



DOCUMENTARY



Apollo's New Moon

Format: 1 x 60 (HD, 4K)

Using state-of-the-art, upgraded archive footage, this is the story of Apollo's lunar missions between 1969 and 1972. Discover how rock samples from the Moon have delivered a new understanding

of the formation of planets, how the Moon was born, and how Earth and life emerged. These findings, along with the discovery of water on the Moon, are beginning to reboot Apollo's loftiest vision: to return to the Moon and open the solar system to human exploration.



You, Me & Eugenics

Format: 2 x 60 (HD, 4K)

Broadcaster: BBC

This landmark series explores the history of eugenics and the role it continues to play in extreme politics today. We uncover the stories of those who have attempted to manipulate evolution and breed "better" humans in the past, as well as meet the scientists who are on the cutting edge of gene-editing and bio-hacking today.



Algorithms: How They Rule Our World

Format: 2 x 47 (HD)

Broadcaster: Channel NewsAsia

Algorithms are used to compose music, predict crime, and decide what you see on your screen. They analyse our every move and know us better than we know ourselves. Meet the scientists at the forefront of this revolution, as well as those asking who's really in control in this new digital age.



Smart China

Format: 6 x 44 (HD)

Broadcaster: Discovery Networks

Join hacker Josh Klein and inventor Jordan Nguyen as they travel across China investigating the country's smart revolution. From new driverless cars and robots, to ultra-fast data and solar technologies, they meet the minds and start-ups behind these innovations, and discover how they can help us live cleaner, greener, and smarter.



How China Works

Format: 6 x 44 (HD)

Broadcaster: Discovery Networks

Architect Danny Forster uncovers China's most ambitious projects and technological innovations. From the world's fastest trains and the technology behind smartphone app WeChat, to building megatall skyscrapers and the world's biggest machinery, Danny gains exclusive access behind the scenes to understand How China Works.



Did I Mention Invention?

Format: 17 x 20 (HD)

Broadcaster: The CW Television Network

This series brings together fascinating stories of invention while shining a light on everyday innovators and encouraging viewers to try their own hand at coming up with the next big thing! Learn from innovators young and old, what it takes to bring their vision to life, and little-known facts about the history and processes of invention.



Innovation Nation, Series 9 & 10

Format: S9 13 x 22 (HD) & S10 13 x 22 (HD)

Broadcaster: CBS

The Emmy Award-winning series is back for two brand new seasons meeting the scientists and designers behind some of the most ingenious inventions of our time. Discover jet hoverboards that can fly at over 100mph, spinach leaves being transformed into heart tissue and innovative security systems which use fog to deter burglars.



Birth of Planet Earth

Format: 1 x 50 (HD,4K)

In the fiery beginnings of our young solar system, worlds are born and obliterated. Gas giants stir chaos and a young Sun vents its rage. How did Earth survive against all odds? Using 4K, cinema-

quality visualizations, Birth of Planet Earth tracks the perilous path our planet took in its early years and explores some of the greatest questions in science today: How did Earth become a living planet? What does its history tell us about our chances of finding other worlds that are truly Earth-like?



Digging for Britain, Series 1 – 8

Format: 29 x 60 (HD)

Broadcaster: BBC

Professor Alice Roberts explores the most exciting archaeological finds from across Britain. Each series explores a year of British archaeology,

joining up the results of digs and investigations the length of the country. From an Iron Age chariot to Viking treasures, from Roman burials to World War II relics, see how the very latest discoveries are re-writing history. With expert analysis from historians and archeologists.



Asia in the Great War

Format: 4 x 48 (HD)

Broadcaster: Channel NewsAsia

Over 100 years ago, nearly two million men across Asia were recruited to fight in World War One. Today, few remember their sacrifice. From India's Forgotten Army to the Chinese Labour Corp, Vietnam's war and rebellion to Japan's alliance and subsequent imperialism, we examine Asia's war effort and how it changed the continent forever.



Singapore on Film

Format: 2 x 48 (HD)

Broadcaster: Channel NewsAsia

Singapore on Film explores the earliest footage of Singapore, dating back to 1900. Much of this remarkable archive has never been seen before, and has been specially restored and digitised by the British Film Institute. This fascinating archive shows that Singapore was a multi-cultural melting-pot and reveals stories both epic and intimate.



Gold: The Story of Man's 6,000 Year Obsession

Format: 2 x 52 (HD)

Broadcaster: Real Vision

With exclusive interviews from industry experts, investment guru Grant Williams uncovers how gold became central to the global finance system. From an exclusive look inside a top-security Swiss bank-vault, to how gold is mined and exploited, this is the epic 6000-year story of our relationship with gold.



Building Ireland

Format: 12 x 25 (HD)

Broadcaster: RTÉ

From 12th Century fortresses to the birth of world famous train lines, this series uses a combination of engaging social history, recent archaeological findings, and pop-science to uncover the secrets of the greatest construction achievements in Irish history. Discover the technological innovations at the heart of Ireland's architectural heritage.



Singapore's Secret Forests with David Attenborough

Format: 1 x 45 (HD)

Broadcaster: Channel NewsAsia

David Attenborough narrates this special exploration of Singapore's forests. One of only two urban rainforests in the world, this jungle is full of rare and fascinating species, many caught on camera for the first time; from tiny mouse deer and flying dragons to a troop of Raffles' banded langurs.



New Species

Format: 2 x 43 / 1 x 70 / 1 x 90 (HD)

Broadcaster: Globo, ARTE/ZDF, NHK

This extraordinary film records the unprecedented expedition of over 50 renowned scientists into a totally unexplored region of the Amazon; the Serra da Mocidade. Travelling by military helicopter, the researchers identify over 80 new species of animals, insects and plants - one of the most important scientific discoveries of this century!



China Wild

Format: 5 x 50 (HD)

Broadcaster: CCTV9

China: a country with the world's most diverse ecosystems, teeming with an incredible array of wildlife. Showcasing the country's five largest habitats, from the Tibetan grasslands and the Yangtze's wetlands to its megacities, ancient forests and oceans, we reveal never-before-seen behaviours and rare animals in extraordinary environments.



Submerged Universe

Format: 13 x 26 (HD)

This stunning underwater wildlife series showcases the remarkable diversity of the oceans' ecosystems and how we must act now if we are to protect them from irreversible damage. With marine life under increasing threat from human activity, understanding the hidden lives of these magnificent creatures is more important than ever to ensure their survival for the future.

New Species





Ocean Predators

Format: 4 x 44 (HD, 4K)
Broadcaster: Prime TV

Go behind the lens with award-winning underwater cinematographer Kina Scollay in search of intimate encounters with the ocean's greatest predators. Join Scollay as he swims in some of the most remote and pristine ocean locations on earth, coming face to face with ferocious sharks, sociable pods of orca, playful sea lions and dolphins.



Eco-Heroines

Format: 6 x 52 (HD, 4K)
Broadcaster: Ushuaia

Discover the incredible work being done by six conservationists around the world, each on a mission to save a local species from the brink of extinction. Get up close with the sloths of the Surinamese rainforest and hammerhead sharks in the Philippines, and witness these remarkable tales of survival from the front line of wildlife conservation.



Nature's Toughest Migration

Format: 1 x 60 (HD, 4K)

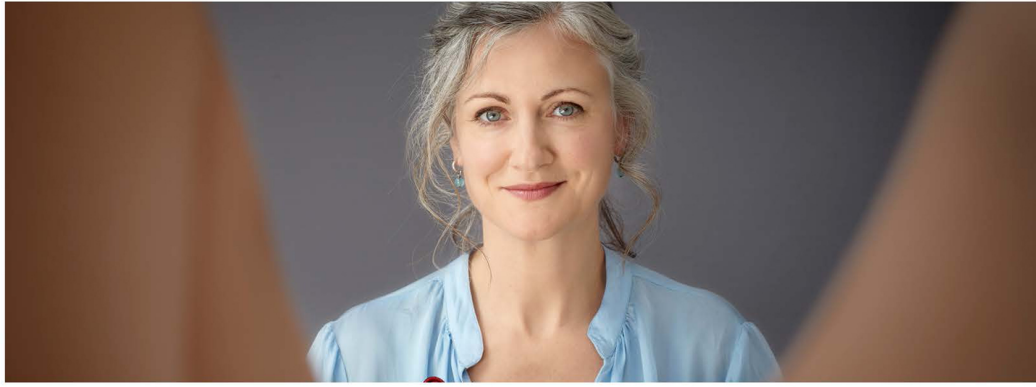
This ground-breaking film sets out to solve one of nature's great mysteries: the Bewick swan's dramatic decline. Cutting-edge tracking technology and innovative filming techniques give privileged insight into their hidden world. Join us as we follow the swans over 7,000km by air, land and sea on a journey where both humans and swans will be pushed to the very limits of their endurance.



Dog's Best Friend, Season 2

Format: 12 x 22 (HD, 4K)
Broadcaster: Animal Planet, Viasat Nature

Dog's Best Friend is the original smash hit show that celebrates animal friendships across species. Building on the worldwide success of Season 1, Dog's Best Friend S2 reveals the true stories of these unlikely companionships. A viral pop culture phenomenon, this family-friendly show is packed with fun facts, dog psychology, and more.



100 Vaginas

Format: 1 x 47 (HD)

Broadcaster: Channel 4

In this taboo-busting documentary, artist Laura Dodsworth photographs and interviews women as they tell frank and funny stories of periods,

pubic hair grooming and the joys of orgasms. The film's subjects explore the secrets of the clitoris and the wonders of birth, as well as reflecting on the trauma of rape and FGM, and the impact of porn, gender and religion in order to better understand this part of themselves and its role in the lives of these 100 women.



Sign of the Times

Format: 5 x 45 (HD)

Broadcaster: EO / NPO

It is 70 years since Eleanor Roosevelt announced the Universal Declaration of Human Rights to the world and her message is more important now than ever. Sign of the Times sees 12 leading women from the fields of politics, arts, philosophy and law pick up the fight for human rights and propose solutions to the biggest problems facing the planet today.



Vogue Williams Investigates

Format: 13 x 52 (HD)

Broadcaster: RTÉ

Join Vogue Williams as she reveals the lifestyles, technologies and beliefs changing the world we live in today. Whether meeting polyamorous couples and "sugar daddies", or young people affected by anxiety and public shaming, Vogue's investigative eye and warm style make her the perfect host to uncover the human stories behind the headlines.



Forward Thinking

Format: 6 x 30 (HD)

Broadcaster: Bloomberg TV

This series seeks to understand the challenges facing our world using the latest data and analysis. From the rise of the machines to how megacities are changing the world, from the risk of inequality to how nations deal with volatile demographic pressures, we tackle the biggest questions facing the future of our planet before it's too late.



Coming Clean About Green

Format: 3 x 46 (HD)

Broadcaster: Channel NewsAsia

We hear it every day: our planet is in trouble. But what are the most innovative solutions to combat climate change, and do they actually work? Eco-traveller and influencer Alex Yue is on a mission across Asia to find out, exploring everything from eco-dining in Singapore and e-waste recycling in South Korea to clean coal in China.



Get Real: Behind the Headlines

Format: 8 x 48 (HD)

Broadcaster: Channel NewsAsia

This brand new current affairs series uncovers uncomfortable truths behind today's headlines. In depth features cover everything from the dark realities behind the K-Pop industry, to an exclusive insight into China's controversial social credit system, and the increasing power of Twitter-bots influencing Indonesian politics.



Undercover Asia, Series 6

Format: 6 x 48 (HD)

Broadcaster: Channel NewsAsia

This award-winning investigative series returns to shine a light on some of the darkest corners of society. Our undercover reporters gain exclusive access to people and institutions otherwise hidden, investigating everything from passport forgers in Thailand, to the growing problem of Japanese people vanishing without a trace.



Aftermath: Beyond Black Saturday

Format: 1 x 60 (HD)

Broadcaster: ABC

As wildfires ravage communities across the globe, how do survivors of these traumatic events rebuild their lives in the face of such death and destruction? Interweaving personal stories of affected residents and volunteer fire fighters, *Aftermath: Beyond Black Saturday* is testimony to the extraordinary resilience of the human spirit.



Prisons Uncovered

Format: 1 x 52 (HD)

Broadcaster: ITV

Using first hand, police-cam footage as well as footage shot by inmates, this shocking film exposes from the inside how prisons across the UK are spiralling out of control. Discover how staff shortages, funding cuts, corruption, violence and an exploding drug epidemic have gone hand in hand to create a prison system close to collapse.



Will a Robot Steal My Job?

Format: 1 x 53 (HD)

Broadcaster: RTÉ

Artificial intelligence is developing at breakneck speed, but what does this mean for the job market? Science journalist Anne-Marie Tomchak investigates how robots could be on course to render the skills of much of the world's population obsolete. From driverless cars and robot surgeons, to journalists and even artists, are any of our jobs safe?



The New Silk Road, Series 4

Format: 4 x 48 (HD)

Broadcaster: Channel NewsAsia

This award-winning series investigating China's US\$200 billion 'One Belt, One Road' policy returns this time to Indochina. Anthony Morse examines everything from Mekong dams in China's Yunnan province and a new industrial zone and port in Myanmar, to China's new rail masterplan and influence across Laos, Thailand and Cambodia.



System Shock: How the MP3 Changed Music

Format: 1 x 74 / 1 x 60 (HD) on request
Broadcaster: Bloomberg TV

This is the definitive story of the MP3; a technological breakthrough that changed the music industry forever. Featuring interviews with infamous music executives, artists, and techies, System Shock chronicles how the MP3 paved the way for our modern digital age and internet culture.



Peer to Peer

Format: 43 x 24/48 (HD)
Broadcaster: Bloomberg TV

What makes a great leader and how can leadership be developed? David Rubenstein is back in conversation with the world's most influential leaders to uncover their path to success. Brand new episodes feature Jeff Bezos, founder and CEO of Amazon, billionaire business mogul Richard Branson and former US Secretary of State Condoleezza Rice.



Why It Matters

Format: 7 x 24 + 3 x 47 (HD)
Broadcaster: Channel NewsAsia

Join tech fanatic Joshua Lim on a journey to the future to discover the cutting-edge technologies which are changing the world as we know it. From food companies employing block chain technology to secure their supply chain, to those making a living from ride hailing apps, we travel across the world to find out Why It Matters.



Inside the Crypto-kingdom

Format: 4 x 47 (HD)
Broadcaster: Channel NewsAsia

This eye-opening series breaks down the myths behind Bitcoin and blockchain technology. Travelling across the world from Asia to Latin America, we dive deep into the crypto-kingdom to uncover the truth about Bitcoin's meteoric rise, and how its groundbreaking technology, blockchain, is already revolutionising industries from finance to music.

Peer to Peer





Art Attack

Format: 8 x 22 (HD)

Art Attack is an action packed travelogue featuring the most shocking, awe-inspiring, and physically demanding art forms in the world. Join host Rob Ortel as he meets artists ripping up the canvas in favour of sky-diving, fire-breathing, body modification and explosions. These artists redefine the limits of creativity and put their bodies on the line in pursuit of their passion.



Can Art Stop a Bullet?

Format: 1 x 60 / 1 x 90 (HD)

Art can't stop a bullet, but can it stop a bullet from being fired? Exploring some of the world's most iconic images, from Picasso's "Guernica" depicting the Spanish Civil War, to the "Vietnam Napalm Girl" photograph which is credited with helping to end the Vietnam War, this film discusses the role of art in affecting change during times of crisis and conflict.



The Legend of Keith Haring

Format: 1 x 53 (HD)

Broadcaster: BBC, PBS

Keith Haring blazed a trail through the galleries and nightclubs of 1980s New York. Inspired by the city's graffiti scene, he created art on subway adverts, tarpaulins and walls. This new documentary blends stunning archive and tender first-person accounts to tell the story of an artist who never wasted a moment of a life tragically cut short by AIDS.



The Man Who Shot New York

Format: 1 x 52 / 1 x 88 (HD)

Uncover the remarkable 70-year career of one of America's master photographers: Harold Feinstein. When he passed away, the New York Times declared him "one of the most accomplished recorders of the American experience", yet many have never heard of him. With unrestricted access to his archive we reveal Feinstein's extraordinary work in and around the streets of New York and Coney Island.



Winter Road Warriors

Format: 28 x 22 (HD)
Broadcaster: Canal D

In Quebec snow removal businesses face freezing temperatures, ice storms and white-outs in their quest to keep the roads clear. Meet the Vanderzon

family who have been turning snow into cold, hard cash for 60 years! Follow the team as they deal with demanding clients and plough through sleepless nights while grappling with the greatest workplace hazard of all: Mother Nature.



Celebrity Car Wars, Series 3

Format: 8 x 48 (HD)
Broadcaster: A+E

A fresh crew of novice drivers are ready to burn some rubber in this hotly anticipated new instalment of everyone's favourite motoring competition! In this series of the Car Wars franchise, prepare for furious face-offs behind the wheel of rally cars and 4x4s, from drag racing to obstacle courses, in a racing competition like no other.



Wild Kai Legends

Format: 10 x 26 (HD)
Broadcaster: TVNZ

Join intrepid hunter Jack Terei as he traverses the stunningly rugged terrain of New Zealand to join up with local hunting legends: men who eat, sleep and breathe the hunter-gatherer lifestyle. Venturing into the wild together, they share laughs, stories, and hunting tips while tracking wild boar, deer and stag in order to bring home an epic feast.



Monster Carp, Series 4

Format: 4 x 45 (HD)
Broadcaster: ITV4

The biggest, most exciting carp fishing show on the planet is back! This time the team travel across the globe, from the Slovenian wilds to the Croatian coast before scaling the Italian Alps. Nothing will stop these fish fanatics from putting it all on the line as they risk life and limb to smash records, overcome dangers and catch the world's most monstrous carp.



Big Angry Fish, Series 7

Format: 13 x 45 (HD)
Broadcaster: TV3

The Big Angry Fish team are back together again with a brand new addition to the crew! Milan, Nathan and Lubin are out on more epic fishing adventures as they battle with monster fish in both deep and shallow waters. Each episode is packed with tips and tricks on how to use your fishing gear to catch the biggest angriest fish you can find.



Raffles Hotel: Remaking an Icon

Format: 2 x 48 (HD)

Broadcaster: Channel NewsAsia

This is an exclusive invitation to go behind the scenes of Singapore's iconic Raffles hotel, as it undergoes the most extensive renovation in its 130 year history. We meet the hotel staff struggling to maintain the "Raffles standard" during the renovation, international guests, and the construction teams as they race towards a new grand opening.



Luxe Asia, Series 5

Format: 10 x 23 (HD)

Broadcaster: Channel NewsAsia

Luxe Asia is back, bringing you some of the best luxury travel and lifestyle experiences in the world. With intimate access to invite-only events and VIP hangouts, our three glamorous hosts explore everything from Singapore's Ferrari owner's club to China's new Atlantis resort, and Kyoto's finest restaurants to the world's tallest hotel in Dubai.



Ageless Gardens

Format: 10 x 22 (HD)

Broadcaster: Vision TV

This series is a visual celebration of gardens and gardeners with a special emphasis on the role gardens can play in healthy aging. The physical, mental and social aspects of gardening can be important therapeutic factors in health and wellness. Gardening can bring us food, exercise and keep our mind sharp as we age, long into our retirement years.

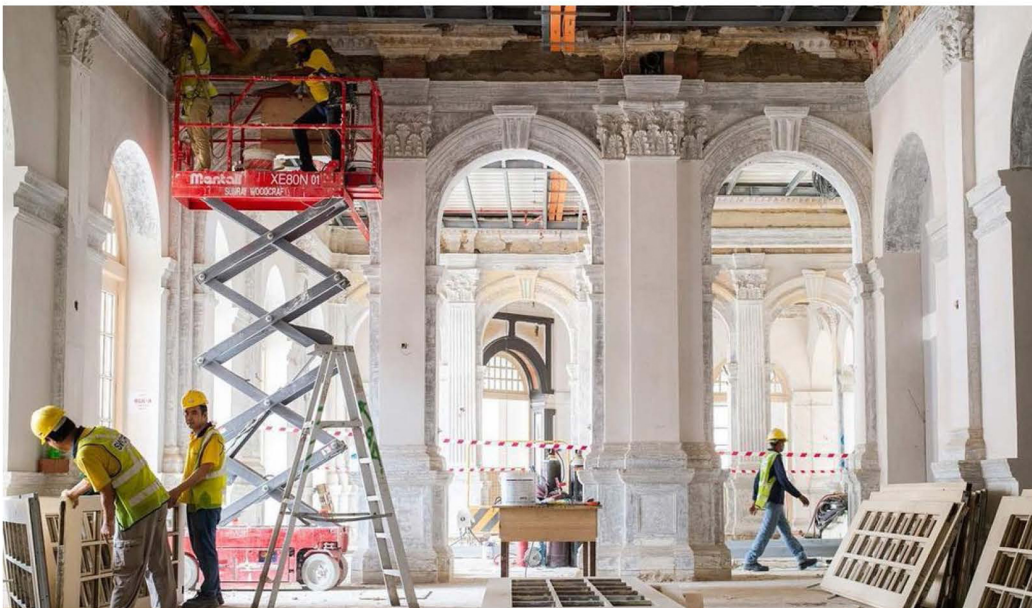


Grand Spaces Thailand

Format: 12 x 23 (HD)

At the forefront of eco-design and tourism, Thailand is home to some of the most extravagant multi-billion dollar resorts, hotels and boutique spas in the world. Traveling from remote islands and white sand beaches to lush rainforests, we meet the ingenious architects responsible for creating unique modern luxury which blends tradition, sustainability and stunning natural landscapes.

Raffles Hotel: Remaking an Icon





Raw Recruits, Series 1 & 2

Format: S1: 4 x 45 & S2: 6 x 45 (HD)
Broadcaster: Channel 5

British teenagers are embarking on an intensive military training course - the only one of its kind in Europe. Cut off from loved ones, the demands of army life are high. Gruelling 16 hour days filled with lessons in weapon handling, shoot to kill and challenging field exercises. Who will make it through and who will fall short of their dream job?



Intake: Army Recruits

Format: 7 x 25 (HD)
Broadcaster: Maori TV

Follow the highs and lows of the latest recruits of the New Zealand Army as they are pushed to their physical and mental limits. In a set of gruelling challenges, they will live under strict rules, be introduced to heavy weaponry and endure harsh outdoor conditions. Who has what it takes to survive the hardest sixteen weeks of their lives?



Harry: Warrior Prince

Format: 1 x 60 (HD)
Broadcaster: Forces TV

As Prince Harry settles down to married life, this film looks at the making of a Warrior Prince. With unique interviews with Harry and those close to him and access to key moments in his military service, we learn how overcoming his mental health struggles inspired him to create the Invictus Games and go from wayward prince to Britain's most loved royal.



Balkan Royals

Format: 1 x 52 (HD)
Broadcaster: ZDF/ARTE

This is an intimate portrait of the last surviving Balkan monarchs in their own words. With rare archive footage and first-hand accounts from Simeon II of Bulgaria, Princess Margareta of Romania and Crown Prince Nicholas of Montenegro, we see how they survived the most tumultuous times in world history and adapted their monarchies for the modern era.

Raw Recruits





Special Delivery

Format: 13 x 24 (HD)
Broadcaster: Mediacorp

Six adventurers are on a mission to bring aid to people living in some of the most remote places in the world. Navigating dangerous routes with huge logistical obstacles, the team delivers everything from water filters in Cambodia, masonry to rebuild schools in earthquake-torn Nepal and solar panels to an off-the-grid village in India.



Miss Amazing

Format: 1 x 48 (HD)
Broadcaster: TVNZ

Every year, over one hundred girls from across America come together for one very special event: The National Miss Amazing Pageant, for girls with physical or learning disabilities. We follow seventeen-year-old Abigail on her pageantry path to Miss Amazing and her journey to finding the thing she has been looking for all her life: a best friend.



My Perfect Family

Format: 10 x 29 (HD)
Broadcaster: TVNZ

A series of heart-warming stories about caring for family members with mental and physical disabilities. From raising children with autism and cystic fibrosis, to coping with extremely rare neurological conditions, this series is about fantastic parents raising challenging children with a creative, pragmatic, and positive attitude.



In My Mind

Format: 12 x 29 (HD)
Broadcaster: TVNZ

We are facing an anxiety epidemic in a world full of increasingly impossible expectations. Through a series of accessible personal stories, and featuring health experts, In My Mind breaks down the stigma and taboo around mental health: from young women burning out and social media obsession to male mental health and post-natal depression.



Being Me

Format: 20 x 29 (HD)
Broadcaster: TVNZ

This uplifting series features character driven stories, telling incredible tales of confidence and positivity in the face of hardship. From Brylee, a dance teacher who lost an arm, to Gigi, a 17-year old girl with Down Syndrome who dreams of making it in fashion, and Sam, a 22-year old aspiring actor living with skeletal dysplasia in a 7-year-old boy's body.



Mistress, Mercy: Story of a Teenage Dominatrix

Format: 2 x 44 (HD)
Broadcaster: TVNZ

Long before fifty shades of anything, teenage dominatrix Renee Chignell was accused of murder after a bondage session went horribly wrong. For the first time, 30 years later, Chignell tells her remarkable story, combining archive footage with dramatic reconstructions of the trial and that tragic night.



Homestay

Format: 3 x 45 (HD)

Broadcaster: National Geographic

China – a land of glittering cities and modern engineering. But away from the cities, the country's remote corners can seem like a different world. In this series, three adventurous travellers explore the rich cultures and vibrant communities of China's countryside. They live, work and play alongside their hosts, enjoying a unique, homestay experience.



The World from Above, Series 11

Format: 14 x 26 (HD)

Offering an entirely different view of our planet, The World From Above franchise is heading out for an all-new globe-trotting aerial adventure in Series 11. From Italy's breath-taking Amalfi Coast and the famous cathedrals of Paris, to the wild landscape of the Bighorn Canyon in Montana, experience some of the most spectacular places on Earth as you've never seen them before!



The Bikes of Wrath

Format: 6 x 50 / 1 x 90 (HD)

Five best friends set out on an epic 2,600km biking adventure to discover modern America, following in the footsteps of the central characters of John Steinbeck's famous novel 'The Grapes of Wrath'. The fascinating people they meet along the way reveal the enduring strength of human spirit despite the inequality and disenfranchisement which runs as deep today as it did in Steinbeck's seminal novel.



A Slow Odyssey: The Great Wall of China

Format: 1 x 90 (HD, 4K)

Broadcaster: BBC

This critically-acclaimed slow TV production provides an epic aerial journey along the length of the world's longest man-made monument. Without narration but with captions, this is the Great Wall as it has never been seen before. With unique access to the wall, we journey across 20 locations, from the Yellow Sea in the East to the Gobi Desert in the West.

Homestay





Flying China's Stone Forest

Format: 1 x 49 (HD, 4K)
Broadcaster: NHK

With unique access to one of the world's most spectacular sites, soar over the breath-taking stone forest that inspired James Cameron's blockbuster film Avatar. Captured in stunning 4K, Flying China's Stone Forest glimpses the ancient communities still alive across the mountain tops, and reveals the history behind the gigantic rock pillars.



Underwater Universe: The Orda Cave

Format: 1 x 49 (HD, 4K)
Broadcaster: NHK

The crystal clear water and gleaming white rock of the Orda Cave is legendary among underwater divers for its unique beauty. As temperatures reach minus 40 degrees, plunge into the freezing cold water to experience this majestic universe, and learn from scientists about the origins and formation of this cave from over 300 million years ago.



Isles of the Queen, Series 2

Format: 5 x 52 (HD, 4K)
Broadcaster: ARTE

Explore the world's most famous isles, from the edges of the UK to the Bermudas, through stunning aerial views of their turquoise beaches, storm-tossed marshlands and craggy mountains. Meet the fascinating individuals maintaining their traditional ways of life and see how these remote communities thrive across incredible, diverse landscapes.



Caribbean Tales

Format: 14 x 3-5 minute shorts (HD, 4K)

Whilst the Caribbean islands are largely associated with picture postcard holidays and palm fringed beaches, this series explores the lesser-seen corners to meet the real people who call the region their home. From behind the scenes at a ballet school in Cuba to a journey around the Garden of Eden in Grenada, this is a true cultural celebration of the Caribbean.



The Global Sperm Crisis

Format: 1 x 50 (HD)
Broadcaster: NHK

Sperm counts among Western men have halved in the last forty years. A decline in sperm fitness can increase risk of heart disease and diabetes. Travelling to the world's leading sperm banks and meeting renowned experts, we learn what's behind this global crisis, and the ways male fertility can be improved.



The Truth About Stress

Format: 2 x 50 (HD)
Broadcaster: NHK

The latest studies have revealed that extreme kinds of stress can be life-threatening. Causing a chain reaction of hormonal abnormalities; it can destroy brain cells and blood vessels, leading to disease. Using the latest research, this two-part series explains our body's response to stress and provides prevention measures and coping mechanisms.



The Truth About Dementia

Format: 1 x 50 (HD)
Broadcaster: NHK

World leading experts in dementia have recently discovered the key to preventing a decline of mental ability could lie in a pre-dementia phase called Mild Cognitive Impairment (MCI). Through detailed experiments, human studies, and expert input, top scientists reveal the most up-to-date medical advice and prevention measures for this disease.



Back Pain and the Brain

Format: 1 x 50 (HD)
Broadcaster: NHK

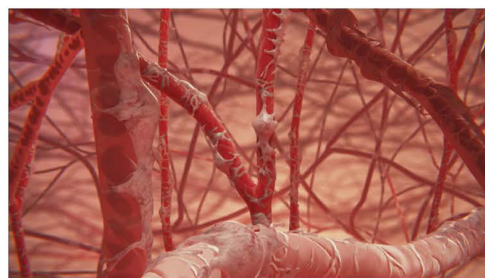
Back pain is one of the most commonly suffered health problems in the world, yet scientists have not found a lasting cure. Now, a brand new treatment targeting the brain instead of the bone is beginning to see remarkable results. This cutting edge science is changing the way we understand pain and our bodies.



The Truth About Diabetes

Format: 1 x 50 (HD)
Broadcaster: NHK

Diabetes is one of the main risk factors in heart attacks and strokes, two of the world's leading causes of death. New research has revealed a frequently overlooked and potentially deadly threat in high blood pressure, caused by a spike in glucose levels. Early detection and treatment is vital in preventing destructive coronary diseases.



The Truth About Ageing

Format: 1 x 50 (HD)
Broadcaster: NHK

Using the latest in biological imaging and high resolution 3D CGI, we delve into the complex system of blood vessels inside our bodies to learn about the science of ageing. As capillaries become damaged over time, they cause age-related ailments. So how can we slow down or even repair the damage caused ageing to help us live longer, healthier lives?



Weird Food Diaries

Format: 8 x 23 (HD)

Broadcaster: Mediacorp

Avid food traveller Rozz Lee goes in search of the world's most bizarre eats and how they came to be. From slimy swamp worms, fried chicken nails and crocodile ice cream in the Philippines to multi-sensory fine dining in Japan and the smelliest street food joints in South Korea, Rozz's global mission uncovers foods you never knew you could eat!



The New Science of Food

Format: 1 x 44 (HD)

Broadcaster: CBC

Our understanding of a healthy diet is based on outdated science and questionable advice. Recent findings are fundamentally changing the way we think about food. Nutrients like fats, carbohydrates and proteins are no longer the key. From a street market in Brazil to a donut shop in Boston, we reveal the surprising truth of dietary science.



Big Food

Format: 13 x 23 (HD)

Broadcaster: Mediacorp

Food brings together friends, family, and strangers. But what does it take to feed thousands at a festival, market, temple, wedding or culinary competition? Avid foodie Greta Georges delves into the world's biggest food events across Asia, going behind the scenes to discover the skill, passion and energy it takes to pull off a feast for the hungry masses.



Vanishing Foods

Format: 8 x 23 (HD)

Broadcaster: Channel NewsAsia

Food blogger Aun Koh travels across Asia to discover the tastes and traditions of disappearing recipes. From Kyoto's 'obanzai' cooking and the Maharaja of Jodhpur's favourite dish to Chinese and Eurasian foods, Aun meets local foodies and top chefs, traces each ingredient's origins, and puts his own modern twist on these delicacies.



Ultimate Braai Master, Series 6

Format: 13 x 48 (HD)

Broadcaster: e.tv

The multi award-winning outdoor cooking series is back for its most challenging season yet. Thirteen teams feel the heat as they compete against the clock to impress the judges with their smoky, delicious dishes – all cooked outdoors, on the fire. One team will walk away with the cash, the car and the glory of being crowned Ultimate Braai Master.



Chef Exchange

Format: 12 x 30 (HD)

What happens when two diverse cultures and languages come together through a shared passion for sourcing the best quality produce and cooking delicious food? In this series join renowned chefs Jock Zonfrillo and Jianmin Qu on a culinary adventure from Adelaide to Shanghai as they share experiences, local traditions and recipes to celebrate friendships across borders and fusion cuisine.