Cantonese, no subtitles.	HONG KONG	Cantonese-100	2013		NC			

2021-03-08	1715	Culture & Society	The Joy Of Painting With Bob Ross		Joy Of Painting With Bob Ross Series 2, The Ep 9	02	9	An approaching storm and dramatic sky set the mood for this unique seascape. Bob Ross uses a canvas painted half black and half white.	USA	English-100	1983	RPT	G				
2021-03-08	1745	Contemporary	Shortland Street	New Episode	Shortland Street Series 3 2021 Ep 82	03	82	Cece's dismayed by the fallout between TK and Louis, especially so when Louis insists on a public apology at work. TK refuses, but agrees to make things right at home.	NEW ZEALAND	English-100	2020		PG				
2021-03-08	1815	Culture & Society	Forged In Fire Latin America	New Episode	Spear Of Destiny	01	2	Competitors must replicate the Spear of Destiny used to top Jesus Christ on the cross. Who will win?	USA	Spanish-91; Portuguese-9	2018		PG			Y	
2021-03-08	1905	Quiz	Jeopardy!	SBS Encore	Jeopardy Series 34 Ep 176	34	176	Alex Trebek hosts Jeopardy!, where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2018	RPT	PG				
2021-03-08	1930	News - Domestic	NITV News Update	NITV Encore	Nitv News Update 2021 5min Viceland Version Ep 45	2021	45	The latest news from the oldest living culture, NITV delivers Australian stories from an Indigenous perspective.	AUSTRALIA		2021		NC				
2021-03-08	1935	Quiz	8 Out Of 10 Cats Does Countdown		8 Out Of 10 Cats Does Countdown Series 11 Ep 1	11	1	Katherine Ryan hosts a special all-female episode celebrating 100 years of women's suffrage with Roisin Conaty, Jessica Hynes, Sara Pascoe, Lolly Adefope, and Morgana Robinson.	UNITED KINGDOM		2019	RPT	M	a l s		Y	
2021-03-08	2030	Quiz	Taskmaster: Champion Of Champions	New Series Premiere	Taskmaster Champion Of Champions Series 1 Ep 1	01	1	Taskmaster Greg Davies judges fiercely, fallaciously and occasionally fairly as the winning rivals take on some of the most devious tasks to date.	UNITED KINGDOM	English-100	2017		M			Y	Y
2021-03-08	2125	Quiz	RockKwiz		Amaya Laucirica & James Reyne	10	9	Rock music's most famous faces continue to mix it with the best local trivia buffs. Host Julia Zemiro asks the questions and Brian Nankervis adjudicates over the mayhem. A special guest performer this week is folk-pop powerhouse Julia Stone.	AUSTRALIA	English-100	2012	RPT	PG			Y	
2021-03-08	2220	Culture & Society	After The Virus	Premiere	After The Virus		0	VICE founder Shane Smith speaks to some of the most influential people in the world about how the COVID-19 vaccine will change everything. He talks to world leaders and experts about the lasting implications of COVID-19 pandemic.	USA	English-100	2020		M				Y
2021-03-08	2310	Thriller	Zero Zero Zero		Zero, Zero, Zero Series 1 Ep 5	01	5	While Don Minu's leadership is undermined by betrayals and power struggles, Chris and Emma face the dangers of crossing the Malian desert escorted by a group of jihadist terrorists. In order to survive and complete their journey, they will find themselves making unexpected deals and compromises.	FRANCE	English-57; Tamasheq-16; French-12; Italian-12; Wolof-3	2019	RPT	MA	a v		Y	Y
2021-03-08	2410	Thriller	Zero Zero Zero		Zero, Zero, Zero Series 1 Ep 6	01	6	While Chris and Emma are about to cross the Moroccan border, in Mexico Manuel and his men build a ragtag army on behalf of the Leyra cartel, creating problems for Manuel as he attempts to keep his private life separate from the world of violence and death in which he works.	FRANCE	Spanish-33.34; English-33.33; Italian-33.33	2019	RPT	MA	a v w		Y	Y
2021-03-08	2515	Culture & Society	The Wrestlers		Powerful Women Of Wrestling	01	4	Damian travels to Florida and Bolivia to learn how women wrestlers around the world are using professional wrestling to battle inequality, misogyny, and domestic abuse.	CANADA	English-100	2017	RPT	M	a v			Y
2021-03-08	2605	Culture & Society	Femen: Sextremism In Canada		Femen: Sextremism In Canada	00	4	Their objective is to destroy patriarchy; their weapons are bare breasts. FEMEN 'sextremists' have now set up shop in more than ten countries, but only have one active branch in North America.	CANADA	English-100	2016	RPT	M	a l n			Y
2021-03-08	2630	News - Overseas	CGTN News In English From Beijing		Cgtn English News		0	The English language news channel from China Central Television (CCTV), the nation's largest national broadcasting network.	CHINA	English-100	0		NC				
2021-03-08	2700	News - Overseas	Thai News		Thai News		0	News via satellite from Thai Public Broadcasting Service, in Thai, no subtitles.	THAILAND	Thai-100	0		NC				
2021-03-08	2730	News - Overseas	Bangla News		Bangla News		0	News via satellite from Channel i Bangladesh, in Bangla, no subtitles.	BANGLADESH	Bengali-100	0		NC				
2021-03-08	2800	News - Overseas	Punjabi News		Punjabi News		0	News via satellite from India, in Punjabi, no subtitles.	INDIA	Punjabi-100	0		NC				
2021-03-08	2830	News - Overseas	Sri Lankan Sinhalese News		Sri Lankan Sinhalese News		0	News from Sri Lanka Rupavahini Corporation Colombo Sri Lanka, in Sinhalese, no subtitles.	SRI LANKA	Sinhalese-100	0		NC				
2021-03-09	0500	News - Overseas	Korean News		Korean News		0	News via satellite from YTN Korea, in Korean, no subtitles.	SOUTH KOREA	Korean-100	2013		NC				

2021-03-09	1610	News - Domestic	PBS Newshour	NEWS	PBS Newshour Viceland	00	0	Reviews and analysis of the day's news presented by Judy Woodruff for the Public Broadcasting Service (PBS) in the United States.	USA		0	RPT	NC		Y	
2021-03-09	1710	Culture & Society	The Joy Of Painting With Bob Ross		Joy Of Painting With Bob Ross Series 2, The Ep 10	02	10	Take a relaxing walk with Bob Ross through a bright green grassy forest, where a smooth crystal waterway flows so, so quietly.	USA	English-100	1983	RPT	G			
2021-03-09	1740	Contemporary	Shortland Street	New Episode	Shortland Street Series 3 2021 Ep 83	03	83	Dawn is thrown to have heard Wai telling her father she wishes he was dead, but Wai defensively backs off her concern. Dawn tells all to Marty, fearing she mistepped by pushing them together.	NEW ZEALAND	English-100	2020		PG			
2021-03-09	1810	Entertainment	Asia's Next Top Model	New Episode	Asia's Next Top Model Series 6 Ep 2	06	2	As the much-anticipated makeover day comes along, the girls are in for a surprising change. A rift in the house erupts when contestants find a hidden note.	THAILAND	English-100	2018		PG		Y	
2021-03-09	1905	Quiz	Jeopardy!	SBS Encore	Jeopardy Series 34 Ep 177	34	177	Alex Trebek hosts Jeopardy!, where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2018	RPT	PG			
2021-03-09	1930	News - Domestic	NITV News Update	NITV Encore	Nitv News Update 2021 5min Viceland Version Ep 46	2021	46	The latest news from the oldest living culture, NITV delivers Australian stories from an Indigenous perspective.	AUSTRALIA		2021		NC			
2021-03-09	1935	Quiz	8 Out Of 10 Cats Does Countdown		8 Out Of 10 Cats Does Countdown Series 2 Ep 1	2	1	It's Letters and Numbers with a whole bunch of comedians. The UK's funniest quiz show is hosted by Jimmy Carr, tonight featuring guests Lee Mack, Rob Beckett, Rhod Gilbert, Tim Key and Jon Richardson.	UNITED KINGDOM	English-100	2013	RPT	M	I s	Y	
2021-03-09	2030	Culture & Society	VICE Investigates		K-Pop Machine	01	4	No industry is as image-conscious or as micro-managed as K-Pop. With the recent wave of suicides and scandals, the question of what happens behind this heavily constructed facade grows. VICE goes inside the K-pop industry to explore the dissonance between fantasy and reality.	USA	English-100	2020		M		Y	
2021-03-09	2130	Culture & Society	VICE Investigates		Russian Hip-Hop	01	2	Hip-hop is exploding in popularity among young Russians. But shows have been cancelled as officials claim it encourages drug use and violence. VICE News correspondent Alzo Slade embeds with the musicians navigating artistic freedom in Putin's Russia.	USA	English-100	2020		M		Y	
2021-03-09	2235	Contemporary	The Salisbury Poisonings		Salisbury Poisonings Series 1 Ep 3	01	3	At a town meeting Tracy is heckled despite her tireless work. The people of Salisbury want to know the truth. Afterwards, Tracy secretly has a fully blown panic attack as her own anxiety begins to express itself. When Nick and Sarah return home they find it gutted, all their belongings are to be incinerated, but at least he is alive.	UNITED KINGDOM	English-100	2020	RPT	M	a l	Y	Y
2021-03-09	2330	News - Overseas	Vice News Tonight	New Episode	Vice News Tonight 2021 Ep 27	01	27	VICE News Tonight cuts through the spin, disinformation, and punditry to bring you in-depth coverage of the day's top stories, and fearless on-the-ground reporting on the people, places, and voices you won't see anywhere else.	USA	English-100	2021		NC			
2021-03-09	2400	Situation / Sketch	Stories From Norway: The Musical!		Northug - A Family Affair	01	4	Stories from Norway: The Musical! follows Petter Northug through the incredible events and through his darkest hours, telling the story about how you can be forgiven for nearly everything - as long as you keep winning gold medals.	NORWAY	Norwegian-100	2017	RPT	M	a l n	Y	
2021-03-09	2425	Situation / Sketch	Stories From Norway: The Musical!		Scream Heist, The	01	6	It's 1994 - only hours before the opening of the 17th Olympic Winter Games in Lillehammer, Norway. The whole nation's attention is directed toward Lillehammer - and at the same time, the world famous painting Scream by Edvard Munch is stolen from the National Gallery. The investigation that follows is the largest and most spectacular in Norwegian history. Will the police be able to frame and arrest the infamous art thief Pal Enger? This investigative musical, told by everyone involved - including Pal Enger himself, tells the incredible story of a desperate undercover operation where the reputation of a whole nation is at stake.	NORWAY	Norwegian-100	2017	RPT	M	a l s v	Y	
2021-03-09	2450	Entertainment	King Of The Road		Grand Finale	01	12	An awards show as only King of the Road could do it - weird, sloppy and downright ridiculous. Clint gets a taste of his own medicine and the big winners are finally revealed.	USA	English-100	2016	RPT	MA	a l w	Y	

2021-03-09	2600	Sexuality	Slutever	Happy Endings	01	2	In the name of gender equality, Karley hunts for a happy ending massage for women. Turns out it's harder to find than you think.	USA	English-100	2017	RPT	MA	a s	Y	Y
2021-03-09	2625	News - Overseas	RT News In English From Moscow	Russia Today English News		0	RT from Moscow delivers the latest news and current affairs from around the world including special reports and entertainment news, in English.	RUSSIA	English-100	0		NC			
2021-03-09	2700	News - Overseas	Thai News	Thai News		0	News via satellite from Thai Public Broadcasting Service, in Thai, no subtitles.	THAILAND	Thai-100	0		NC			
2021-03-09	2730	News - Overseas	Bangla News	Bangla News		0	News via satellite from Channel i Bangladesh, in Bangla, no subtitles.	BANGLADESH	Bengali-100	0		NC			
2021-03-09	2800	News - Overseas	Punjabi News	Punjabi News		0	News via satellite from India, in Punjabi, no subtitles.	INDIA	Punjabi-100	0		NC			
2021-03-09	2830	News - Overseas	Sri Lankan Sinhalese News	Sri Lankan Sinhalese News		0	News from Sri Lanka Rupavahini Corporation Colombo Sri Lanka, in Sinhalese, no subtitles.	SRI LANKA	Sinhalese-100	0		NC			
2021-03-10	0500	News - Overseas	Korean News	Korean News		0	News via satellite from YTN Korea, in Korean, no subtitles.	SOUTH KOREA	Korean-100	2013		NC			
2021-03-10	0530	News - Overseas	Indonesian News	Indonesian News		0	News via satellite from TVRI Jakarta, in Indonesian, no subtitles.	INDONESIA	Indonesian-100	2013		NC			
2021-03-10	0610	News - Overseas	Hong Kong News	Hong Kong News		0	News via satellite from TVB Hong Kong, in Cantonese, no subtitles.	HONG KONG	Cantonese-100	2013		NC			
2021-03-10	0630	News - Overseas	Chinese News	Chinese News		0	News via satellite from CCTV Beijing, in Mandarin, no subtitles.	CHINA	Mandarin-100	2013		NC			
2021-03-10	0700	News - Overseas	Russian News	Russian News		0	News via satellite from NTV Moscow, in Russian, no subtitles.	RUSSIA	Russian-100	2013		NC			
2021-03-10	0730	News - Overseas	Polish News	Polish News		0	Wydarzenia from Polsat in Warsaw via satellite, in Polish, no subtitles.	POLAND	Polish-100	2013		NC			
2021-03-10	0800	News - Overseas	Ukrainian News	Ukrainian News		0	Ukrainian News from the National Television Company of Ukraine in Kyiv, no subtitles.	UKRAINE	Ukrainian-100	2014		NC			
2021-03-10	0830	News - Overseas	Macedonian News	Macedonian News		0	News via satellite from public broadcaster MRT in Skopje, in Macedonian, no subtitles.	MACEDONIA	Macedonian-100	2013		NC			
2021-03-10	0900	News - Overseas	Croatian News	Croatian News		0	News via satellite from HRT Croatia, in Croatian, no subtitles.	CROATIA	Croatian-100	2013		NC			
2021-03-10	0930	News - Overseas	Serbian News	Serbian News		0	News via satellite from Serbian Broadcasting Corporation, in Serbian, no subtitles.	SERBIA	Serbian-100	2013		NC			
2021-03-10	1000	News - Overseas	Dutch News	Dutch News		0	News via satellite from BVN, in Dutch, no subtitles.	NETHERLANDS	Dutch-100	2013		NC			
2021-03-10	1030	News - Overseas	F24 International & Africa News	African News		0	African news in English from France 24.	FRANCE	English-100	0		NC			
2021-03-10	1100	News - Overseas	NHK Japanese News	Nhk Japanese News		0	News via satellite from NHK Tokyo in Japanese, no subtitles.	JAPAN	Japanese-100	2013		NC			
2021-03-10	1135	News - Overseas	Hindi News	Hindi News		0	News via satellite from NDTV India, in Hindi, no subtitles.	INDIA	Hindi-100	2013		NC			
2021-03-10	1200	Travel	Inside Heston's World	Series 1 Ep 3	01	3	The Fat Duck Melbourne opens its doors to the Australian public for the first time. Serving dishes such as Snail Porridge, Mad Hatter's Tea Party, and Botrytis Cinerea, Heston's success lies in the hands of his Australian diners. As the first critics come to review the Melbourne restaurant, back in England, Heston is looking to the future of the English Fat Duck and masterminding a brand new dining experience.	AUSTRALIA	English-100	2014	RPT	M	I	Y	Y
2021-03-10	1300	Travel	Inside Heston's World	Series 1 Ep 4	01	4	It's the final lunch service in Melbourne and the Fat Duck's last chance to dazzle the Australian public with a special menu featuring Heston's biggest, culinary hits from the past two decades. Back in England, Heston and his Development Chefs are busy inventing brand new dish concepts and creating a bold and unconventional dining experience. With re-opening firmly on the horizon, and with Heston's exacting standards and constant need to question everything, time is beginning to run out. As the staff return to England, a refreshed and renewed home awaits.	AUSTRALIA	English-100	2014	RPT	M	I	Y	Y

2021-03-10	1400	History	The Curse Of Oak Island		Trail Of The Templars, The	02	7	While work begins in the swamp, Rick and Marty travel to Scotland to investigate an incredible theory about the construction of the Money Pit.	USA	English-100	2015	RPT	PG	a v	Y
2021-03-10	1450	Cooking	noma australia		Noma Australia Series 1 Ep 3	1	3	This finale sees René and the team complete their work in the test kitchen, and final preparations are made for opening night before doors open on the noma Australia residency.	AUSTRALIA	English-100	2016	RPT	PG		Y Y
2021-03-10	1520	Situation / Sketch	Stories from Norway: The Musical!		Andoya Missile Crisis, The	01	5	In January 1995, a small research rocket is launched from the civilian scientific rocket station Andoya. Its mission is to document the Northern Light for Norwegian and American scientists. Moments later all hell breaks loose, when the Russian military misinterprets the rocket as an American nuclear missile. The Russians have just minutes to retaliate, and for the first time in history they activate their nuclear briefcases. President Boris Jeltsin has only a few minutes to decide: Should he push the button and start a nuclear war? This is the investigative musical about the scariest moment in human history.	NORWAY	Norwegian-100	2017	RPT	PG		Y
2021-03-10	1545	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
2021-03-10	1610	News - Domestic	PBS Newshour	NEWS	PBS Newshour Viceland	00	0	Reviews and analysis of the day's news presented by Judy Woodruff for the Public Broadcasting Service (PBS) in the United States.	USA		0	RPT	NC		Y
2021-03-10	1710	Culture & Society	The Joy Of Painting With Bob Ross		Joy Of Painting With Bob Ross Series 2, The Ep 11	02	11	Hear the sounds of a bubbling stream and distant waterfall against the most tumultuous of all skies - a spectacular Bob Ross painting.	USA	English-100	1983	RPT	G		
2021-03-10	1740	Contemporary	Shortland Street	New Episode	Shortland Street Series 3 2021 Ep 84	03	84	Having seen the steel behind Carla's mask, Leanne vows to set Nicole straight to keep her safe. Wound up, Leanne recounts the run in with Carla to Nicole.	NEW ZEALAND	English-100	2020		PG		
2021-03-10	1810	Variety	Vs. Arashi	New Episode	Vs. Arashi Series 27 Ep 2	27	2	Noriyuki Higashiyama participates in the war. An incandescent showdown ensues with the introduction of a new game!	JAPAN	Japanese-100	2019		PG		
2021-03-10	1905	Quiz	Jeopardy!	SBS Encore	Jeopardy Series 34 Ep 178	34	178	Alex Trebek hosts Jeopardy!, where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2018	RPT	PG		
2021-03-10	1930	News - Domestic	NITV News Update	NITV Encore	Nitv News Update 2021 5min Viceland Version Ep 47	2021	47	The latest news from the oldest living culture, NITV delivers Australian stories from an Indigenous perspective.	AUSTRALIA		2021		NC		
2021-03-10	1935	Quiz	8 Out Of 10 Cats Does Countdown		8 Out Of 10 Cats Does Countdown Series 2 Ep 2	2	2	It's Letters and Numbers with a whole bunch of comedians. The UK's funniest quiz show is hosted by Jimmy Carr, tonight featuring guests Lee Mack, Jon Richardson, Richard Osman and Stephen Mangan.	UNITED KINGDOM	English-100	2013	RPT	M	l s	Y
2021-03-10	2030	Narrative	Wellington Paranormal	New Episode	Fear Factory	03	3	While out on patrol, Minogue and O'Leary encounter a series of people who've been attacked by their worst nightmares. All the victims were at the same scary amusement house, The Fear Factory, so the cops bring in all the workers for questioning.	NEW ZEALAND	English-100	2020		M		Y
2021-03-10	2105	Drama	The Conversation	MOVIE			0	Francis Ford Coppola's cinematic masterpiece is the slowly-gripping, bleak study of electronic wiretapping that is examined through the private, internalised life of Harry Caul, a lonely and detached surveillance expert. Harry is an invader of privacy. The best in the business. He can record any conversation between two people anywhere. But so far, three people are dead because of him and two more may follow. Stars Gene Hackman, Harrison Ford and Cindy Williams.	USA	English-100	1974		M	a n v	Y
2021-03-10	2310	Comedy	Desperately Seeking Susan	MOVIE			0	A New Jersey housewife desperately seeking adventure in her boring suburban life becomes obsessed with the 'Susan' she reads about in the personal ads, and finds herself taking over the identity of this flamboyant temptress.	USA	English-100	1985	RPT	M	l s	

2021-03-10	2500	News - Overseas	Vice News Tonight	NEWS	Vice News Tonight 2021 Ep 28	01	28	VICE News Tonight cuts through the spin, disinformation, and punditry to bring you in-depth coverage of the day's top stories, and fearless on-the-ground reporting on the people, places, and voices you won't see anywhere else.	USA	English-100	2021						
2021-03-10	2525	Entertainment	Undressed		Saul And Laura, Anthony And Aynsley	01	19	Saul meets Laura, and Anthony gets acquainted with Aynsley.	AUSTRALIA	English-100	2016	RPT	PG	s			Y
2021-03-10	2555	Entertainment	Undressed		David And Philippe, Georgia And James	01	20	David gets acquainted with Philippe, while George and James get to know each other.	AUSTRALIA	English-100	2016	RPT	PG	s			Y
2021-03-10	2625	News - Overseas	France 24 News In English From Paris		France 24 English News		0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	0						NC
2021-03-10	2700	News - Overseas	Thai News		Thai News		0	News via satellite from Thai Public Broadcasting Service, in Thai, no subtitles.	THAILAND	Thai-100	0						NC
2021-03-10	2730	News - Overseas	Bangla News		Bangla News		0	News via satellite from Channel i Bangladesh, in Bangla, no subtitles.	BANGLADESH	Bengali-100	0						NC
2021-03-10	2800	News - Overseas	Punjabi News		Punjabi News		0	News via satellite from India, in Punjabi, no subtitles.	INDIA	Punjabi-100	0						NC
2021-03-10	2830	News - Overseas	Sri Lankan Sinhalese News		Sri Lankan Sinhalese News		0	News from Sri Lanka Rupavahini Corporation Colombo Sri Lanka, in Sinhalese, no subtitles.	SRI LANKA	Sinhalese-100	0						NC
2021-03-11	0500	News - Overseas	Korean News		Korean News		0	News via satellite from YTN Korea, in Korean, no subtitles.	SOUTH KOREA	Korean-100	2013						NC
2021-03-11	0530	News - Overseas	Indonesian News		Indonesian News		0	News via satellite from TVRI Jakarta, in Indonesian, no subtitles.	INDONESIA	Indonesian-100	2013						NC
2021-03-11	0610	News - Overseas	Hong Kong News		Hong Kong News		0	News via satellite from TVB Hong Kong, in Cantonese, no subtitles.	HONG KONG	Cantonese-100	2013						NC
2021-03-11	0630	News - Overseas	Chinese News		Chinese News		0	News via satellite from CCTV Beijing, in Mandarin, no subtitles.	CHINA	Mandarin-100	2013						NC
2021-03-11	0700	News - Overseas	Russian News		Russian News		0	News via satellite from NTV Moscow, in Russian, no subtitles.	RUSSIA	Russian-100	2013						NC
2021-03-11	0730	News - Overseas	Polish News		Polish News		0	Wydarzenia from Polsat in Warsaw via satellite, in Polish, no subtitles.	POLAND	Polish-100	2013						NC
2021-03-11	0800	News - Overseas	Maltese News		Maltese News		0	News from Public Broadcasting Services Limited, Malta, in Maltese, no subtitles.	MALTA	Maltese-100	2013						NC
2021-03-11	0830	News - Overseas	Macedonian News		Macedonian News		0	News via satellite from public broadcaster MRT in Skopje, in Macedonian, no subtitles.	MACEDONIA	Macedonian-100	2013						NC
2021-03-11	0900	News - Overseas	Croatian News		Croatian News		0	News via satellite from HRT Croatia, in Croatian, no subtitles.	CROATIA	Croatian-100	2013						NC
2021-03-11	0930	News - Overseas	Serbian News		Serbian News		0	News via satellite from Serbian Broadcasting Corporation, in Serbian, no subtitles.	SERBIA	Serbian-100	2013						NC
2021-03-11	1000	News - Overseas	Dutch News		Dutch News		0	News via satellite from BVN, in Dutch, no subtitles.	NETHERLANDS	Dutch-100	2013						NC
2021-03-11	1030	News - Overseas	Somali News		Somali News		0	News via satellite from Universal TV as broadcast in Somalia (Mogadishu), in Somali, no subtitles.	SOMALIA	Somali-100	0						NC
2021-03-11	1100	News - Overseas	NHK Japanese News		Nhk Japanese News		0	News via satellite from NHK Tokyo in Japanese, no subtitles.	JAPAN	Japanese-100	2013						NC
2021-03-11	1135	News - Overseas	Hindi News		Hindi News		0	News via satellite from NDTV India, in Hindi, no subtitles.	INDIA	Hindi-100	2013						NC
2021-03-11	1200	Figure Skating	ISU Figure Skating 2020 Grand Prix Japan	SPORTS	Isu Figure Skating 2020, Grand Prix 4 Japan Part 1	2020	9	Coverage of the ISU Figure Skating 2020, Grand Prix 4 Japan Part 1. International Figure Skating 2020.			2020	RPT	NC				Y
2021-03-11	1405	Sexuality	Gaycation		France	02	4	Ian travels to France, a city he once lived in as a student, to look at what it's like for LGBTQIA+ people whose stories and struggles are often hidden.	USA	English-100	2016	RPT	M	a l n			Y
2021-03-11	1455	Sexuality	Gaycation: United We Stand		Gaycation: United We Stand	00	0	In this Gaycation special, Elliot Page and Ian Daniel head to Washington DC for the Women's March to go beyond the headlines, taking a look into what the Trump administration could mean for the LGBTQIA+ community.	USA	English-100	2016	RPT	PG				Y

2021-03-11	1545	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				
2021-03-11	1610	News - Domestic	PBS Newshour	NEWS	PBS Newshour Viceland	00	0	Reviews and analysis of the day's news presented by Judy Woodruff for the Public Broadcasting Service (PBS) in the United States.	USA	0	RPT	NC	Y			
2021-03-11	1710	Basketball	Basketball: NBL Overtime	SPORTS	Basketball: Nbl Overtime 2021 Ep 12	2021	12	NBL Overtime are back at the desk as they look ahead to the 2020-21 season LIVE, FREE and in HD on SBS VICELAND and SBS On Demand.	AUSTRALIA	2021	NC					
2021-03-11	1740	Contemporary	Shortland Street	New Episode	Shortland Street Series 3 2021 Ep 85	03	85	Theo's lifeline is lost when Travis smashes her phone, but Carla insists Zara call the police. Louis races back to the ports, and as Theo prepares to fight for her life, he arrives as the police do too, taking Travis into custody and saving the girls.	NEW ZEALAND	English-100	2020	PG				
2021-03-11	1810	Quiz	Taskmaster Norway	New Episode	Taskmaster Norway Series 1 Ep 2	01	2	In this episode, the participants will, among other things, move a playhouse as far as they can, anchor balloons with bread, and make a pair of shoes for Atle.	NORWAY	Norwegian-100	2019	PG				
2021-03-11	1905	Quiz	Jeopardy!	SBS Encore	Jeopardy Series 34 Ep 179	34	179	Alex Trebek hosts Jeopardy!, where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2018	RPT	PG			
2021-03-11	1930	News - Domestic	NITV News Update	NITV Encore	Nitv News Update 2021 5min Viceland Version Ep 48	2021	48	The latest news from the oldest living culture, NITV delivers Australian stories from an Indigenous perspective.	AUSTRALIA	2021	NC					
2021-03-11	1935	Quiz	8 Out Of 10 Cats Does Countdown		8 Out Of 10 Cats Does Countdown Series 3 Ep 1	03	1	The hybrid game show is hosted by Jimmy Carr, with team captains Sean Lock and Jon Richardson, and features Rachel Riley and Susie Dent on maths and dictionary duty respectively.	UNITED KINGDOM	English-100	2013	RPT	M	I s	Y	
2021-03-11	2030	History	The Curse Of Oak Island	New Episode	Obstruction	05	6	Drilling continues at the Oak Island Money Pit as ten holes have now been dug using the Geotech drilling system. Hoping to find evidence of who might have been on the island when the Money Pit was first discovered, Rick and Marty Lagina, along with metal detection expert Gary Drayton, head to Lot 16 to search through the Dunfield spoils.	USA	English-100	2017	PG	I	Y		
2021-03-11	2120	History	American Runestone: A Viking Mystery	New Episode	Skeletons In The Closet	01	2	They visit Elroy's cousin who is in possession of an ancient skull and they decide to send it in for DNA tests to determine if it could be European. That could be the answer they are looking for. At the same time, they keep looking at the history behind the runestone. They meet Darwin, Olof's grandson, who tells them how difficult it was for the Ohman family to be accused of forgery and how the pressure led two of Olof's children to commit suicide.	USA	English-100	2020	PG				
2021-03-11	2210	Variety	Dave Gorman: Modern Life Is Goodish	New Episode	Winston Churchills Pants	02	2	Dave Gorman continues to assess the goodishness of modern life in this episode. Just what is Richard Branson capable of, according to the British public? And, if Dave's right, why must David Dickinson be stopped?	UNITED KINGDOM	English-100	2014	M				
2021-03-11	2305	News - Overseas	Vice News Tonight	New Episode	Vice News Tonight 2021 Ep 29	01	29	VICE News Tonight cuts through the spin, disinformation, and punditry to bring you in-depth coverage of the day's top stories, and fearless on-the-ground reporting on the people, places, and voices you won't see anywhere else.	USA	English-100	2021	NC				
2021-03-11	2330	Period	The Longest Day In Chang'an	New Episode	Longest Day In Chang'an Series 2, The Ep 20	02	20	Chang'an. The city of Eternal Peace. China's ancient imperial capital and the world's most magnificent metropolis. Its treasures and wealth are now under siege from a mysterious army. In 24 hours, the enemies will launch a devastating attack. While the nobles panic and flee, the city's most notorious criminal will be its saviour!	CHINA	Mandarin-100	2019	M	a v	Y		
2021-03-11	2420	Culture & Society	Dopesick Nation		Dying For Freedom	01	10	Frankie is on the brink of a full-scale relapse as he and Allie try to help couple John and Sara, who are trapped in the most dangerous part of Palm Beach County.	USA	English-100	2018	RPT	MA	d	Y	Y
2021-03-11	2510	Culture & Society	Hate Thy Neighbour		Feminism 101	02	8	With people talking more than ever before about women's rights Jamali investigates what it means to be a third wave, second wave and anti-feminist.	UNITED KINGDOM	English-100	2017	RPT	MA	a l n s	Y	Y

2021-03-11	2600	Politics & Current Affairs	VICE		Playing With Nuclear Fire And No Man Left Behind	02	10	Three years after the Tohoku earthquake in Japan, citizens and the international community are left wondering if Japan really does have the situation in Fukushima under control. Then, Ryan Duffy talks with veterans from Iraq and Afghanistan who are struggling with mental illness, addiction, and PTSD often over-prescribed narcotics and other pharmaceuticals that bring their own sets of problems.	USA	English-100	2016	RPT	MA	a d l	Y
2021-03-11	2635	News - Overseas	Deutsche Welle English News		Deutsche Welle English News		0	News and analysis of the top international and European news and current affairs from Berlin, in English.	GERMANY	English-100	0		NC		
2021-03-11	2700	News - Overseas	Thai News		Thai News		0	News via satellite from Thai Public Broadcasting Service, in Thai, no subtitles.	THAILAND	Thai-100	0		NC		
2021-03-11	2730	News - Overseas	Bangla News		Bangla News		0	News via satellite from Channel i Bangladesh, in Bangla, no subtitles.	BANGLADESH	Bengali-100	0		NC		
2021-03-11	2800	News - Overseas	Punjabi News		Punjabi News		0	News via satellite from India, in Punjabi, no subtitles.	INDIA	Punjabi-100	0		NC		
2021-03-11	2830	News - Overseas	Sri Lankan Sinhalese News		Sri Lankan Sinhalese News		0	News from Sri Lanka Rupavahini Corporation Colombo Sri Lanka, in Sinhalese, no subtitles.	SRI LANKA	Sinhalese-100	0		NC		
2021-03-12	0500	News - Overseas	Korean News		Korean News		0	News via satellite from YTN Korea, in Korean, no subtitles.	SOUTH KOREA	Korean-100	2013		NC		
2021-03-12	0530	News - Overseas	Indonesian News		Indonesian News		0	News via satellite from TVRI Jakarta, in Indonesian, no subtitles.	INDONESIA	Indonesian-100	2013		NC		
2021-03-12	0610	News - Overseas	Hong Kong News		Hong Kong News		0	News via satellite from TVB Hong Kong, in Cantonese, no subtitles.	HONG KONG	Cantonese-100	2013		NC		
2021-03-12	0630	News - Overseas	Chinese News		Chinese News		0	News via satellite from CCTV Beijing, in Mandarin, no subtitles.	CHINA	Mandarin-100	2013		NC		
2021-03-12	0700	News - Overseas	Russian News		Russian News		0	News via satellite from NTV Moscow, in Russian, no subtitles.	RUSSIA	Russian-100	2013		NC		
2021-03-12	0730	News - Overseas	Polish News		Polish News		0	Wydarzenia from Polsat in Warsaw via satellite, in Polish, no subtitles.	POLAND	Polish-100	2013		NC		
2021-03-12	0800	News - Overseas	Bosnian News		Bosnian News		0	News via satellite from Radio-Televizija Bosne i Hercegovine, Bosnia.	BOSNIA AND HERZEGOVINA	Bosnian-100	0		NC		
2021-03-12	0830	News - Overseas	Macedonian News		Macedonian News		0	News via satellite from public broadcaster MRT in Skopje, in Macedonian, no subtitles.	MACEDONIA	Macedonian-100	2013		NC		
2021-03-12	0900	News - Overseas	Croatian News		Croatian News		0	News via satellite from HRT Croatia, in Croatian, no subtitles.	CROATIA	Croatian-100	2013		NC		
2021-03-12	0930	News - Overseas	Serbian News		Serbian News		0	News via satellite from Serbian Broadcasting Corporation, in Serbian, no subtitles.	SERBIA	Serbian-100	2013		NC		
2021-03-12	1000	News - Overseas	Dutch News		Dutch News		0	News via satellite from BVN, in Dutch, no subtitles.	NETHERLANDS	Dutch-100	2013		NC		
2021-03-12	1030	News - Overseas	Armenian News		Armenian News		0	News via satellite from Channel H1 Armenia (Yerevan), in Armenian, no subtitles.	ARMENIA	Armenian-100	2014		NC		
2021-03-12	1100	News - Overseas	NHK Japanese News		Nhk Japanese News		0	News via satellite from NHK Tokyo in Japanese, no subtitles.	JAPAN	Japanese-100	2013		NC		
2021-03-12	1135	News - Overseas	Hindi News		Hindi News		0	News via satellite from NDTV India, in Hindi, no subtitles.	INDIA	Hindi-100	2013		NC		
2021-03-12	1200	Figure Skating	ISU Figure Skating 2020 Grand Prix Japan	SPORTS	Isu Figure Skating 2020, Grand Prix 4 Japan Part 2	2020	10	All the best moments and highlights from the ISU Figure Skating 2020, Grand Prix 4 Japan Part 2. International Figure Skating 2020/2021.			2020	RPT	NC		Y
2021-03-12	1405	Sexuality	Gaycation		Deep South	02	5	Ian sets out on a road trip across the Deep South to explore the culture of local LGBTQIA+ communities as well as the serious issues and stigmas that they still face.	USA	English-100	2016	RPT	M	a l s	Y
2021-03-12	1500	Culture & Society	Make The World Greta		Make The World Greta Again		0	Upon realising her generation won't have a future unless the world's politicians act now on climate change, 15-year-old Greta Thunberg skipped school in August 2018 to protest outside the Swedish parliament.	UNITED KINGDOM	English-100	2018	RPT	PG		Y
2021-03-12	1540	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

2021-03-12	1605	News - Domestic	PBS Newshour	NEWS	PBS Newshour Viceland	00	0	Reviews and analysis of the day's news presented by Judy Woodruff for the Public Broadcasting Service (PBS) in the United States.	USA		0	RPT	NC		Y	
2021-03-12	1705	Culture & Society	The Joy Of Painting With Bob Ross		Joy Of Painting With Bob Ross Series 2, The Ep 12	02	12	Slip away into a wondrous plush green forest, where Bob Ross creates an almost invisible mountain overlooking a falling stream.	USA	English-100	1983	RPT	G			
2021-03-12	1735	Contemporary	Shortland Street	New Episode	Shortland Street Series 3 2021 Ep 86	03	86	Michelle is rattled after receiving the threatening messages. She keeps her concerns from Chris and Tess but decides to hire a minder to tighten up security.	NEW ZEALAND	English-100	2020		PG			
2021-03-12	1805	Quiz	If You Are The One	New Episode	Perfect Match Series 11 Ep 41	11	41	With a viewing audience of up to 50 million per episode, this popular Chinese dating show is a cultural phenomenon. A lone male suitor has to impress a panel of 24 single women, who can then register their interest or disinterest in the man through the use of their podium lights. Popular host Meng Fei oversees the action in front of a large studio audience.	CHINA	Mandarin-100	2019		PG		Y	
2021-03-12	1905	Quiz	Jeopardy!	SBS Encore	Jeopardy Series 34 Ep 180	34	180	Alex Trebek hosts Jeopardy!, where the answers are revealed and the contestants must guess the appropriate questions.	USA	English-100	2018	RPT	PG			
2021-03-12	1930	News - Domestic	NITV News Update	NITV Encore	Nitv News Update 2021 5min Viceland Version Ep 49	2021	49	The latest news from the oldest living culture, NITV delivers Australian stories from an Indigenous perspective.	AUSTRALIA		2021		NC			
2021-03-12	1935	Quiz	8 Out Of 10 Cats Does Countdown		8 Out Of 10 Cats Does Countdown Series 3 Ep 2	03	2	The hybrid game show is hosted by Jimmy Carr, with team captains Sean Lock and Jon Richardson, and features Rachel Riley and Susie Dent on maths and dictionary duty respectively.	UNITED KINGDOM	English-100	2013	RPT	M	I s	Y	
2021-03-12	2030	Culture & Society	Rhod Gilbert: Stand Up To Shyness	Premiere	Rhod Gilbert - Stand Up To Shyness		0	Comedian Rhod Gilbert can stand up in front of twenty thousand people and make them laugh for two hours solid without breaking sweat. But stick him in a room on his own with one of his fans and he'll start perspiring, stare at the ground, and find it extremely difficult and uncomfortable to strike up a conversation. That's because off-stage, Rhod is painfully shy - and dealing with it is no joke. Rhod discovers that he is far from alone. It is estimated that nearly half of the world's population have some manifestation of shyness and social anxiety. For many it is a minor irritation, for some it is a condition that can virtually destroy a life. So Rhod tries to understand exactly what made him so shy, how it can be identified and, most crucially, what can be done to reduce its impact.	UNITED KINGDOM	English-100	2020					
2021-03-12	2135	Sexuality	Mums Make Porn Germany	Final Episode	Mums Make Porn Germany Series 1 Ep 2	01	2	At the International Porn Film Festival in Berlin, Karina, Jasmine, Mirjam, and Britta meet Paulita Pappel, a Berlin-based feminist porn producer who offers to help them plan and produce their film.	GERMANY	German-100	2019		MA			
2021-03-12	2325	Culture & Society	24 Hours In Police Custody		Love Thy Neighbour	03	3	Cameras follow as Tommy Robinson, the founder of English Defence League, is held in Luton police station, following a vicious assault on a Muslim man. Policing tensions between extremist groups in one of the most ethnically and religiously diverse towns in the UK is a daily challenge for Bedfordshire police.	UNITED KINGDOM	English-100	2017	RPT	M	a l	Y	Y
2021-03-12	2420	News - Overseas	Vice News Tonight	NEWS	Vice News Tonight 2021 Ep 30	01	30	VICE News Tonight cuts through the spin, disinformation, and punditry to bring you in-depth coverage of the day's top stories, and fearless on-the-ground reporting on the people, places, and voices you won't see anywhere else.	USA	English-100	2021		NC			
2021-03-12	2445	Drama	The Husband	MOVIE			0	Saddled with a lousy job, an infant son, and a wife doing jail time for sleeping with a 14-year-old, a disgruntled Toronto ad-agency employee struggles to deal with his impotent rage.	CANADA	English-100	2013	RPT	MA	a l		
2021-03-12	2610	Magazine	The Movie Show		Movie Show 99 Ep 5	1999	5	Movie review program hosted by David Stratton and Margaret Pomeranz. They review 'Analyze This', 'Hurly Burly', 'Meet Joe Black', and 'Girls Night'.	AUSTRALIA	English-100	1999	RPT	M	a		
2021-03-12	2640	News - Overseas	NHK World English News		Nhk World English News		0	News and information on Japan's politics, business, culture, entertainment and more, in English.	JAPAN	English-100	0		NC			
2021-03-12	2700	News - Overseas	Thai News		Thai News		0	News via satellite from Thai Public Broadcasting Service, in Thai, no subtitles.	THAILAND	Thai-100	0		NC			
2021-03-12	2730	News - Overseas	Bangla News		Bangla News		0	News via satellite from Channel i Bangladesh, in Bangla, no subtitles.	BANGLADESH	Bengali-100	0		NC			

2021-03-12	2800	News - Overseas	Punjabi News		Punjabi News	0	News via satellite from India, in Punjabi, no subtitles.	INDIA	Punjabi-100	0							NC
2021-03-12	2830	News - Overseas	Sri Lankan Sinhalese News		Sri Lankan Sinhalese News	0	News from Sri Lanka Rupavahini Corporation Colombo Sri Lanka, in Sinhalese, no subtitles.	SRI LANKA	Sinhalese-100	0							NC
2021-03-13	0500	News - Overseas	Korean News		Korean News	0	News via satellite from YTN Korea, in Korean, no subtitles.	SOUTH KOREA	Korean-100	2013							NC
2021-03-13	0530	News - Overseas	Indonesian News		Indonesian News	0	News via satellite from TVRI Jakarta, in Indonesian, no subtitles.	INDONESIA	Indonesian-100	2013							NC
2021-03-13	0610	News - Overseas	Hong Kong News		Hong Kong News	0	News via satellite from TVB Hong Kong, in Cantonese, no subtitles.	HONG KONG	Cantonese-100	2013							NC
2021-03-13	0630	News - Overseas	Chinese News		Chinese News	0	News via satellite from CCTV Beijing, in Mandarin, no subtitles.	CHINA	Mandarin-100	2013							NC
2021-03-13	0700	News - Overseas	Russian News		Russian News	0	News via satellite from NTV Moscow, in Russian, no subtitles.	RUSSIA	Russian-100	2013							NC
2021-03-13	0730	News - Overseas	Polish News		Polish News	0	Wydarzenia from Polsat in Warsaw via satellite, in Polish, no subtitles.	POLAND	Polish-100	2013							NC
2021-03-13	0800	News - Overseas	Romanian News		Romanian News	0	News via satellite from TVRi Bucharest Romania, in Romanian, no subtitles.	ROMANIA	Romanian-100	0							NC
2021-03-13	0830	TBC	TBC		TBC		TBC										
2021-03-13	0900	TBC	TBC		TBC		TBC										
2021-03-13	1130	News - Overseas	NHK Japanese News		Nhk Japanese News	0	News via satellite from NHK Tokyo in Japanese, no subtitles.	JAPAN	Japanese-100	2013							NC
2021-03-13	1135	News - Overseas	Hindi News		Hindi News	0	News via satellite from NDTV India, in Hindi, no subtitles.	INDIA	Hindi-100	2013							NC
2021-03-13	1200	Comedy	St. Trinian's	MOVIE		0	St Trinian's continue to represent the unacceptable face of British education. When the new Minister of Education announces he will sort the place out, he doesn't realise he enormity of the task or that the headmistress is an old flame. The school is threatened with closure by their bank. With the staff clearly a waste of space, the girls realise he responsibility to save the day falls on them. Perhaps a painting by Scarlett Johansson will be the way out?	UNITED KINGDOM	English-100	2009	RPT	M	d s			Y	
2021-03-13	1350	Drama	Ralph	MOVIE	Ralph	0	For ten year old Madeline, it takes more than just dreaming to survive, it takes a friend.	AUSTRALIA	English-100	2008		PG	a			Y	
2021-03-13	1400	Narrative	New Girl		Homecoming	06	4	Jess and the gang head to New York, where Schmidt believes he is being honored at his high school. Jess meets Det. Jake Peralta and helps him on a case, which leads her to Brooklyn's 99th Precinct and a fateful encounter with Gina Linetti and Capt. Raymond Holt. Meanwhile, Nick and Winston scramble to make subway fare, while trying to impress Det. Charles Boyle, and Cece faces off with her new mother-in-law.	USA	English-100	2016	RPT	PG	a s			
2021-03-13	1430	Narrative	New Girl		Jaipur Aviv	06	5	While the gang helps Schmidt and Cece remodel their fixer-upper, Jess spearheads a vote to let Reagan eventually move back into the loft. Meanwhile, Nick and Winston make a revealing discovery and Schmidt and Cece learn the art of compromise.	USA	English-100	2016	RPT	PG	a s			
2021-03-13	1500	Current Affairs	Insight		Sleep Hacks	2020	16	Insight looks at how people are trying to hack their sleeping patterns. Marc Fennell chats to those affected and delves into hacks that have been proven to work.	AUSTRALIA	English-100	2020	RPT	NC			Y	
2021-03-13	1600	News - Domestic	PBS Newshour	NEWS	PBS Newshour Viceland	00	0	Reviews and analysis of the day's news presented by Judy Woodruff for the Public Broadcasting Service (PBS) in the United States.	USA		0	RPT	NC			Y	
2021-03-13	1700	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	

2021-03-13	1730	Basketball	LIVE NBL 2021: Brisbane V Sydney	LIVE	Basketball: National Basketball League 2020-2021 Ep 66	2020	66	Live coverage of the 2020-2021 National Basketball League. Brisbane Bullets take on Sydney Kings at Melbourne Arena. Tip off at 5.35pm AEDT.	AUSTRALIA		2020	LIVE	NC				
2021-03-13	1930	Culture & Society	Australia In Colour	SBS Encore	Australia In Colour Series 2 - Family	02	1	Soon after Federation, the family unit is buffeted by world conflicts, poverty and disease, but then new attitudes sweep in. Workplace laws are less restrictive on women, spouses no longer have to give a reason to divorce, and the contraceptive pill arrives, all of which leads to a loosening of rigid gender roles.	AUSTRALIA		2020	RPT	PG		Y	Y	Y
2021-03-13	2030	Thriller	The X-Files		Hell Money	03	19	The agents travel to San Francisco's Chinatown district after a night watchman at a crematorium discovered a man being burned alive inside an oven. Mulder discovers a Chinese character scrawled inside the oven door, along with a wad of currency.	USA	English-100	1995	RPT	M	h v	Y	Y	
2021-03-13	2120	Period	Romulus	SBS Encore	Romulus Series 1 Ep 3	01	3	Ilia survives her punishment and visits the priest of Mars. So begins her transformation that will erase all traces of the naive Vestal virgin. Tension mounts at the Luperci camp. Wiros comes back from the woods without a companion and blames Rumina, the terrible goddess of wolves, for attacking them.	ITALY	Old Latin-100	2020	RPT	MA			Y	
2021-03-13	2220	Period	Romulus	New Episode	Romulus Series 1 Ep 4	01	4	Alba's soldiers look for lemos and Wiros cannot go back to camp. Together, they venture in the woods that teems with eerie creatures. Along the way, they join a caravan of merchants in hopes to reach Gabi and avoid being found out.	ITALY	Old Latin-100	2020		MA			Y	
2021-03-13	2320	Sexuality	The Sunny Side Of Sex		Cuba	01	3	Dutch filmmaker Sunny Bergman continues her travels around the world to reveal a new and unique perspective about sexuality in other cultures. In this final episode, Sunny travels to communist Cuba, where no billboard-type advertising is allowed - but finds that personal sexual advertising is popular. Sunny also discovers that the very absence of sex-sells advertising is a boost to personal sex life in Cuba.	NETHERLANDS	English-70; Spanish-10; Swahili-10; Urdu-10	2011	RPT	MA	s	Y	Y	Y
2021-03-13	2415	Culture & Society	Wild Girls: Sex		Play Girls	01	3	Join Vogue as she travels the globe in search of sexually voracious women who view men as prey and sex as a commodity, or just another disposable pleasure. In Play Girls, Vogue decides to find out whether this generation of women is as sexually liberated as they claim to be.	IRELAND	English-100	2015	RPT	M	a l n s			
2021-03-13	2515	Culture & Society	Enemies Of The People: Trump & The Press		Enemies Of The People: Trump And The Press		0	This 2020 special is a candid and dramatic journey behind the scenes of the 2016 election. Journalists reflect on their mistakes covering Donald Trump and the decline of public trust in news.	USA	English-100	2020	RPT	MA	l		Y	
2021-03-13	2625	News - Overseas	France 24 News In English From Paris		France 24 English News		0	International news and current affairs television from Paris, offering a French perspective on world events, in English.	FRANCE	English-100	0		NC				
2021-03-13	2700	News - Overseas	Thai News		Thai News		0	News via satellite from Thai Public Broadcasting Service, in Thai, no subtitles.	THAILAND	Thai-100	0		NC				
2021-03-13	2730	News - Overseas	Bangla News		Bangla News		0	News via satellite from Channel i Bangladesh, in Bangla, no subtitles.	BANGLADESH	Bengali-100	0		NC				
2021-03-13	2800	News - Overseas	Punjabi News		Punjabi News		0	News via satellite from India, in Punjabi, no subtitles.	INDIA	Punjabi-100	0		NC				
2021-03-13	2830	News - Overseas	Sri Lankan Sinhalese News		Sri Lankan Sinhalese News		0	News from Sri Lanka Rupavahini Corporation Colombo Sri Lanka, in Sinhalese, no subtitles.	SRI LANKA	Sinhalese-100	0		NC				