



PROGRAM GUIDES

Week 30

Sunday July 17th, 2016

- 5:00 am **Korean News** - News via satellite from YTN Korea, in Korean, no subtitles.
- 5:30 am **Indonesian News** - News via satellite from TVRI Jakarta, in Indonesian, no subtitles.
- 6:10 am **Hong Kong News** - News via satellite from TVB Hong Kong, in Cantonese, no subtitles.
- 6:30 am **Chinese News** - News via satellite from CCTV Beijing, in Mandarin, no subtitles.
- 7:00 am **Russian News** - News via satellite from NTV Moscow, in Russian, no subtitles.
- 7:30 am **Polish News** - Wydarzenia from Polsat in Warsaw via satellite, in Polish, no subtitles.
- 8:00 am **Maltese News** - News from Public Broadcasting Services Limited, Malta, in Maltese, no subtitles.
- 8:30 am **Macedonian News** - News via satellite from public broadcaster MRT in Skopje, in Macedonian, no subtitles.
- 9:00 am **PopAsia** - Features back-to-back videos from artists across Asia and all the latest news and interviews from the Korean, Japanese, Mandarin and Cantonese pop scenes. Hosted by Jamaica dela Cruz and Andy Trieu. (An SBS Production) (Entertainment Series) PG
- 10:00 am **Croatian News** - News via satellite from HRT Croatia, in Croatian, no subtitles.
- 10:30 am **Serbian News** - News via satellite from Serbian Broadcasting Corporation, in Serbian, no subtitles.
- 11:00 am **Japanese News** - News via satellite from NHK Tokyo in Japanese, no subtitles.
- 11:35 am **Punjabi News** - Punjabi news service.
- 12:05 pm **Hindi News** - News via satellite from NDTV India, in Hindi, no subtitles.
- 12:30 pm **Dutch News** - News via satellite from BVN, in Dutch, no subtitles.
- 1:00 pm **MOVIE:**
Paris Manhattan - Idealistic pharmacist Alice is obsessed with the movies of Woody Allen. She continually quotes lines from his films, engages in imaginary conversations, and even prescribes her customers his classic works to help alleviate their ailments. Alice's increasingly concerned Jewish parents hope to cure her fixation by setting her up with a handsome French gentleman, but even he quickly realises that he's no match for the man of her dreams. Directed by Sophie Lellouche and stars Alice Taglioni, Patrick Bruel and Marine Delterme. (From France, in French and English) (Romantic Comedy) (2012) PG(A,L) CC



Sunday July 17th, 2016

- 2:30 pm **The Friday Feed** - Marc Fennell, Patrick Abboud and Jeanette Francis discuss the latest in news, technology and culture, adding a fresh perspective on the latest local and international headlines. (SBS Production)
- 3:00 pm **Tour De France: Stage Replay** - Replay of the Tour de France. Hosted by Michael Tomalaris. Reporting by Dave McKenzie and Henk Vogels. Commentary by Robbie McEwen, Matthew Keenan, Phil Liggett and Paul Sherwen. (France) (Sport) (Cycling) CC ****Replay****
- 5:00 pm **Space Dandy - The Lonely Pooch Planet, Baby** - This dreamy adventurer with a to-die-for pompadour travels across the galaxy in search of aliens no one has ever laid eyes on. Each new species he discovers earns him a hefty reward, but this dandy has to be quick on his feet because it's first come - first served! Accompanied by his sidekicks, a rundown robot named QT and Meow the cat-looking space alien, Dandy bravely explores unknown worlds inhabited by a variety of aliens. (S.1 Ep.8) (From Japan, in English) (Animation Series) (Rpt) PG
- 5:30 pm **365: Every Day Documentaries - He Was Shot 17 Times In The Face** - This docobite features a story from Titus and Mario about being EMT's, and some of the rewarding experiences that it brings them. (S.1 Ep.29) (From Australia) (Documentary Series) (Short) PG ****SBS Explores Identity****
- 5:35 pm **The Numbers Game - Can Cracking Codes Change Your Life?** - National Treasure, The Da Vinci Code, Indiana Jones and the Last Crusade-what do these movies have in common? All require their heroes to solve intricate puzzles to find the treasure and save the day. Who doesn't want to be more like these cinematic superstars? In this episode, we are going to have some fun with the idea of code breaking, show you the thought processes behind solving puzzles, and introduce you to some of the most mysterious codes in history. (From the US) (Entertainment Series) (Rpt) G
- 6:05 pm **The Numbers Game - Could You Survive A Zombie Apocalypse?** - Did you know that if all the dead people on Earth were resurrected as zombies, they'd outnumber the living by over 15 to 1? If you want to escape with your life, you need to watch this program. Survival is a major skill we all need, and we've dug up all the numbers you require to find a way through any disaster. Whether you're facing the end of the world, a zombie apocalypse, a blackout, or just got a little lost on the way to Grandma's house, by the end of this episode, you'll be ready to face any challenge, and get out alive. (From the US) (Entertainment Series) (Rpt) PG



Sunday July 17th, 2016
EASTERN AND CENTRAL STATES
(QLD, NSW, ACT, VIC, TAS, SA, NT)

- 6:35 pm **Ninja Warrior Sweden** - In the season finale, they're playing for national pride. The few athletes who made it through stage one now take on stage two. And maybe the notorious tower, Midoriyama, in stage three. Will there be a first Swedish Ninja Warrior? (S.1 Ep.10) (From Sweden, in Swedish) (Entertainment Series) PG
- 7:30 pm **If You Are The One** - 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. (From China, in Mandarin) (Entertainment Series) G

Sunday July 17th, 2016
WESTERN AUSTRALIA

- 6:35 pm **Tour De France: Live Stage - Stage 15: Bourg En Bresse / Culoz** - Live stage coverage hosted by Michael Tomalaris. Reporting by Dave McKenzie and Henk Vogels. Commentary by Robbie McEwen, Matthew Keenan, Phil Liggett and Paul Sherwen. (France) (Sport) (Cycling) CC ****Live to Western Australia****



Sunday July 17th, 2016 ALL MARKETS REJOIN

- 8:30 pm **Drunk History UK** - Matt Richardson travels back to World War II (stars Simon Bird and Dustin Demri Burns), whilst an inebriated Josie Long narrates the tale of Dr Crippen (stars Olivia Colman). (S.2 Ep.7) (From the UK) (Comedy Series) M(A,L) ****New Episode****
- 9:00 pm **South Park - Go Fund Yourself** - After Cartman and the boys name their new company The Washington Redskins, they just sit back and watch the funding roll in. The head coach of the Washington Redskins football team demands that they change the name but Cartman digs in his heels. (S.18,Ep.1) (From the US) (Animated Comedy Series) (Rpt) M(S,L,A)
- 9:25 pm **South Park - Gluten Free Ebola** - Mr. Mackey is now gluten free and everyone is annoyed when he won't quit preaching about how great he feels. But, after witnessing a disturbing demonstration of what happens to your body when you do eat gluten, South Park becomes the first town in America to go gluten free. (S.18,Ep.2) (From the US) (Animated Comedy Series) (Rpt) M(A,L)
- 9:50 pm **Full Frontal With Samantha Bee** - Comedian, writer, actress and political commentator Samantha Bee brings her sassy, smart and satirical point of view to a range of current and relevant issues in her very own late night comedy show. With her signature wit, Samantha tackles the taboo topics in a way that no one else can. In this episode, Sam sits down with a panel of Bernie supporters to try to understand their point of view. (From the US) (Entertainment) M(S) ****Encore****
- 10:20 pm **Sex Box USA - Sexless In Seattle** - Patrina and Darrell recently married and have four kids together. They're an attractive couple, but Patrina feels it's always about Darrell and his need to have orgasms. Lucas and Lubomir have been together for 7 years. Their sex lives went from hot and heavy to completely stale. Kristina and Matt, married for a year, are comedians and have returned to the Sex Box, even after expert advice not to return. (S.1 Ep.5) (From the US) (Documentary Series) M(S,L) ****New Episode****
- 11:10 pm **Shot By Kern** - Seasoned photographer Richard Kern, best known for his images of scantily-clad, amateur models, travels around the globe to interview and shoot hundreds of women in their homes and apartments, capturing them even during their most intimate moments, including everything from brushing their teeth topless to lying naked in bed. (From the US) (Documentary Series) (Rpt) MA(N)
- 11:40 pm **Doin' It Baja** - Doin' It Baja chronicles the 2200 mile motorcycle trip taken by Arto Saari, Heath Kirchart, Keegan Sauder and Patrick O'Dell from San Diego to the tip of Baja California, Mexico. They were joined by friends Harvey Foster, Kynan Tait and Hime Hu, and lead by the indomitable Bill Bryant. (From the US, in English and Spanish) (Documentary) (Rpt) M
- MOVIE:**
- 1:25 am **Brazilian Western** - Brought up in a culture of racism, Joao's already done time in jail for killing the cop who murdered his father. He heads for Brasília where a distant cousin from Argentina helps him get a start as a carpenter's apprentice - as long as he sidelines as a drug dealer. He falls in love with Maria Lucia, the daughter of a senator, who wants Joao to stop dealing, but his rival Jeremiah ensures that Joao has no hope but to stay in the game. (From Brazil, in Portuguese) (Movie) (2013) MA(D,V)
- 3:25 am **CCTV News In English From Beijing** - The English language news channel from China Central Television (CCTV), the nation's largest national broadcasting network.



Monday July 18th, 2016

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- 7:30 am **Polish News** - Wydarzenia from Polsat in Warsaw via satellite, in Polish, no subtitles.
- 8:00 am **Latin American News** - News via satellite from Television National de Chile, in Spanish, no subtitles.
- 8:30 am **Macedonian News** - News via satellite from public broadcaster MRT in Skopje, in Macedonian, no subtitles.
- 9:05 am **Croatian News** - News via satellite from HRT Croatia, in Croatian, no subtitles.
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- 1:00 pm **Urdu News** - News via satellite from PTV Pakistan in Islamabad, in Urdu, no subtitles.
- 1:30 pm **Tamil News** - News via satellite from PolimerTV as broadcast in India (Chennai), in Tamil, no subtitles.
- 2:00 pm **Thai News** - News via satellite from Thai Public Broadcasting Service, in Thai, no subtitles.
- 2:30 pm **Sri Lankan Sinhalese News** - News from Sri Lanka Rupavahini Corporation Colombo Sri Lanka, in Sinhalese, no subtitles.
- 3:00 pm **Tour De France: Stage Replay** - Replay of the Tour de France. Hosted by Michael Tomalaris. Reporting by Dave McKenzie and Henk Vogels. Commentary by Robbie McEwen, Matthew Keenan, Phil Liggett and Paul Sherwen. (France) (Sport) (Cycling) CC ****Replay****



Monday July 18th, 2016

- 5:00 pm **House Hazards - *Collapse and Expand*** - These domestic scientists shed light on the potential dangers lurking in everyone's home. The team goes beneath the floorboards to investigate the real-life dangers of dropping bathtubs. In the kitchen, Brendan and Dan demonstrate how microwaves and blenders can go from labor saving to life threatening. And Francesca draws an unflattering picture of what happens when spray paint is pointed in the wrong direction. (S.1 Ep.10) (From Canada) (Documentary Series) (Rpt) PG
- 5:30 pm **365: Every Day Documentaries - *I Started To Sell Cocaine*** - This docobite features a story from Justin, Devon and Bailey about the reality of homelessness and the security they have found in each other. (S.1 Ep.30 (From Australia) (Documentary Series) (Short) PG ****SBS Explores Identity****
- 5:35 pm **Daria – *The Esteemsters*** - The people of Lawndale just don't get Daria Morgendorffer. She's cool with that. Daria was born alienated. Now she's just trying to make it through high school with as little human contact as possible. Popularity, friends, activities... whatever. Daria lacks enthusiasm, but she makes up for it with sarcasm. Daria and her sister Quinn start their first day at Lawndale High. Quinn immediately gains popularity, leaving Daria behind - until she meets artist Jane. (S.1 Ep.1) (From the US) (Comedy Series) (Class. tba) ****Nineties Nostalgia****
- 6:05 pm **If You Are The One** - 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. (From China, in Mandarin) (Entertainment Series) (Rpt) G ****Date Night****
- 7:05 pm **Brooklyn Nine-Nine – *Pilot*** - This US series stars comedy whiz kid Andy Samberg as man-child detective Jake Peralta of the 99th Precinct of the New York City Police Department. Detective Jake Peralta is a talented, but carefree police detective at Brooklyn's 99th precinct who, along with his eclectic group of colleagues, are used to having a lax captain around the office. However, when tightly-wound Captain Ray Holt takes over, he is determined to make this dysfunctional group of detectives into the best precinct in Brooklyn. (Premiere) (From the US) (Comedy Series) (Rpt) PG CC ****Network Favourite****
- 7:35 pm **The Feed** - Marc Fennell, Patrick Abboud and Jeanette Francis discuss the latest in news, technology and culture, adding a fresh perspective on the latest local and international headlines. (An SBS Production)
- 8:05 pm **The Mindy Project - *While I Was Sleeping*** – Premiering for the first time on SBS 2, the fourth season of The Mindy Project finds Doctor Mindy Lahiri (Mindy Kaling) about to give birth - balancing her pregnancy with her new fertility practice, and a boyfriend who will seemingly do anything to avoid tying the knot. In this first episode, since Dan ny won't propose, Mindy dreams of married life with the perfect man. Meanwhile, Danny tries to stop Mindy's parents from marrying her off to an eligible Indian bachelor. (S.4 Ep.1) (From the US) (Comedy Series) M(S) ****New Series Premiere****
- 8:35 pm **Awkward - *The Adventures of Aunt Ally And The Lil' Bitch*** - When Lacey's BFF Ally comes to town, they decide to 'help' Jenna throw a rager. The next day a forgetful and hungover Jenna struggles to reconstruct the events of the wild night and find out who she kissed. (S.1 Ep.8) (From the US) (Comedy Series) M(A,L) ****New Episode****



Monday July 18th, 2016

- 9:00 pm **Faking It - *Burnt Toast*** - At Farrah and Bruce's wedding, Karma hides her relationship with Liam while Amy struggles with whether or not to confess her true feelings for Karma. (S.1 Ep.8) (From the US) (Comedy Series) M(L) ****Final Episode****
- 9:30 pm **MOVIE:**
Convict - When former soldier Ray Francis (George Basha) is arrested and sentenced following a street altercation, he confronts a new world of violence and brutality behind bars in a notorious Sydney prison. Ray's survival depends on his military training and a moral code that will be tested to the extreme as he battles a dangerous Arabic drug lord and the brutality of prison wardens. Filmed in Sydney in prison locations, this is a hard hitting and shocking portrayal of Australian prison life. (From Australia) (Movie) (2014) MA(V,L) ****Banged Up****
- 11:25 pm **MOVIE:**
Bronson - The notorious life of the UK's 'most violent prisoner' serves as the subject of director Nicolas Winding Refn's brutal biopic. Nineteen-year-old Michael Peterson, who was sentenced to seven years in prison for robbing a post office, ends up spending 30 years in solitary confinement. During this time, his own personality is supplanted by his alter ego, Charles Bronson. Nominated for the Grand Jury Prize at Sundance, 2009. Stars Tom Hardy, Kelly Adams and James Lance. (From the UK) (Biography) (2009) (Rpt) MA (L,N,V) CC ****Banged Up****
- 1:05 am **The Feed** - Marc Fennell, Patrick Abboud and Jeanette Francis discuss the latest in news, technology and culture, adding a fresh perspective on the latest local and international headlines. (An SBS Production)
- 1:35 am **Assassination Classroom** - Forget about homework and pop quizzes. The students of Class 3E have a far more important assignment: kill their teacher before the end of the year! A tentacled sensei is out to conquer the classroom after destroying seventy per cent of the moon. In addition to reading, writing, and arithmetic, the murderous monster behind the lectern will teach his students everything he knows about the assassination game. Should some eager beaver prove to be a quick study in killing, he or she will save Earth from extinction - and collect a hefty reward. (From Japan, in English) (Animation Series) (Rpt) PG
- 2:05 am **Assassination Classroom** - Forget about homework and pop quizzes. The students of Class 3E have a far more important assignment: kill their teacher before the end of the year! A tentacled sensei is out to conquer the classroom after destroying seventy per cent of the moon. In addition to reading, writing, and arithmetic, the murderous monster behind the lectern will teach his students everything he knows about the assassination game. Should some eager beaver prove to be a quick study in killing, he or she will save Earth from extinction - and collect a hefty reward. (From Japan, in English) (Animation Series) (Rpt) PG
- 2:30 am **RuPaul's Drag Race All Stars - *The Grand Finale*** - For the final challenge, RuPaul sends her All Stars on a whirlwind junket that culminates with a stand-up routine at L.A.'s famous Comedy Store. Cheri Oteri is their comedy coach and is joined on the judge's panel by The Gossip's Beth Ditto. (Season Finale) (From the US) (Rpt) G
- 3:25 am **RT News In English From Moscow** - RT from Moscow delivers the latest news and current affairs from around the world including special reports and entertainment news, in English.



Tuesday July 19th, 2016

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Tuesday July 19th, 2016

- 5:00 pm **House Hazards - *Car Through House*** - A drive-through window is unintentionally created, and dinner is spoiled, when the team shares the “braking” news about runaway cars. Brendan and Dan debate the dangerous drawbacks of lawn mowers. And breakfast is almost toast when Francesca gets into toaster trouble. (S.1 Ep.11) (From Canada) (Documentary Series) (Rpt) PG
- 5:30 pm **365: Every Day Documentaries – *I Have Never Been More Grateful For A Storm*** – This docobite features a story from Flo about how the New Orleans storms have brought her loneliness, friendship and love. (S.1 Ep.31) (From Australia) (Documentary Series) G ****SBS Explores Identity****
- 5:35 pm **Daria - *The Invitation*** - Daria's invited to a party at Brittany's, the most popular girl in school. But so is Quinn - the horror! To everyone's complete surprise, Daria and Jane attend the party and cause total mayhem. (S.1 Ep.2) (From the US) (Comedy Series) (Class. tba) ****Nineties Nostalgia****
- 6:05 pm **If You Are The One** - 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. (From China, in Mandarin) (Entertainment Series) (Rpt) G ****Date Night****
- 7:05 pm **Brooklyn Nine-Nine - *The Tagger*** - When Jake is late for roll call, Captain Ray Holt assigns him to a graffiti case that Jake feels is below his level. However, when the culprit turns out to be the Deputy Commissioner's son, the case becomes a major problem. Meanwhile, Gina's psychic friend visits the precinct and gets inside Charles' head. (Premiere) (From the US) (Comedy Series) (Rpt) PG CC ****Network Favourite****
- 7:30 pm **The Feed** - Marc Fennell, Patrick Abboud and Jeanette Francis discuss the latest in news, technology and culture, adding a fresh perspective on the latest local and international headlines. (An SBS Production)
- 8:00 pm **Full Frontal With Samantha Bee** - Comedian, writer, actress and political commentator Samantha Bee brings her sassy, smart and satirical point of view to a range of current and relevant issues in her very own late night comedy show. With her signature wit, Samantha tackles the taboo topics in a way that no one else can. (From the US) (Entertainment) M ****New Episode****
- 8:30 pm **The Night Bus** - This fly-on-the-wall documentary makes use of remote-controlled cameras fitted to an ordinary London bus to explore the unique role this form of public transport plays in the hectic night lives of the capital's residents. The first episode reveals how the city's status as a 24-hour party hotspot means that the night bus has become a popular place to find romance. (Part 1 of 3) (From the UK) (Documentary Series) M(S,L) ****Documentary Series Premiere****
- 9:25 pm **Walk Of Shame Shuttle** - Walk of Shamers discuss their day jobs, Michelle explores Daddy Issues, Kellyann meets someone who is a little too close to his mother, Jordan shows a passenger how to hit on women and the Trainwreck of the Week crosses a line. (S.1 Ep.7) (From the US) (Entertainment Series) (Class. tba) ****New Double Episodes****



Tuesday July 19th, 2016

- 9:50 pm **Walk Of Shame Shuttle** - Passengers describe their low bar for dating, Jordan drives a passenger who dates crazy women, Kellyann discusses basic bitch problems, Michelle finds her dream man, and the Trainwreck of the Week has a hidden talent. (S.1 Ep.8) (From the US) (Entertainment Series) (Class. tba) ****New Double Episodes****
- 10:15 pm **Bad Bridesmaids** - Bride-to-be Nicola must convince her hens that new and bonkers Bad Bridesmaid, Jemma, is her fiancé's relative and not an imposter who is working alongside her to fool her bridesmaids into believing she's a new member of the bridal party. Over four days, Nicola has to go along with everything Jemma throws at her, including taking control of the girls' make up on the big day, and watch as she ruins her bridesmaid dress. Can Nicola hold her nerve? (S.1 Ep.3) (From the UK) (Reality Series) (Class. tba)
- 11:10 pm **South Park - Kenny Dies** - When Kenny is hospitalised with a terminal illness, Cartman fights for his friend's life when he speaks before Congress in favour of stem-cell research. Meanwhile, Stan has trouble dealing with Kenny's impending death. (S.5, Ep.13) (From the US) (Animated Comedy Series) (Rpt) M(A) CC
- 11:35 pm **The Feed** - Marc Fennell, Patrick Abboud and Jeanette Francis discuss the latest in news, technology and culture, adding a fresh perspective on the latest local and international headlines. (An SBS Production)
- 12:05 am **From Dusk Till Dawn - Mistress** - The Geckos and their hostage stop at the Dew Drop Inn. While Seth meets his wife at the Big Kahuna Burger, Ranger Gonzalez catches up with a Professor Tanner to learn more about the MesoAmerican symbols left by the Gecko Brothers, and is told about an ancient 'blood cult' that existed in the Americas. The Fullers cross paths with Ranger Gonzalez when their RV breaks down at the same truck spot Gonzalez and Tanner are having their meeting. Stars D.J. Cotrona, Zane Holtz and Jesse Garcia. (S.1, Ep.3) (From the US) (Drama Series) (Rpt) MA(V)
- 1:00 am **From Dusk Till Dawn - Let's Get Ramblin'** - The Gecko brothers attempt to leave the hotel and take the Fuller family hostage, but Freddie arrives and complicates the situation. It's a battle of the wills between the Gecko Brothers and the Fuller family as they attempt to cross the border into Mexico. And things really heat up when Ranger Gonzalez and Carlos arrive at the same border crossing. Stars D.J. Cotrona, Zane Holtz and Jesse Garcia. (S.1, Ep.4) (From the US) (Drama Series) (Rpt) MA(A,V)
- 1:55 am **@midnight** - A rotating lineup of today's top comedians will battle nightly to determine who has the funniest take on the day's social media and pop culture happenings and wear the crown of funniest person on Earth. (From the USA) (Comedy) (Rpt) M(S)
- 2:25 am **@midnight** - A rotating lineup of today's top comedians will battle nightly to determine who has the funniest take on the day's social media and pop culture happenings and wear the crown of funniest person on Earth. (From the USA) (Comedy) (Rpt) M(S)
- 3:00 am **France 24 News In English From Paris** - International news and current affairs television from Paris, offering a French perspective on world events, in English.



Wednesday July 20th, 2016

5:00 am	Korean News - News via satellite from YTN Korea, in Korean, no subtitles.
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2:00 pm	Thai News - News via satellite from Thai Public Broadcasting Service, in Thai, no subtitles.
2:30 pm	Sri Lankan Sinhalese News - News from Sri Lanka Rupavahini Corporation Colombo Sri Lanka, in Sinhalese, no subtitles.
3:00 pm	Bangla News - News via satellite from Channel i Bangladesh, in Bangla, no subtitles.
3:30 pm	African News - African news in English from France 24.



Wednesday July 20th, 2016

- 4:00 pm **The Feed** - Marc Fennell, Patrick Abboud and Jeanette Francis discuss the latest in news, technology and culture, adding a fresh perspective on the latest local and international headlines. (An SBS Production)
- 4:30 pm **Do Or Die - Fire In The Sky** - In this episode of Do or Die, brace for impact as a meteor explodes in the sky over a crowded city, unleashing a devastating shockwave. Try to save yourself after you fall into a dark hole in the center of a collapsed building. And fight off a giant anaconda dead set on making you its next meal. Disaster can happen in the blink of an eye. If it happens to you, will you Do or Die? (From the US) (Entertainment Series) (Rpt) PG
- 5:00 pm **Do Or Die - Deadly Mudslide** - On this episode of Do or Die, strive to stay alive when you get caught in a stampede of over-anxious shoppers. Escape from two snarling German Shepherds bent on tearing you to shreds. And think fast when a mudslide overtakes your car. Do you have what it takes to survive these Do or Die disasters? (From the US) (Entertainment Series) (Rpt) PG
- 5:30 pm **365: Every Day Documentaries - Just Can't Stop Running** - This docobite features a story from Franklin about being on the road, "just trying to find a home," and how he feels he has found one in New Orleans. (S.1 Ep.32) (From Australia) (Documentary Series) (Short) PG ****SBS Explores Identity****
- 5:35 pm **Daria - College Bored** - Helen and Jake decide that Daria and Quinn may not be prepared for college. They enroll the two in a college prep course. This requires a trip to Helen and Jake's alma mater, where Quinn is named Keg Queen and Daria starts her own business ghostwriting term papers. (S.1 Ep.3) (From the US) (Comedy Series) (Class. tba) ****Nineties Nostalgia****
- 6:00 pm **If You Are The One** - 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. (From China, in Mandarin) (Entertainment Series) (Rpt) G ****Date Night****
- 7:05 pm **Brooklyn Nine-Nine - The Slump** - Jake has a slew of unsolved cases that he can't seem to close and the other detectives don't want his losing streak to rub off on them. Meanwhile, Holt asks Amy to run lead on the Junior Policeman Program for at-risk youth and she enlists Rosa and Gina's help. Boyle helps Sergeant Jeffords with a special case. (From the US) (Comedy Series) (Rpt) PG CC ****Network Favourite****
- 7:30 pm **The Feed** - Marc Fennell, Patrick Abboud and Jeanette Francis discuss the latest in news, technology and culture, adding a fresh perspective on the latest local and international headlines. (An SBS Production)
- 8:00 pm **Geeks Who Drink - John DiMaggio vs. David Giuntoli** - John DiMaggio and team went head to head with David Giuntoli and his merry band of geeks. (S.1 Ep.3) (From the US) (Entertainment Series) PG



Wednesday July 20th, 2016

- MOVIE:**
- 8:30 pm **The Thing** - Scientists in the Antarctic are confronted by a shape-shifting alien that assumes the appearance of the people that it kills. A terrifying, gruesome and amazingly gory horror film. (From the US, in English & Norwegian) (Movie) (Horror) (1982) (Rpt) MA(V,H) ****Kurt Russell Season****
- MOVIE:**
- 10:30 pm **The Station** - Scientists working in the Austrian Alps discover that a glacier is leaking a liquid that appears to be affecting local wildlife. (From Germany, in German) (Movie) (Horror) (2013) (Rpt) M(H,V) ****Kurt Russell Season****
- 12:20 am **The Feed** - Marc Fennell, Patrick Abboud and Jeanette Francis discuss the latest in news, technology and culture, adding a fresh perspective on the latest local and international headlines. (An SBS Production)
- 12:50 am **Starting From...Now!** - This two-part drama series explores the tangled, increasingly complicated lives of four inner-Sydney lesbians as they struggle to work out who they are, find a place where they belong, and maybe even find someone to love along the way. Created by writer/director Julie Kalceff and stars Bianca Bradey, Sarah de Possesse, Rosie Lourde, and Lauren Orrell. (Part 1 of 2) (From Australia) (Drama Series) (Rpt) M(D,S,L)
- 1:25 am **Starting From...Now!** - This two-part drama series explores the tangled, increasingly complicated lives of four inner-Sydney lesbians as they struggle to work out who they are, find a place where they belong, and maybe even find someone to love along the way. Created by writer/director Julie Kalceff and stars Bianca Bradey, Sarah de Possesse, Rosie Lourde, and Lauren Orrell. (Part 2 of 2) (From Australia) (Drama Series) (Rpt) M(D)
- 1:55 am **Lip Service** - Cat and Sam arrive back in Glasgow with a colossal bump after a loved-up month in South America. Frankie's not letting go easily, but Sam can't be kept in the dark for long. Tess has turned things around with their first proper acting role, a hot new girlfriend and sharing a pad with Frankie. When Lexy, a sexy, funny, doctor, interviews to be the third flatmate, it's clear that Tess is curious about more than just her living habits (S.2, Ep.1) (From the UK) (Drama Series) (Rpt) M(D,L)
- 3:00 am **Lip Service** - On the morning of Cat's birthday, Sam's spoiling her with a special breakfast and a romantic meal for two booked for that evening. Cat feels like a total fraud – she's sleeping with Frankie behind everyone's back and has a secret tryst planned for that afternoon. Meanwhile, Tess helps Lexy move in and uses the opportunity to get to know her better. Tess is delighted to find out Lexy's single, especially now she's single herself after breaking up with Fin. (From the UK) (Drama Series) (Rpt) M(S,A,L)
- 4:05 am **Uncle - Party Monster** - After a series of personal humiliations, Andy's forced to babysit a sick Errol. But upon learning his nephew is faking to get out of a child's birthday party, Andy's determined to teach Errol how to be a party monster. Little does Andy know he'll have to face some monsters of his own at the birthday party from hell. (From the UK) (Comedy Series) M(S,L) CC
- 4:40 am **Deutsche Welle English News** - News and analysis of the top international and European news and current affairs from Berlin, in English.



Thursday July 21st, 2016

- 5:00 am **Korean News** - News via satellite from YTN Korea, in Korean, no subtitles.
- 5:30 am **Indonesian News** - News via satellite from TVRI Jakarta, in Indonesian, no subtitles.
- 6:10 am **Hong Kong News** - News via satellite from TVB Hong Kong, in Cantonese, no subtitles.
- 6:30 am **Chinese News** - News via satellite from CCTV Beijing, in Mandarin, no subtitles.
- 7:00 am **Russian News** - News via satellite from NTV Moscow, in Russian, no subtitles.
- 7:30 am **Polish News** - Wydarzenia from Polsat in Warsaw via satellite, in Polish, no subtitles.
- 8:00 am **Maltese News** - News from Public Broadcasting Services Limited, Malta, in Maltese, no subtitles.
- 8:30 am **Macedonian News** - News via satellite from public broadcaster MRT in Skopje, in Macedonian, no subtitles.
- 9:05 am **Croatian News** - News via satellite from HRT Croatia, in Croatian, no subtitles.
- 9:40 am **Serbian News** - News via satellite from Serbian Broadcasting Corporation, in Serbian, no subtitles.
- 10:20 am **Portuguese News** - News via satellite from RTP Portugal (Lisbon), in Portuguese, no subtitles.
- 11:00 am **Japanese News** - News via satellite from NHK Tokyo in Japanese, no subtitles.
- 11:35 am **Punjabi News** - Punjabi news service.
- 12:05 pm **Hindi News** - News via satellite from NDTV India, in Hindi, no subtitles.
- 12:30 pm **Dutch News** - News via satellite from BVN, in Dutch, no subtitles.
- 1:00 pm **Urdu News** - News via satellite from PTV Pakistan in Islamabad, in Urdu, no subtitles.
- 1:30 pm **Tamil News** - News via satellite from PolimerTV as broadcast in India (Chennai), in Tamil, no subtitles.
- 2:00 pm **Thai News** - News via satellite from Thai Public Broadcasting Service, in Thai, no subtitles.
- 2:30 pm **Sri Lankan Sinhalese News** - News from Sri Lanka Rupavahini Corporation Colombo Sri Lanka, in Sinhalese, no subtitles.
- 3:00 pm **Tour De France: Stage Replay** - Replay of the Tour de France. Hosted by Michael Tomalaris. Reporting by Dave McKenzie and Henk Vogels. Commentary by Robbie McEwen, Matthew Keenan, Phil Liggett and Paul Sherwen. (France) (Sport) (Cycling) CC ****Replay****



Thursday July 21st, 2016

- 5:00 pm **House Hazards - Load-Bearing Wall** - The walls come tumbling down and the furniture reaches a tipping point when the House Hazards experts discover how home renovations can quickly turn into home demos when left to not-so-handy-men. The team reveals how a badly planned open concept makeover can leave homeowners homeless. Then Brendan explores the phenomenon of furniture that will light itself on fire, while Francesca avoids falling shelves. Then, Dan grills Francesca on the dangers of coal barbecues and Brendan learns the less-than-relaxing truth about hot tubs. (S.1 Ep.12) (From Canada) (Documentary) (Rpt) PG
- 5:30 pm **365: Every Day Documentaries - I Know More Homeless By Name Than Celebrities** - This docobite features a story from Todd about running LA's most popular car garage, and why it's the homeless that entertain him the most. (S.1 Ep.33) (From Australia) (Documentary Series) (Short) G ****SBS Explores Identity****
- 5:35 pm **Daria - Cafe Disaffecto** - Daria reluctantly becomes involved in the opening of Lawndale's new student coffeehouse. She also becomes involved in its closing. (S.1 Ep.4) (From the US) (Comedy Series) (Class. tba) ****Nineties Nostalgia****
- 6:05 pm **If You Are The One** - 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. (From China, in Mandarin) (Entertainment Series) (Rpt) G ****Date Night****
- 7:05 pm **Brooklyn Nine-Nine** - M.E. Time - Much to the team's annoyance, Jake hits on an attractive medical examiner, Dr Rossi (guest star Mary Elizabeth Ellis), at a crime scene and holds up the autopsy report. He learns his lesson when Dr. Rossi turns out to be more than he bargained for. Meanwhile, Amy's purse-snatching case is stalled when the sketch artist is out sick, but she discovers that Sgt. Jeffords has hidden artistic talents. (From the US) (Comedy Series) (Rpt) PG CC ****Network Favourite****
- 7:30 pm **The Feed** - Marc Fennell, Patrick Abboud and Jeanette Francis discuss the latest in news, technology and culture, adding a fresh perspective on the latest local and international headlines. (An SBS Production)
- 8:00 pm **Billy On The Street - The Meryl Streep Showdown** - Billy takes the streets, asking New Yorkers, 'Missing Testicle or Extraterrestrial?' and 'Indian or Not Indian'. (S.1 Ep.4) (From the US) (Class.tba) ****New Episode****
- 8:30 pm **Mythbusters - Household Disasters** - On this Episode of MythBusters, they say home is where the heart is, but inside every home lurks a host of domestic dangers, so could home also be where the hurt is? The MythBusters are finding out, from a vacuum cleaner that explodes while hoovering black powder, to sunscreen that could scorch your skin, to piano's falling through roofs, and finally to an exploding water heater that extinguishes a fire. The MythBusters leave no domestic danger behind, as they investigate a horde of household disaster myths. (From the US) (Entertainment) (Rpt) PG CC



Thursday July 21st, 2016

- 9:30 pm **The Internet Ruined My Life** - At 19, Cameron's interest in social media and shock value led him to a craze known as the Piss Olympics. What started out as a prank nearly landed Cameron in prison and forever marred his presence on social media. #pissresponsibly. In the aftermath of a devastating breakup, Allyson Pereira obliged to her ex-boyfriend's request for a topless photo – only to have her image sent to all her friends and the entire school. (S.1 Ep.3) (From the US) (Documentary Series) (Class. tba) ****New Double Episodes****
- 9:55 pm **The Internet Ruined My Life** - Annemarie's ex-boyfriend began posting naked photos of her online - ones she didn't consent to taking. Shared across porn sites, she was stalked, ridiculed and humiliated at work, eventually taking matters into her own hands. Hoping to promote her makeup business, Ashley posted before and after shots of her face on Instagram, and the internet went wild - with harsh criticism. Breaking down her confidence, Ashley's self-esteem hit an extreme low. (S.1 Ep.4) (From the US) (Documentary Series) (Class. tba) ****New Double Episodes****
- 10:20 pm **The Age Of Loneliness** - No-one really wants to admit they are lonely, but there are millions of people out there who are. The media call this 'the age of loneliness'. They say it's a major public health issue, a silent epidemic that's starting to kill us. Award-winning film maker Sue Bourne went to find people brave enough to go on camera and talk about their loneliness. Everyone from 19-year-old Isobel struggling to socialise at university, to 100-year-old Olive, talks with such remarkable honesty and bravery that you can't help but be touched by their stories. (From the UK) (Documentary) (Class. tba) ****Documentary Premiere****
- 11:25 pm **League Nation Live** - Retired Broncos captain Justin Hodges and Logie nominee actor Aaron Fa'Aoso will lead a cast of league fanatics as NITV scores the newest and hottest NRL entertainment footy show, League Nation Live. (An NITV Production) (Sport) (Entertainment)
- 12:55 am **The Feed** - Marc Fennell, Patrick Abboud and Jeanette Francis discuss the latest in news, technology and culture, adding a fresh perspective on the latest local and international headlines. (An SBS Production)
- 1:25 am **Town Of The Living Dead - Dong Of The Dead** - In an effort to get people talking about the film, Bryan convinces the team to add a new scene starring a zombie penis. Chase also decides to contribute to the film by bringing his own trailer to set. (S.1, Ep.4) (From the US) (Reality/Entertainment Series) (Rpt) M(N,A,V)
- 1:50 am **The Notorious - Body and Mind** - This episode, Conor tops the bill for the upcoming UFC Fight Night in Boston where he will fight German MMA star Denis Siver. As everyone else prepares for Christmas Conor is working hard in the gym. As he flies to Boston Conor knows a win against Siver will make him the No.1 contender. (Ep.5) (From Ireland) (Documentary Series) (Rpt) M(V,L)
- 2:20 am **Attack On Titan - Small Blade** – The Struggle For Trost: Part 3 - The surviving squads, unable to climb out to the inner walls due to their maneuvering gears being low on gas, lose their fighting morale while the nearby supply depot becomes overrun by Titans. Mikasa learns from Armin that the 34th squad along with Eren died. Seemingly unfazed, Mikasa rallies the others to reclaim the supply depot and becoming inspired, they join her in the attack. (From Japan, in Japanese) (Animation) (Rpt) MA(V)



Thursday July 21st, 2016

- 2:50 am **Attack On Titan - I Can Hear His Heartbeat** - The Struggle For Trost: Part 4 - With the supply depot area swarming with Titans, Armin has the idea of using the Rogue Titan to defeat them. Meanwhile, Jean and the others reach the supply depot despite suffering more casualties on the way, with Armin, Connie, and Mikasa arriving soon after. (From Japan, in Japanese) (Animation) (Rpt) MA(V)
- 3:20 am **NHK World English News** - News and information on Japan's politics, business, culture, entertainment and more, in English.



Friday July 22nd, 2016

5:00 am	Korean News - News via satellite from YTN Korea, in Korean, no subtitles.
5:30 am	Indonesian News - News via satellite from TVRI Jakarta, in Indonesian, no subtitles.
6:10 am	Hong Kong News - News via satellite from TVB Hong Kong, in Cantonese, no subtitles.
6:30 am	Chinese News - News via satellite from CCTV Beijing, in Mandarin, no subtitles.
7:00 am	Russian News - News via satellite from NTV Moscow, in Russian, no subtitles.
7:30 am	Polish News - Wydarzenia from Polsat in Warsaw via satellite, in Polish, no subtitles.
8:00 am	Bosnian News - News via satellite from Radio-Televizija Bosne i Hercegovine, Bosnia.
8:30 am	Macedonian News - News via satellite from public broadcaster MRT in Skopje, in Macedonian, no subtitles.
9:05 am	Croatian News - News via satellite from HRT Croatia, in Croatian, no subtitles.
9:40 am	Serbian News - News via satellite from Serbian Broadcasting Corporation, in Serbian, no subtitles.
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Friday July 22nd, 2016

- 5:00 pm **Brain Games - Food** - Discover that what goes into your stomach has less to do with your mouth and more to do with your brain. See how many of your food choices often have nothing to do with food. Through a series of interactive games and experiments, discover what makes you hungry, why you overeat and whether you should take comfort in comfort food. Pull up a chair, there's plenty of food for thought. (S.3 Ep.11) (From the US) (Documentary Series) G
- 5:30 pm **Street Genius - Positively Shocking** - There's an emphasis on destructive forces as street science guru Tim Shaw demonstrates the crushing power of a steel blade, the force of a shotgun, and explosive action of a man-made lightning bolt, all in the name of science. (S.2 Ep.3) (From the US) (Documentary Series) G
- 6:00 pm **365: Every Day Documentaries - The Original Sin City** - This docobite features a story from Kelsie, Victor and Signe about living in the past, and why 'Old Vegas' is dead. (S.1 Ep.34) (From Australia) (Documentary Series) (Short) G ****SBS Explores Identity****



Friday July 22nd, 2016 EASTERN AND CENTRAL STATES (QLD, NSW, ACT, VIC, TAS, SA, NT)

- 6:05 pm **If You Are The One** - 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. (From China, in Mandarin) (Entertainment Series) (Rpt) G
- 7:05 pm **Human Resources - We're Audit Again** - Dan and Rhandi are successfully selling Zero Waste boxes to large businesses, but the real challenge comes as they expand the program to medium-sized business. TerraCycle Toronto transplant Tony is eager to make new friends in the Trenton office. (S.2 Ep.1) (From the US) (Comedy Series) G
- 7:35 pm **The Friday Feed** - Marc Fennell, Patrick Abboud and Jeanette Francis discuss the latest in news, technology and culture, adding a fresh perspective on the latest local and international headlines. (SBS Production)
- 8:05 pm **Adam Ruins Sex** - Adam bursts in on a couple about to get it on to explain that circumcision was popularised by a bunch of 19th century prudes in an effort to curb masturbation, that no one should worry about whether or not they have herpes, and why the term 'pop your cherry' is a whole bunch of nonsense. (S.1 Ep.10) (From the US) (Comedy Series) (Rpt) M(S)

Friday July 22nd, 2016 WESTERN AUSTRALIA

- 6:05 am **Human Resources - We're Audit Again** - Dan and Rhandi are successfully selling Zero Waste boxes to large businesses, but the real challenge comes as they expand the program to medium-sized business. TerraCycle Toronto transplant Tony is eager to make new friends in the Trenton office. (S.2 Ep.1) (From the US) (Comedy Series) G
- 6:30pm **Tour De France: Live Stage - Stage 19: Albertville / Saint Gervais Les Bains** - Live stage coverage hosted by Michael Tomalaris. Reporting by Dave McKenzie and Henk Vogels. Commentary by Robbie McEwen, Matthew Keenan, Phil Liggett and Paul Sherwen. (France) (Sport) (Cycling) CC
Live to Western Australia



Friday July 22nd, 2016 ALL MARKETS REJOIN

- 8:30 pm **Adam Looking For Eve** - Photographer Mike loves nature. Flirting isn't his forte, but if he gets a response, he's all in. After years of being single, Mike needs a relationship with a passionate woman. Entrepreneur Nicole got into this naked adventure to conquer her physical insecurities. She's looking for a handsome Adam with a sense of humour. On another island, sparks also aren't flying. There are high expectations as Mike and Nicole arrive at Paradise Beach. (S.2 Ep.6) (From the Netherlands, in Dutch & English) (Entertainment Series) MA(N)
- 9:20 pm **Matrix Of Desire: The Secrets Of Sexual Arousal** - Scientists the world over are deciphering the essence of desire; investigating the extent to which the love-life of monkeys corresponds to that of people, and why women get bored sooner than men in monogamous relationships. From the evolutionary perspective, lack of fidelity promotes genetic diversity. But what was normal behaviour over the millennia of human existence has run up against its limits in the age of romantic love. (From Germany, in English) (Documentary) (Rpt) M(S)
- 10:25 pm **MOVIE:**
Tai Chi 0 - Yang travels to Chen Village to learn a powerful form of Tai Chi. Though villagers are forbidden from teaching outsiders, Yang becomes their best hope for survival when a man arrives with a plan to build a railroad through the village. (From China, in Mandarin) (Movie) (Martial Arts) (2012) MA(V) ****Kung Fu Fridays****
- 12:10 am **MOVIE:**
My Dear Enemy - Jobless, single and with very little money, Hee-su sets out to find her ex-boyfriend, Byung-woon, who still owes her \$3,000 and she wants it back today. It turns out that Byung-woon is also broke but he suggests she drives him around town to meet some friends who can help. A deadpan comedy of love and social awkwardness. Directed by Lee Yoon-ki and stars Jeon Do-yeon, Ha Jung-woo and Choi Il-hwa. (From South Korea, in Korean) (Drama) (2008) (Rpt) PG
- 2:30 am **PopAsia** - Features back-to-back videos from artists across Asia and all the latest news and interviews from the Korean, Japanese, Mandarin and Cantonese pop scenes. Hosted by Jamaica dela Cruz and Andy Trieu. (An SBS Production) (Entertainment Series) PG
- 3:30 am **NHK World English News** - News and information on Japan's politics, business, culture, entertainment and more, in English.



Saturday July 23rd, 2016

- 5:00 am **Korean News** - News via satellite from YTN Korea, in Korean, no subtitles.
- 5:30 am **Indonesian News** - News via satellite from TVRI Jakarta, in Indonesian, no subtitles.
- 6:10 am **Hong Kong News** - News via satellite from TVB Hong Kong, in Cantonese, no subtitles.
- 6:30 am **Chinese News** - News via satellite from CCTV Beijing, in Mandarin, no subtitles.
- 7:00 am **Russian News** - News via satellite from NTV Moscow, in Russian, no subtitles.
- 7:30 am **Polish News** - Wydarzenia from Polsat in Warsaw via satellite, in Polish, no subtitles.
- 8:00 am **Hungarian News** - News via satellite from Duna TV (DTV) Budapest, in Hungarian, no subtitles.
- 8:30 am **Macedonian News** - News via satellite from public broadcaster MRT in Skopje, in Macedonian, no subtitles.
- 9:05 am **Croatian News** - News via satellite from HRT Croatia, in Croatian, no subtitles.
- 9:40 am **Serbian News** - News via satellite from Serbian Broadcasting Corporation, in Serbian, no subtitles.
- 10:20 am **Portuguese News** - News via satellite from RTP Portugal (Lisbon), in Portuguese, no subtitles.
- 11:00 am **Japanese News** - News via satellite from NHK Tokyo in Japanese, no subtitles.
- 11:35 am **Punjabi News** - Punjabi news service.
- 12:05 pm **Hindi News** - News via satellite from NDTV India, in Hindi, no subtitles.
- 12:30 pm **Dutch News** - News via satellite from BVN, in Dutch, no subtitles.
- 1:00 pm **50 Ways To Kill Your Mammy - Florida** - Florida, USA has always been a sun-drenched retirement hot spot, a place where old people go to die. It's the perfect location for Baz's death-defying bucket list with his 71 year old Mammy. Baz will push his Mammy to the edge with alligator wrestling and aerial acrobatics. But it's something far less dangerous that causes Mammy the biggest shock, and puts their astonishingly frank relationship under the spotlight. (S.1 Ep.3) (From the UK) (Documentary Series) (Rpt) PG
- 1:55 pm **50 Ways To Kill Your Mammy - Thailand** - 14 years ago presenter Baz Ashmawy backpacked his way around Thailand and eventually returned home to Dublin with a fist full of memories and a Buddha tattoo. Now he wants to return to the 'Land of smiles' with his 71 year old Mammy for a trip that may just kill her but at the very least will push her way outside of her comfort zone. (From the UK) (Documentary) (Rpt) PG
- 2:55 pm **Tour De France: Stage Replay** - Replay of the Tour de France. Hosted by Michael Tomalaris. Reporting by Dave McKenzie and Henk Vogels. Commentary by Robbie McEwen, Matthew Keenan, Phil Liggett and Paul Sherwen. (France) (Sport) (Cycling) CC ****Replay****



Saturday July 23rd, 2016

4:55 pm

Brain Games - Illusion Of Confusion - Facts and fun come together to teach us exactly what lies within your brain. This series examines the secrets to good and evil, strange pathways that connect you to your body, and a hidden 'you' controlling your actions without you even realising it. Delve into topics like focus, fear, persuasion, decision-making and neural fitness and turn your mind's eye inwards, for an entertaining and revealing journey. (From the US) (Entertainment Series) (Rpt) G

5:20 pm

365: Every Day Documentaries - I Think I'll Die Satisfied - This docobite features a story from Barry, about the house he tows from place to place with his bicycle, and how the thing he loves can sometimes bring him loneliness as well. (S.1 Ep.35) (From Australia) (Documentary Series) (Short) G
****SBS Explores Identity****



Saturday July 23rd, 2016 EASTERN AND CENTRAL STATES (QLD, NSW, ACT, VIC, TAS, SA, NT)

MOVIE:

- 5:25 pm **My Neighbour Totoro** - The story follows Satsuke and Mai, two young girls who find their new country home is in a mystical forest inhabited by a menagerie of mystical creatures called Totoros. They befriend O Totoro, the biggest and eldest Totoro, who is also the king of the forest. As their girls' mother lies sick in the hospital, O Totoro brings the sisters on a magical adventure but also helps them to understand the realities of life. (From Japan, in English) (Animation) (1994) (Rpt) PG ****All Ages Adventures****
- 7:00 pm **Des Bishop: Breaking China** - It's five months into Des' Chinese adventure and he journeys up to the north of the country to take up a summer job in a family run restaurant where food gives the language a whole new meaning. (S.1 Ep.3) (From Ireland, in English & Mandarin) (Documentary Series) (Class. tba)
- 7:30 pm **If You Are The One** - 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. (From China, in Mandarin) (Entertainment Series) G ****New Episode****

Saturday July 23rd, 2016 WESTERN AUSTRALIA

- 5:25 pm **If You Are The One** - 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. (From China, in Mandarin) (Entertainment Series) G ****New Episode****
- 6:25 pm **Tour De France: Live Stage - Stage 20: Megeve / Morzine** - Live stage coverage hosted by Michael Tomalaris. Reporting by Dave McKenzie and Henk Vogels. Commentary by Robbie McEwen, Matthew Keenan, Phil Liggett and Paul Sherwen. (France) (Sport) (Cycling) CC ****Live to Western Australia****



Saturday July 23rd, 2016 ALL MARKETS REJOIN

- 8:30 pm **The Island With Bear Grylls** - Despite being marooned for a month, the men and women are barely managing to survive. Without a sustainable food source and insufficient shelter to protect them from the brutal tropical storms, the islanders are on the brink of disaster as their bodies start to fail them. In desperation, the women muster the energy to make one last push to look for food and Simon leads a hunt into the jungle for the most dangerous predator on the island: the caiman crocodile. (S.3 Ep.6) (From the UK) (Documentary Series) M(A,L) CC ****Encore****
- 9:30 pm **Spotless** - When Nelson pushes the boundaries once more, Jean decides it's time to make a stand and refuses to do the requested clean. Fearing retaliation, Martin takes steps to protect them from Nelson but only lands the brothers in even deeper trouble. (S.1 Ep.5) (From France) (Drama Series) MA(S,V,L) ****New Double Episodes****
- 10:35 pm **Spotless** - The past finally catches up with Martin, while Jean finds a potential ally in new senior Cop DCI Squire. Oliver demonstrates some worrying behaviour and Julie gets a commission from an unexpected client. (S.1 Ep.6) (From France) (Drama Series) MA(S,V,L) ****New Double Episodes****
- 11:40 pm **MOVIE:**
Public Enemy Number 1 - The story of legendary French gangster Jacques Mesrine, who was active in the 1960s and 1970s, and came to be known as French Public Enemy Number 1. Infamous for his bravado and daring prison escapes, Mesrine carried out numerous robberies, kidnappings and murders in a criminal career that spanned France, Canada and the USA. Winner of three César Awards, 2009. Directed by Jean-François Richet and stars Vincent Cassel, Cécile De France and Gérard Depardieu. (From France, in French, Arabic and Spanish, English subtitles) (Biography) (2008) (Part 1 of 2) (Rpt) MA(S,V) ****Movie Marathon****
- 1:45 am **MOVIE:**
Public Enemy Number 1 - The story of legendary French gangster Jacques Mesrine, who was active in the 1960s and 1970s, and came to be known as French Public Enemy Number 1. Infamous for his bravado and daring prison escapes, Mesrine carried out numerous robberies, kidnappings and murders in a criminal career that spanned France, Canada and the USA. Winner of three César Awards, 2009. Directed by Jean-François Richet and stars Vincent Cassel, Cécile De France and Gérard Depardieu. (In French, English subtitles) (Biography) (2008) (Part 2 of 2) (Rpt) MA(S,V) ****Movie Marathon****
- 4:15 am **CCTV News In English From Beijing** - The English language news channel from China Central Television (CCTV), the nation's largest national broadcasting network.