



Program Guide

2 July – 11 July 2025

Wednesday, 2 July 2025**4:00am News Breakfast: Early**

(CC)

As each day begins get the facts you need to stay informed. Bridget Brennan and James Glenday present the latest news, overnight developments and today's top stories, joined by Emma Rebellato, Catherine Murphy and Nate Byrne.

7:00am ABC News Mornings

(CC)

Stay in the know with what's going on this morning. ABC News brings you up-to-the-minute news to fuel your daily conversations so you can stay connected and follow the discussion across the day. Presented by Lorna Dunkley.

10:00am ABC News At Noon

(CC)

The leading news at lunchtime. Ros Childs brings you the day's top stories and the latest news as it unfolds, with reporters in the community across Australia and around the world reporting on the issues that matter to you.

10:30am National Press Club Address: Sitiveni Rabuka - Prime Minister of Fiji

(CC)

Sitiveni Rabuka, Prime Minister of Fiji, addresses the National Press Club of Australia.

11:35am Four Corners: Trading In Chaos

(CC)

We examine the chaos, confusion, uncertainty and fear generated by Trump's so-called reciprocal tariffs, which experts say will increase the cost of living, make the US poorer and the world a less prosperous and secure place.

12:20pm Media Watch

(CC,G)

Journalist Antoinette Lattouf has won her legal showdown, so what does it mean for trust in your ABC? Plus from Donut Day to Free Chicken Day the proliferation of 'National Food Days' helps sneak food ads into our news diets.

12:40pm I Was Actually There: Boxing Day Tsunami

(CC,Repeat,PG,This program contains content that may be confronting to some viewers)

A massive earthquake below the Indian Ocean unleashed the deadliest tsunami in history, killing 230,000 people. Those who were swept up in the wave had no idea of its scale, only of the devastation that unfolded before them.

- 1:10pm Dream Gardens: Alexandria, NSW**
(CC,Repeat,G)
Young professionals Stuart and Monique Cormack are desperate to reinvent their tiny, neglected backyard. Will their big dreams fit their pint-sized, terrace garden?
- 1:40pm Chopsticks Or Fork?: Atherton, QLD**
(CC,Repeat,G)
Tina and Andy, recent arrivals to Australia from Guangzhou, saw an irresistible work opportunity and took over the Pagoda Restaurant in Atherton. Andy cooks Sweet & Sour Pork with fresh Queensland pineapple.
- 2:00pm Afternoon Briefing**
(CC)
Your daily download of everything you need to know about politics, national and global affairs. Patricia Karvelas asks politicians the tough questions and talks to key players and experts on the issues driving the news cycle.
- 3:00pm ABC News with Joe O'Brien**
(CC)
Melissa Mackay brings you a comprehensive summary of the day's events, with the latest breaking news, in depth coverage of the top stories, live crosses, interviews and explainers to bring you up to speed on what's going on.
- 4:00pm The Cook Up With Adam Liaw: All Taste, No Waste**
(Repeat)
Comedy genius Nina Oyama and culinary genius Matt Stone join Adam for an all taste, no waste spectacular!
- 4:25pm Heywire: Charlotte from Warakurna, WA**
(CC,Repeat,G)
Heywire winner Charlotte loves living in the Gibson desert. But she hates seeing the devastating impact feral camels have on sacred sites.
- 4:30pm That Pacific Sports Show**
(G)
Junior footy heats up as the Arorangi Bears face the Kurnell Stingrays, we dance it out in Honiara at the Pacific Zumba Masterclass, and ultra-runner Elyse Sene-Lefao joins us on the couch.
- 5:00pm ABC National News**
(CC)
There's never been a more important time for transparency and trust. ABC News brings you the day's top stories and latest news with more reporters to tell you what's going on and why it matters. Presented by Melissa Mackay.

- 5:30pm** **7.30**
(CC)
Sarah Ferguson presents Australia's premier daily current affairs program, delivering agenda-setting public affairs journalism and interviews that hold the powerful to account.
- 6:00pm** **I Was Actually There: Boxing Day Tsunami**
(CC,Repeat,PG,This program contains content that may be confronting to some viewers)
A massive earthquake below the Indian Ocean unleashed the deadliest tsunami in history, killing 230,000 people. Those who were swept up in the wave had no idea of its scale, only of the devastation that unfolded before them.
- 6:30pm** **Dream Gardens: Alexandria, NSW**
(CC,Repeat,G)
Young professionals Stuart and Monique Cormack are desperate to reinvent their tiny, neglected backyard. Will their big dreams fit their pint-sized, terrace garden?
- 7:00pm** **The World**
(CC)
There's never been a more important time to stay in touch with what's happening in our world. Weeknights at 9pm AEST, Girish Sawlani presents the latest international news from correspondents and interviews with guests.
- 7:55pm** **Four Corners: Trading In Chaos**
(CC,Repeat)
We examine the chaos, confusion, uncertainty and fear generated by Trump's so-called reciprocal tariffs, which experts say will increase the cost of living, make the US poorer and the world a less prosperous and secure place.
- 8:40pm** **Media Watch**
(CC,Repeat,G)
Journalist Antoinette Lattouf has won her legal showdown, so what does it mean for trust in your ABC? Plus from Donut Day to Free Chicken Day the proliferation of 'National Food Days' helps sneak food ads into our news diets.
- 9:00pm** **The Breakfast Couch**
(CC,Repeat)
Bridget, James, Emma and the team chat with Killing Heidi's Ella and Jesse Hooper, world-renowned pianist Lang Lang, Movie news from Zak Hepburn plus pastry chef Christy Tania and winter tray bake ideas from Alice Zaslavsky.
- 9:30pm** **If You're Listening: Why Israel's drones have changed the future of war**
(CC)
Historically, Defence spending is used to protect your country from big threats: ships on the horizon, submarine warfare, stealth bombers. But drone attacks which are pretty cheap and incredibly effective are changing that.

- 9:50pm** **Beyond Awesome: Laos' Game Changer**
(Repeat,G)
With rising cost of living pressures seeing more young people seek work, Loa Rugby CEO and star player, Viengsamai Souksavanh, is using this Rugby season to teach youth how to stay safe.
- 10:00pm** **ABC Late News**
(CC)
Follow the latest on today's news, covering what's happening and why it matters. ABC News has reporters across Australia and around the globe to bring you the news you need to know. Presented by Michael Tetlow in Perth.
- 10:15pm** **The Business**
(CC)
Australia's leading daily business and finance show, bringing you up to date on market moves, economic trends and the forces affecting consumers, employees and business owners big and small. Presented by Kirsten Aiken.
- 10:30pm** **7.30**
(CC,Repeat)
Sarah Ferguson presents Australia's premier daily current affairs program, delivering agenda-setting public affairs journalism and interviews that hold the powerful to account.
- 11:00pm** **The World**
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There's never been a more important time to stay in touch with what's happening in our world. Weeknights at 9pm AEST, Girish Sawlani presents the latest international news from correspondents and interviews with guests.

Thursday, 3 July 2025

- 0:00am** **ABC Late News**
(CC,Repeat)
Follow the latest on today's news, covering what's happening and why it matters. ABC News has reporters across Australia and around the globe to bring you the news you need to know. Presented by Michael Tetlow in Perth.
- 0:15am** **The Business**
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Young professionals Stuart and Monique Cormack are desperate to reinvent their tiny, neglected backyard. Will their big dreams fit their pint-sized, terrace garden?
- 1:30am** **Four Corners: Trading In Chaos**
(CC,Repeat)
We examine the chaos, confusion, uncertainty and fear generated by Trump's so-called reciprocal tariffs, which experts say will increase the cost of living, make the US poorer and the world a less prosperous and secure place.
- 2:15am** **Media Watch**
(CC,Repeat,G)
Journalist Antoinette Lattouf has won her legal showdown, so what does it mean for trust in your ABC? Plus from Donut Day to Free Chicken Day the proliferation of 'National Food Days' helps sneak food ads into our news diets.
- 2:30am** **The Breakfast Couch**
(CC,Repeat)
Bridget, James, Emma and the team chat with Killing Heidi's Ella and Jesse Hooper, world-renowned pianist Lang Lang, Movie news from Zak Hepburn plus pastry chef Christy Tania and winter tray bake ideas from Alice Zaslavsky.

- 3:00am** **The World**
(CC,Repeat)
There's never been a more important time to stay in touch with what's happening in our world. Weeknights at 9pm AEST, Girish Sawlani presents the latest international news from correspondents and interviews with guests.
- 4:00am** **News Breakfast: Early**
(CC)
As each day begins get the facts you need to stay informed. Bridget Brennan and James Glenday present the latest news, overnight developments and today's top stories, joined by Emma Rebellato, Catherine Murphy and Nate Byrne.
- 7:00am** **ABC News Mornings**
(CC)
Stay in the know with what's going on this morning. ABC News brings you up-to-the-minute news to fuel your daily conversations so you can stay connected and follow the discussion across the day. Presented by Lorna Dunkley.
- 10:00am** **ABC News At Noon**
(CC)
The leading news at lunchtime. Ros Childs brings you the day's top stories and the latest news as it unfolds, with reporters in the community across Australia and around the world reporting on the issues that matter to you.
- 11:00am** **The Cook Up With Adam Liaw: Make It My Own**
(Repeat)
Adam and his guests, performer Michelle Law and philanthropist Kon Karapanagiotidis, pay tribute to the recipes they've made their own.
- 11:25am** **This Place: Gujiragun**
(CC,Repeat,G)
Under the world's oldest picture garden in Broome, WA, sits a jila, or waterhole. Yawuru man Jimmy Edgar remembers the dream time stories of this important meeting place for people from many cultures over thousands of years.
- 11:30am** **Project Wild: Cambodia**
(CC,Repeat,PG)
Dr Ann Jones travels through the Indo-Pacific region to find the dedicated people bringing our planet's amazing animals, plants and ecosystems back from the brink. This time she visits biodiversity-rich Cambodia.
- 12:00pm** **Extraordinary Animals**
In nature, being flamboyant can mean anything from using extravagant behaviour to entice a mate or warn off predators - to camouflaging yourself when hunting. Standing out can be the ultimate strategy for survival.

- 12:30pm** **Going Places with Ernie Dingo: Bungle Bungles, Coranderrk, Cairns**
(Repeat)
Ernie experiences the breathtaking Bungle Bungles in the heart of the Kimberley, Narelda visits Coranderrk with a Wurundjeri elder and Aaron steps into the studio with didge-legend Dave Hudson.
- 1:20pm** **Beyond Awesome: The Solomon Islands' SeaSistas**
(Repeat,G)
We join one of the first women to qualify as a surf instructor in the Solomon Islands as Nagarita and her team use their passion for surfing to empower girls by challenging stereotypes about men and women.
- 1:30pm** **Running Dry**
(Repeat,G)
The world is running out of water. Climate change, mismanagement and geopolitics are a drying up our reservoirs. The ripple effect is leaving millions struggling - there is hope but we must make every drop count.
- 2:00pm** **Afternoon Briefing**
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- 3:00pm** **ABC News with Joe O'Brien**
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(Repeat)
Adam and his guests, performer Michelle Law and philanthropist Kon Karapanagiotidis, pay tribute to the recipes they've made their own.
- 4:25pm** **Heywire: Jack from Shepparton, VIC**
(CC,Repeat,G)
Once a year, Heywire winner Jack comes together with his Italian family to make Nona's famous tomato sauce.
- 4:30pm** **Extraordinary Animals**
(Repeat)
In nature, being flamboyant can mean anything from using extravagant behaviour to entice a mate or warn off predators - to camouflaging yourself when hunting. Standing out can be the ultimate strategy for survival.

- 4:55pm** **If You're Listening: Why Israel's drones have changed the future of war**
(CC,Repeat)
Historically, Defence spending is used to protect your country from big threats: ships on the horizon, submarine warfare, stealth bombers. But drone attacks which are pretty cheap and incredibly effective are changing that.
- 5:15pm** **AFL Premiership Season: Round 17 - North Melbourne v Western Bulldogs**
ABC Australia brings you Australian Rules football live in your lounge room every week with coverage of the 2025 AFL Premiership Season.
- 8:15pm** **The World**
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There's never been a more important time to stay in touch with what's happening in our world. Weeknights at 9pm AEST, Girish Sawlani presents the latest international news from correspondents and interviews with guests.
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- 9:40pm** **Project Wild: Cambodia**
(CC,Repeat,PG)
Dr Ann Jones travels through the Indo-Pacific region to find the dedicated people bringing our planet's amazing animals, plants and ecosystems back from the brink. This time she visits biodiversity-rich Cambodia.
- 10:15pm** **ABC Late News**
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Follow the latest on today's news, covering what's happening and why it matters. ABC News has reporters across Australia and around the globe to bring you the news you need to know. Presented by Michael Tetlow in Perth.
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Friday, 4 July 2025

- 0:00am** **ABC Late News**
(CC,Repeat)
Follow the latest on today's news, covering what's happening and why it matters. ABC News has reporters across Australia and around the globe to bring you the news you need to know. Presented by Michael Tetlow in Perth.
- 0:15am** **The Business**
(CC)
Australia's leading daily business and finance show, bringing you up to date on market moves, economic trends and the forces affecting consumers, investors, employees and businesses big and small. Presented by Alicia Barry.
- 0:30am** **Going Places with Ernie Dingo: Bungle Bungles, Coranderrk, Cairns**
(Repeat)
Ernie experiences the breathtaking Bungle Bungles in the heart of the Kimberley, Narelda visits Coranderrk with a Wurundjeri elder and Aaron steps into the studio with didge-legend Dave Hudson.
- 1:20am** **Beyond Awesome: Timor Leste's Protein Champions**
(Repeat,G)
With malnutrition rates amongst the highest in the world, we go behind the scenes of a popular cooking show in Timor Leste that demonstrates how to create delicious and affordable protein-packed meals.
- 1:30am** **Extraordinary Animals**
(Repeat)
In nature, being flamboyant can mean anything from using extravagant behaviour to entice a mate or warn off predators - to camouflaging yourself when hunting. Standing out can be the ultimate strategy for survival.
- 1:55am** **Project Wild: Cambodia**
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Dr Ann Jones travels through the Indo-Pacific region to find the dedicated people bringing our planet's amazing animals, plants and ecosystems back from the brink. This time she visits biodiversity-rich Cambodia.
- 2:30am** **The Cook Up With Adam Liaw: Make It My Own**
(Repeat)
Adam and his guests, performer Michelle Law and philanthropist Kon Karapanagiotidis, pay tribute to the recipes they've made their own.

- 3:00am** **The World**
(CC,Repeat)
There's never been a more important time to stay in touch with what's happening in our world. Weeknights at 9pm AEST, Girish Sawlani presents the latest international news from correspondents and interviews with guests.
- 4:00am** **News Breakfast: Early**
(CC)
As the day begins get the facts you need to stay informed. James Glenday and Emma Rebellato bring you the latest news, overnight developments and top stories, joined by Catherine Murphy with sport and Nate Byrne with weather.
- 7:00am** **ABC News Mornings**
(CC)
Stay in the know with what's going on this morning. ABC News brings you up-to-the-minute news to fuel your daily conversations so you can stay connected and follow the discussion across the day. Presented by Lorna Dunkley.
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(CC)
The leading news at lunchtime. Ros Childs brings you the day's top stories and the latest news as it unfolds, with reporters in the community across Australia and around the world reporting on the issues that matter to you.
- 11:00am** **Gardening Australia: Winter: Escape to the Tropics & Native Colour**
(CC,AD,G)
Costa picks plants for winter colour, Jerry has the latest on the fire ant outbreak, Sophie meets a local garden hero, Millie Ross grows bare root plants, and we meet a landscape designer in their luxurious tropical garden.
- 12:00pm** **Great Australian Walks**
(Repeat)
Julia Zemior walks around the lake at the heart of our bush capital, discovering ancient and modern history...and Australia's largest musical instrument.
- 12:45pm** **Wide Open Spaces: Travelling Saddler**
(CC,Repeat)
For decades Lyle and Helen Kent have driven their saddlery-filled truck across northern Australia, travelling 35,000 kilometres each year to visit outback stations to sell their wares. In 2019 Landline joined them.
- 1:00pm** **Back Roads: Wheelbarrow Way, QLD**
(CC,PG)
Back Roads follows the Wheelbarrow Way from Mareeba to Chillagoe in Far North Queensland, where home town boy and ABC News presenter, Joe O'Brien, meets teams competing in the Great Wheelbarrow Race.

- 1:30pm** **That Pacific Sports Show**
(Repeat,G)
Junior footy heats up as the Arorangi Bears face the Kurnell Stingrays, we dance it out in Honiara at the Pacific Zumba Masterclass, and ultra-runner Elyse Sene-Lefao joins us on the couch.
- 2:00pm** **Afternoon Briefing**
(CC)
Live from Canberra, Olivia Caisley brings you everything you need to know about politics, national and global affairs. We ask politicians the tough questions and speak with key players and experts on topics making news.
- 3:00pm** **ABC News with Joe O'Brien**
(CC)
Meredith Sheehan brings you a comprehensive summary of today's events, with the latest breaking news, in depth coverage of the top stories, live crosses, interviews and explainers to bring you up to speed on what's going on.
- 4:00pm** **Gardening Australia: Winter: Escape to the Tropics & Native Colour**
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Costa picks plants for winter colour, Jerry has the latest on the fire ant outbreak, Sophie meets a local garden hero, Millie Ross grows bare root plants, and we meet a landscape designer in their luxurious tropical garden.
- 5:00pm** **AFL Premiership Season: Round 17 - Carlton v Collingwood**
ABC Australia brings you Australian Rules football live in your lounge room every week with coverage of the 2025 AFL Premiership Season.
- 8:00pm** **Back Roads: Wheelbarrow Way, QLD**
(CC,Repeat,PG)
Back Roads follows the Wheelbarrow Way from Mareeba to Chillagoe in Far North Queensland, where home town boy and ABC News presenter, Joe O'Brien, meets teams competing in the Great Wheelbarrow Race.
- 8:30pm** **The World**
(CC)
There's never been a more important time to stay in touch with what's going on in our world. At 9pm AEST, Manny Tsigas brings you the latest international news and interviews with correspondents and guests.
- 9:00pm** **ABC Late News**
(CC)
More news, more often. Wherever you are stay in touch with ABC News. We've got more reporters in more places, connecting communities and covering the stories and issues that matter to you. Presented by Michael Tetlow.

- 9:30pm** **Close Of Business**
(CC)
After interest rate cuts in February and May, what will the Reserve Bank decide when the board next meet to discuss interest rates on Tuesday? Alicia Barry brings you all the business and economic news from the week.
- 10:00pm** **ABC Late News**
(CC)
Follow the latest on today's news, covering what's happening and why it matters. ABC News has reporters across Australia and around the globe to bring you the news you need to know. Presented by Michael Tetlow in Perth.
- 10:15pm** **If You're Listening: Trump and Elon's Big Beautiful Breakup**
(CC,Repeat)
There's been a dramatic shift in Trump's presidency - he's fighting with his former first buddy Elon, judges are overruling his executive orders and there are protests in the streets of LA. So where did it all go wrong?
- 10:35pm** **Asia News Week**
(CC)
Yvonne Yong brings you a weekly roundup of the stories making news across the Asia region, plus what's trending on social media and making an impact on the culture and the way people live.
- 11:00pm** **The World**
(CC,Repeat)
There's never been a more important time to stay in touch with what's going on in our world. At 9pm AEST, Manny Tsigas brings you the latest international news and interviews with correspondents and guests.
- 11:30pm** **Gardening Australia: Winter: Escape to the Tropics & Native Colour**
(CC,AD,Repeat,G)
Costa picks plants for winter colour, Jerry has the latest on the fire ant outbreak, Sophie meets a local garden hero, Millie Ross grows bare root plants, and we meet a landscape designer in their luxurious tropical garden.

Saturday, 5 July 2025

- 0:30am** **Great Australian Walks**
(Repeat)
Julia Zemior walks around the lake at the heart of our bush capital, discovering ancient and modern history...and Australia's largest musical instrument.
- 1:15am** **Back Roads: Wheelbarrow Way, QLD**
(CC,Repeat,PG)
Back Roads follows the Wheelbarrow Way from Mareeba to Chillagoe in Far North Queensland, where home town boy and ABC News presenter, Joe O'Brien, meets teams competing in the Great Wheelbarrow Race.
- 1:45am** **Four Corners: Trading In Chaos**
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We examine the chaos, confusion, uncertainty and fear generated by Trump's so-called reciprocal tariffs, which experts say will increase the cost of living, make the US poorer and the world a less prosperous and secure place.
- 2:30am** **Asia News Week**
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After interest rate cuts in February and May, what will the Reserve Bank decide when the board next meet to discuss interest rates on Tuesday? Alicia Barry brings you all the business and economic news from the week.
- 4:00am** **Meet The Neighbours**
(Repeat)**Final**
The trials and tribulations of the social experiment shine a light on what the bigger solutions might be for struggling small towns right across Australia, and what the future might be like.

- 4:55am** **Heywire: Blake from Birchip, VIC**
(CC,Repeat,G)
Heywire winner Blake from Birchip wants you to know there's more to his town than stock images of Mallee Bulls.
- 5:00am** **Weekend Breakfast: Early**
(CC)
Start your weekend informed and up-to-date. Fauziah Ibrahim and Thomas Oriti bring you the latest news, interviews, politics, culture, weather and global affairs. Plus sport with Jared Coote.
- 6:00am** **Weekend Breakfast**
(CC)
Start your weekend informed and up-to-date. Johanna Nicholson and Fauziah Ibrahim bring you the latest news, interviews, politics, culture, weather and global affairs. Plus sport with Jared Coote.
- 9:00am** **ABC News**
(CC)
The latest from ABC News on the weekend, bringing you the day's top stories and coverage of events as they unfold. Plus original reporting, expert analysis and all the updated news, sport, weather and information you need.
- 9:30am** **Khanh Ong's Wild Food**
(Repeat)
Chef Khanh Ong embarks on an epic road trip through Central Gippsland, Victoria. He learns how to forage for ingredients for a wild salad, harvest mushrooms and create spice blends from native ingredients.
- 10:15am** **Landline: India: Wool: Looming Future**
(Repeat)
A trade deal opens up new partnerships, cotton and wool grown in Australia, made in India and exported to the world and; supplying a demand for almonds, avocados and wine to a new generation with a taste for new food.
- 10:30am** **AFL Premiership Season: Round 17 - Essendon v Gold Coast Suns**
ABC Australia brings you Australian Rules football live in your lounge room every week with coverage of the 2025 AFL Premiership Season.
- 1:30pm** **Roads Unknown India**
After a crash leaves Zombie injured, the crew scrambles to stay on schedule for Ridermania. Jess arrives at the festival, participate in events and is met with overwhelming support from fans and fellow riders.

- 1:55pm** **This Place: Shadows on the Hill**
(CC,Repeat,G)
Troy Cassar-Daly sings 'Shadows on the Hill' and talks about his boyhood by the river. His nan never allowed him to swim to the other side and it wasn't until he was an adult that he learned the story of a massacre.
- 2:00pm** **AFL Premiership Season: Round 17 - Geelong Cats v Richmond**
ABC Australia brings you Australian Rules football live in your lounge room every week with coverage of the 2025 AFL Premiership Season.
- 5:00pm** **ABC News**
(CC)
News from where we live. ABC News Victoria brings you the day's top stories, exclusive investigations and original reporting on the issues that matter to you. Presented by Iskhandar Razak.
- 5:30pm** **AFL Premiership Season: Round 17 - Brisbane Lions v Port Adelaide**
ABC Australia brings you Australian Rules football live in your lounge room every week with coverage of the 2025 AFL Premiership Season.
- 8:30pm** **Roads Unknown India**
(Repeat)
After a crash leaves Zombie injured, the crew scrambles to stay on schedule for Ridermania. Jess arrives at the festival, participate in events and is met with overwhelming support from fans and fellow riders.
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- 9:00pm** **Going Places with Ernie Dingo: Sunday Island, Atherton Tablelands, Hobart**
(Repeat)
Ernie traverses the blue waters and tidal passages to Sunday Island, Aaron experiences the magic and culture of the Atherton Tablelands and Rae hears the history of Hobart from a palawa perspective.
- 9:50pm** **Asia News Week**
(CC,Repeat)
Yvonne Yong brings you a weekly roundup of the stories making news across the Asia region, plus what's trending on social media and making an impact on the culture and the way people live.

- 10:20pm** **Four Corners: Trading In Chaos**
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We examine the chaos, confusion, uncertainty and fear generated by Trump's so-called reciprocal tariffs, which experts say will increase the cost of living, make the US poorer and the world a less prosperous and secure place.
- 11:05pm** **The World This Week**
(CC)
Girish Sawlani brings you a weekly roundup of international news from an Australian perspective as reported by ABC News correspondents covering the Indo Pacific, Europe, North America, the Middle East, India and Indonesia.
- 11:35pm** **Khanh Ong's Wild Food**
(Repeat)
Chef Khanh Ong embarks on an epic road trip through Central Gippsland, Victoria. He learns how to forage for ingredients for a wild salad, harvest mushrooms and create spice blends from native ingredients.

Sunday, 6 July 2025

- 0:25am Roads Unknown India**
(Repeat)
After a crash leaves Zombie injured, the crew scrambles to stay on schedule for Ridermania. Jess arrives at the festival, participate in events and is met with overwhelming support from fans and fellow riders.
- 0:55am Larapinta**
(Repeat)
Talia experiences first-hand the work that is being done to protect country to create a healthier environment to allow species to flourish, and is introduced to the enigmatic mammals and water creatures found along the river.
- 1:20am Parkinson In Australia: 1980: Mike Walsh, Malcolm Johnston, June Bronhill**
(CC,Repeat,PG,The following program expresses attitudes that are not consistent with current standards and may offend some viewers.)
Take a journey back to 1980 when Michael Parkinson was joined by guests Mike Walsh, Malcolm Johnston and June Bronhill.
- 2:25am National Press Club Address: Sitiveni Rabuka - Prime Minister of Fiji**
(CC,Repeat)
Sitiveni Rabuka, Prime Minister of Fiji, addresses the National Press Club of Australia.
- 3:30am The World This Week**
(CC,Repeat)
Girish Sawlani brings you a weekly roundup of international news from an Australian perspective as reported by ABC News correspondents covering the Indo Pacific, Europe, North America, the Middle East, India and Indonesia.
- 4:00am Compass: Stan Grant On Country with Indira Naidoo**
(CC,AD,PG,Aboriginal and Torres Strait Islander viewers are advised that the following program contains images and voices of people who have died)
Indira Naidoo in conversation with Stan Grant, exploring his deepening faith, Indigenous spirituality, his response to the Voice referendum, and the pivotal relationship with his father, a Wiradjuri elder.
- 4:30am Good Tucker**
(Repeat)
Suren learns to make Dumplings at Lucy's, a beloved Mallacoota restaurant.

- 4:55am This Place: Bobbinawarra**
(CC,Repeat,G)
Bobbinawarra is Bangerang for pelican, and you are almost guaranteed to see one in the lakes, ponds and rivers that surround this tiny locale. Bangerang elder uncle Freddie Dowling tells how inland pelicans came to be.
- 5:00am Weekend Breakfast: Early**
(CC)
Ease into your Sunday as Fauziah Ibrahim and Thomas Oriti bring you an engaging mix of the latest news, updated information, analysis, interviews, politics, global affairs, culture and weather. Plus sport with Jared Coote.
- 6:00am Weekend Breakfast**
(CC)
Ease into your Sunday with an engaging mix of news, updated information, analysis, interviews, politics and weather. Presented by Johanna Nicholson and Fauziah Ibrahim, plus sport with Jared Coote.
- 7:00am Insiders**
(CC)
With just over two weeks until the opening of the 48th Parliament on July 22, guest host Patricia Karvelas is joined by a panel of leading political minds to discuss the past week in politics and the issues to keep an eye on.
- 8:00am Offsiders**
(CC)
Eight rounds to go in the AFL as the Top 8 takes shape, the NRLW season kicks off, the buildup to the Origin Game 3 decider, plus Wimbledon, the Matildas, the Wallabies v Fiji and Australia v the West Indies in the 2nd Test.
- 8:30am That Pacific Sports Show**
(Repeat,G)
Junior footy heats up as the Arorangi Bears face the Kurnell Stingrays, we dance it out in Honiara at the Pacific Zumba Masterclass, and ultra-runner Elyse Sene-Lefao joins us on the couch.
- 9:00am ABC News**
(CC)
David Chau presents the latest from ABC News on the weekend bringing you today's top stories and coverage of events as they unfold. Plus original reporting, analysis and updated news, sport, weather and information.

- 9:30am** **The Breakfast Couch**
(CC)
Bridget Brennan, James Glenday, Emma Rebellato, Catherine Murphy, Charles Brice and Nate Byrne hear from some of the guests who appeared on News Breakfast. Plus film critic Zak Hepburn and resident foodie Alice Zaslavsky.
- 10:00am** **ABC News At Noon**
(CC)
David Chau presents the latest from ABC News on the weekend bringing you today's top stories and coverage of events as they unfold. Plus original reporting, analysis and updated news, sport, weather and information.
- 10:30am** **The World This Week**
(CC,Repeat)
Girish Sawlani brings you a weekly roundup of international news from an Australian perspective as reported by ABC News correspondents covering the Indo Pacific, Europe, North America, the Middle East, India and Indonesia.
- 11:00am** **Loving Gluten Free**
Helen visits Melbourne restaurant 'Shop 225' to taste their authentic Italian gluten free pizzas before heading back to the studio to cook cauliflower pizza crust from scratch.
- 11:25am** **The Cook Up With Adam Liaw: A Lot For a Little**
(Repeat)
It's bang for your buck as Adam and guests, presenter Linda Marigliano and Turbans 4 Australia founder Amar Singh make a lot for a little.
- 11:50am** **Beyond Awesome: The Solomon Islands' SeaSistas**
(Repeat,G)
We join one of the first women to qualify as a surf instructor in the Solomon Islands as Nagarita and her team use their passion for surfing to empower girls by challenging stereotypes about men and women.
- 12:00pm** **That Blackfella Show**
(CC,PG)
Ernie Dingo, Bridget Brennan and Isaac Compton are joined in studio by your favourite Blackfellas for a night of music, sketch comedy and as many laughs as you can handle in 60 minutes - kicking off NAIDOC Week 2025.
- 1:00pm** **AFL Premiership Season: Round 17 - Adelaide Crows v Melbourne**
ABC Australia brings you Australian Rules football live in your lounge room every week with coverage of the 2025 AFL Premiership Season.

- 4:00pm Loving Gluten Free**
(Repeat)
Helen visits Melbourne restaurant 'Shop 225' to taste their authentic Italian gluten free pizzas before heading back to the studio to cook cauliflower pizza crust from scratch.
- 4:25pm The Cook Up With Adam Liaw: All Taste, No Waste**
(Repeat)
Comedy genius Nina Oyama and culinary genius Matt Stone join Adam for an all taste, no waste spectacular!
- 4:50pm Beyond Awesome: Vietnam's Soil Saviours**
(Repeat,G)
With climate change pushing rice farmers to the brink in Vietnam's Mekong Delta, we meet two soil scientists who are using an innovative technology to help farmers adapt.
- 5:00pm ABC National News**
(CC)
There's never been a more important time for transparency and trust. ABC News brings you the day's top stories and latest news with more reporters to tell you what's going on and why it matters. Presented by Meredith Sheehan.
- 5:30pm Compass: Stan Grant On Country with Indira Naidoo**
(CC,AD,Repeat,PG,Aboriginal and Torres Strait Islander viewers are advised that the following program contains images and voices of people who have died)
Indira Naidoo in conversation with Stan Grant, exploring his deepening faith, Indigenous spirituality, his response to the Voice referendum, and the pivotal relationship with his father, a Wiradjuri elder.
- 6:00pm That Blackfella Show**
(CC,Repeat,PG)
Ernie Dingo, Bridget Brennan and Isaac Compton are joined in studio by your favourite Blackfellas for a night of music, sketch comedy and as many laughs as you can handle in 60 minutes - kicking off NAIDOC Week 2025.
- 7:00pm Alone Australia**
Ten survivalists are dropped into the West Coast Ranges of Tasmania for the challenge of a lifetime: to survive in the wild without any human contact.
- 8:00pm ABC Late News Weekend**
(CC)
When you need to know what's happening turn to ABC News for coverage you can trust. We bring you today's events from reporters across Australia, connecting communities and telling your stories. Presented by Meredith Sheehan.

- 8:30pm** **Offsiders**
(CC,Repeat)
Eight rounds to go in the AFL as the Top 8 takes shape, the NRLW season kicks off, the buildup to the Origin Game 3 decider, plus Wimbledon, the Matildas, the Wallabies v Fiji and Australia v the West Indies in the 2nd Test.
- 9:00pm** **ABC Late News**
(CC)
Live across Australia, the latest headlines and the day's top stories from ABC News. We have reporters on the ground connecting communities, telling your stories and bringing you coverage of what's happening as it unfolds.
- 9:30pm** **Compass: Stan Grant On Country with Indira Naidoo**
(CC,AD,Repeat,PG,Aboriginal and Torres Strait Islander viewers are advised that the following program contains images and voices of people who have died)
Indira Naidoo in conversation with Stan Grant, exploring his deepening faith, Indigenous spirituality, his response to the Voice referendum, and the pivotal relationship with his father, a Wiradjuri elder.
- 10:00pm** **ABC News Overnight**
(CC)
The final word on the day's top stories, with the latest news and updated information from Australia's most trusted source of independent news. Presented by Meredith Sheehan.
- 10:15pm** **Extraordinary Animals**
(Repeat)
In nature, being flamboyant can mean anything from using extravagant behaviour to entice a mate or warn off predators - to camouflaging yourself when hunting. Standing out can be the ultimate strategy for survival.
- 10:40pm** **Camel Capers: Camel Queen**
(CC,Repeat,G)
Meet the young camel farmer winning over hearts worldwide. By sharing their daily antics online, she's built a social media audience of half a million people and boosted the family business.
- 11:00pm** **That Blackfella Show**
(CC,Repeat,PG)
Ernie Dingo, Bridget Brennan and Isaac Compton are joined in studio by your favourite Blackfellas for a night of music, sketch comedy and as many laughs as you can handle in 60 minutes - kicking off NAIDOC Week 2025.

Monday, 7 July 2025

- 0:00am** **Alone Australia**
(Repeat)
Ten survivalists are dropped into the West Coast Ranges of Tasmania for the challenge of a lifetime: to survive in the wild without any human contact.
- 1:00am** **Loving Gluten Free**
(Repeat)
Helen visits Melbourne restaurant 'Shop 225' to taste their authentic Italian gluten free pizzas before heading back to the studio to cook cauliflower pizza crust from scratch.
- 1:25am** **The Cook Up With Adam Liaw: All Taste, No Waste**
(Repeat)
Comedy genius Nina Oyama and culinary genius Matt Stone join Adam for an all taste, no waste spectacular!
- 1:50am** **Beyond Awesome: Vietnam's Soil Saviours**
(Repeat,G)
With climate change pushing rice farmers to the brink in Vietnam's Mekong Delta, we meet two soil scientists who are using an innovative technology to help farmers adapt.
- 2:00am** **Landline**
(CC)
Hosted by award-winning journalist Pip Courtney, Landline is Australia's only national agricultural television program covering stories from Australia's rural and regional heartland.
- 2:55am** **Offsiders**
(CC,Repeat)
Eight rounds to go in the AFL as the Top 8 takes shape, the NRLW season kicks off, the buildup to the Origin Game 3 decider, plus Wimbledon, the Matildas, the Wallabies v Fiji and Australia v the West Indies in the 2nd Test.
- 3:30am** **That Pacific Sports Show**
(Repeat,G)
Junior footy heats up as the Arorangi Bears face the Kurnell Stingrays, we dance it out in Honiara at the Pacific Zumba Masterclass, and ultra-runner Elyse Sene-Lefao joins us on the couch.
- 4:00am** **News Breakfast: Early**
(CC)
As the day begins get the facts you need to stay informed. Bridget Brennan and Emma Rebellato present the latest news, overnight developments and top stories, joined by Catherine Murphy with sport and Nate Byrne with weather.

- 7:00am ABC News Mornings**
(CC)
Stay in the know with what's going on this morning. ABC News brings you up-to-the-minute news to fuel your daily conversations so you can stay connected and follow the discussion across the day. Presented by Lorna Dunkley.
- 10:00am ABC News At Noon**
(CC)
The leading news at lunchtime. Kathryn Robinson brings you today's top stories and the latest news as it unfolds, with reporters in the community across Australia and around the world reporting on the issues that matter most.
- 11:00am The Cook Up With Adam Liaw: Simple Seafood**
(Repeat)
It's simply the best as Adam, Hope St Radio Head Chef Ellie Bouhadana and photographer and chef Joel Bennetts make magic with simple seafood.
- 11:25am This Place: Mallacoota: Sacred, White, Pipe Clay**
(CC,Repeat,G)
At the south of Yuin land, three rivers form a junction: Maramingo Creek, meaning "the place of fish spear", Wallagaraugh River whose meaning has been lost, and the Jinoor (Ginoa) River, meaning "foot" or "pathway".
- 11:30am ABC News Regional**
(CC,Repeat)
Take a closer look at what's making headlines in regional and rural Australia. ABC News reporters uncover the news and unique stories about what's really going on outside the big cities. Presented by Amy Culpitt.
- 12:00pm Designing A Legacy (2023): Country**
(CC,AD,Repeat,PG)
In Designing a Legacy, architectural nerd Tim Ross travels the length and breadth of the country seeking an alternate story of Australia; one that shows how great design better connects us to place and to each other.
- 1:00pm Grand Designs Transformations: Belmont and Oatlands**
(CC,AD,Repeat,G)
In Geelong Victoria, Luke and Bree restore a Victorian cottage and add on a massive contemporary extension, while in the historic Tasmanian village of Oatlands, Karen and Stu restore a sandstone Georgian cottage.
- 2:00pm Afternoon Briefing**
(CC)
Live from Canberra, Olivia Caisley brings you everything you need to know about politics, national and global affairs. We ask politicians the tough questions and speak with key players and experts on topics making news.

- 3:00pm** **ABC News with Joe O'Brien**
(CC)
Melissa Mackay brings you a comprehensive summary of the day's events, with the latest breaking news, in depth coverage of the top stories, live crosses, interviews and explainers to bring you up to speed on what's going on.
- 4:00pm** **The Cook Up With Adam Liaw: Simple Seafood**
(Repeat)
It's simply the best as Adam, Hope St Radio Head Chef Ellie Bouhadana and photographer and chef Joel Bennetts make magic with simple seafood.
- 4:25pm** **This Place: Mallacoota: Sacred, White, Pipe Clay**
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At the south of Yuin land, three rivers form a junction: Maramingo Creek, meaning "the place of fish spear", Wallagaraugh River whose meaning has been lost, and the Jinoor (Ginoa) River, meaning "foot" or "pathway".
- 4:30pm** **ABC News Regional**
(CC,Repeat)
Take a closer look at what's making headlines in regional and rural Australia. ABC News reporters uncover the news and unique stories about what's really going on outside the big cities. Presented by Amy Culpitt.
- 5:00pm** **ABC National News**
(CC)
There's never been a more important time for transparency and trust. ABC News brings you the day's top stories and latest news with more reporters to tell you what's going on and why it matters. Presented by Melissa Mackay.
- 5:30pm** **7.30**
(CC)
Sarah Ferguson presents Australia's premier daily current affairs program, delivering agenda-setting journalism and interviews that hold the powerful to account. Plus analysis from 7.30's Political Editor Jacob Greber.
- 6:00pm** **Designing A Legacy (2023): Country**
(CC,AD,Repeat,PG)
In Designing a Legacy, architectural nerd Tim Ross travels the length and breadth of the country seeking an alternate story of Australia; one that shows how great design better connects us to place and to each other.
- 7:00pm** **The World**
(CC)
There's never been a more important time to stay in touch with what's happening in our world. Weeknights at 9pm AEST, Girish Sawlani presents the latest international news from correspondents and interviews with guests.

- 8:00pm** **Grand Designs Transformations: Belmont and Oatlands**
(CC,AD,Repeat,G)
In Geelong Victoria, Luke and Bree restore a Victorian cottage and add on a massive contemporary extension, while in the historic Tasmanian village of Oatlands, Karen and Stu restore a sandstone Georgian cottage.
- 9:00pm** **ABC Late News**
(CC)
More news, more often. Wherever you are stay in touch with ABC News. We've got more reporters in more places, connecting communities and covering the stories and issues that matter to you. Presented by Michael Tetlow.
- 9:30pm** **ABC News Regional**
(CC,Repeat)
Take a closer look at what's making headlines in regional and rural Australia. ABC News reporters uncover the news and unique stories about what's really going on outside the big cities. Presented by Amy Culpitt.
- 10:00pm** **ABC Late News**
(CC)
Follow the latest on today's news, covering what's happening and why it matters. ABC News has reporters across Australia and around the globe to bring you the news you need to know. Presented by Michael Tetlow in Perth.
- 10:15pm** **The Business**
(CC)
Kirsten Aiken and The Business team preview tomorrow's interest rate decision from the Reserve Bank. What do the markets and economists expect to see from RBA Governor Michele Bullock's statement? What does it mean for you?
- 10:30pm** **7.30**
(CC,Repeat)
Sarah Ferguson presents Australia's premier daily current affairs program, delivering agenda-setting journalism and interviews that hold the powerful to account. Plus analysis from 7.30's Political Editor Jacob Greber.
- 11:00pm** **The World**
(CC,Repeat)
There's never been a more important time to stay in touch with what's happening in our world. Weeknights at 9pm AEST, Girish Sawlani presents the latest international news from correspondents and interviews with guests.

Tuesday, 8 July 2025

- 0:00am** **ABC Late News**
(CC,Repeat)
Follow the latest on today's news, covering what's happening and why it matters. ABC News has reporters across Australia and around the globe to bring you the news you need to know. Presented by Michael Tetlow in Perth.
- 0:15am** **The Business**
(CC,Repeat)
Kirsten Aiken and The Business team preview tomorrow's interest rate decision from the Reserve Bank. What do the markets and economists expect to see from RBA Governor Michele Bullock's statement? What does it mean for you?
- 0:30am** **Designing A Legacy (2023): Country**
(CC,AD,Repeat,PG)
In Designing a Legacy, architectural nerd Tim Ross travels the length and breadth of the country seeking an alternate story of Australia; one that shows how great design better connects us to place and to each other.
- 1:30am** **Grand Designs Transformations: Belmont and Oatlands**
(CC,AD,Repeat,G)
In Geelong Victoria, Luke and Bree restore a Victorian cottage and add on a massive contemporary extension, while in the historic Tasmanian village of Oatlands, Karen and Stu restore a sandstone Georgian cottage.
- 2:30am** **ABC News Regional**
(CC,Repeat)
Take a closer look at what's making headlines in regional and rural Australia. ABC News reporters uncover the news and unique stories about what's really going on outside the big cities. Presented by Amy Culpitt.
- 3:00am** **The World**
(CC,Repeat)
There's never been a more important time to stay in touch with what's happening in our world. Weeknights at 9pm AEST, Girish Sawlani presents the latest international news from correspondents and interviews with guests.
- 4:00am** **News Breakfast: Early**
(CC)
As the day begins get the facts you need to stay informed. Bridget Brennan and Emma Rebellato present the latest news, overnight developments and top stories, joined by Catherine Murphy with sport and Nate Byrne with weather.

- 7:00am ABC News Mornings**
(CC)
Stay in the know with what's going on this morning. ABC News brings you up-to-the-minute news to fuel your daily conversations so you can stay connected and follow the discussion across the day. Presented by Meredith Sheehan.
- 10:00am ABC News At Noon**
(CC)
The leading news at lunchtime. Ros Childs brings you the day's top stories and the latest news as it unfolds, with reporters in the community across Australia and around the world reporting on the issues that matter to you.
- 11:00am The Cook Up With Adam Liaw: Steak Out**
(Repeat)
The stakes are high - and tasty! - as acclaimed food writer Lara Lee and social media's top chef Andy Hearnden join Adam for a steak out.
- 11:25am Heywire: Rania from Cocos Islands**
(CC,Repeat,G)
Heywire winner Rania has bones as brittle as glass. She can't walk around her Cocos Island home, but through her advocacy, she's making the tropical island more accessible.
- 11:30am Australian Story: The River (Part 1) Franklin River Rescue**
When Lithuanian rafter Valdas Bieliauskas became trapped in rapids on the Franklin River, it set in train a perilous 24-hour rescue mission that presented rescuers with a terrible choice. (Part 1 of 2)
- 12:00pm The Dark Emu Story**
(CC,Repeat,PG,Aboriginal and Torres Strait Islander viewers are advised that the following program contains images and voices of people who have died)
A thought-provoking and inspiring documentary that charts the impact of Bruce Pascoe's Dark Emu - the publishing phenomenon that challenged Australia to rethink its history and ignited a debate that continues to rage.
- 1:25pm This Place: How Loern and the Swan Sisters Gave Us Granite**
(CC,Repeat,G)
The Wathaurung people of Victoria share a fascinating creation story with their neighbouring tribal groups. Wathaurung man Barry James Gilson tell us how Loern helped create vast granite formations.
- 1:30pm Running Dry**
(Repeat,G)
The world is running out of water. Climate change, mismanagement and geopolitics are a drying up our reservoirs. The ripple effect is leaving millions struggling - there is hope but we must make every drop count.

- 2:00pm** **Afternoon Briefing**
(CC)
After the Reserve Bank deliver their July decision on interest rates, Patricia Karvelas speaks with politicians, economists, key players and guests on what it means for the economy. Plus the day's national and global affairs.
- 3:00pm** **ABC News with Joe O'Brien**
(CC)
Melissa Mackay brings you a comprehensive summary of the day's events, with the latest breaking news, in depth coverage of the top stories, live crosses, interviews and explainers to bring you up to speed on what's going on.
- 4:00pm** **The Cook Up With Adam Liaw: Steak Out**
(Repeat)
The stakes are high - and tasty! - as acclaimed food writer Lara Lee and social media's top chef Andy Hearnden join Adam for a steak out.
- 4:25pm** **Heywire: Rania from Cocos Islands**
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Heywire winner Rania has bones as brittle as glass. She can't walk around her Cocos Island home, but through her advocacy, she's making the tropical island more accessible.
- 4:30pm** **Australian Story: The River (Part 1) Franklin River Rescue**
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When Lithuanian rafter Valdas Bieliauskas became trapped in rapids on the Franklin River, it set in train a perilous 24-hour rescue mission that presented rescuers with a terrible choice. (Part 1 of 2)
- 5:00pm** **ABC National News**
(CC)
There's never been a more important time for transparency and trust. ABC News brings you the day's top stories and latest news with more reporters to tell you what's going on and why it matters. Presented by Melissa Mackay.
- 5:30pm** **7.30**
(CC)
Sarah Ferguson presents Australia's premier daily current affairs program, delivering agenda-setting journalism and interviews that hold the powerful to account. Plus analysis from 7.30's Political Editor Jacob Greber.
- 6:00pm** **Australia Remastered: Ancient Forests**
(CC,AD,Repeat,G)
The Daintree Rainforest has one of the highest rates of biodiversity on Earth. Aaron Pedersen explains how this oldest rainforest on Earth is a window into an Australia that has otherwise vanished.

- 6:55pm** **This Place: Bobbinawarra**
(CC,Repeat,G)
Bobbinawarra is Bangerang for pelican, and you are almost guaranteed to see one in the lakes, ponds and rivers that surround this tiny locale. Bangerang elder uncle Freddie Dowling tells how inland pelicans came to be.
- 7:00pm** **The World**
(CC)
There's never been a more important time to stay in touch with what's happening in our world. Weeknights at 9pm AEST, Girish Sawlani presents the latest international news from correspondents and interviews with guests.
- 8:00pm** **The Dark Emu Story**
(CC,Repeat,PG,Aboriginal and Torres Strait Islander viewers are advised that the following program contains images and voices of people who have died)
A thought-provoking and inspiring documentary that charts the impact of Bruce Pascoe's Dark Emu - the publishing phenomenon that challenged Australia to rethink its history and ignited a debate that continues to rage.
- 9:20pm** **This Place: How Loorn and the Swan Sisters Gave Us Granite**
(CC,Repeat,G)
The Wathaurung people of Victoria share a fascinating creation story with their neighbouring tribal groups. Wathaurung man Barry James Gilson tell us how Loorn helped create vast granite formations.
- 9:30pm** **Australian Story: The River (Part 1) Franklin River Rescue**
(Repeat)
When Lithuanian rafter Valdas Bieliauskas became trapped in rapids on the Franklin River, it set in train a perilous 24-hour rescue mission that presented rescuers with a terrible choice. (Part 1 of 2)
- 10:00pm** **ABC Late News**
(CC)
Follow the latest on today's news, covering what's happening and why it matters. ABC News has reporters across Australia and around the globe to bring you the news you need to know. Presented by Michael Tetlow in Perth.
- 10:15pm** **The Business**
(CC)
Kirsten Aiken and The Business team unpack today's interest rate decision from the Reserve Bank. What does it mean for borrowers, the housing market and the economy at large?

10:30pm**7.30**

(CC,Repeat)

Sarah Ferguson presents Australia's premier daily current affairs program, delivering agenda-setting journalism and interviews that hold the powerful to account. Plus analysis from 7.30's Political Editor Jacob Greber.

11:00pm**The World**

(CC,Repeat)

There's never been a more important time to stay in touch with what's happening in our world. Weeknights at 9pm AEST, Girish Sawlani presents the latest international news from correspondents and interviews with guests.

Wednesday, 9 July 2025

- 0:00am** **ABC Late News**
(CC,Repeat)
Follow the latest on today's news, covering what's happening and why it matters. ABC News has reporters across Australia and around the globe to bring you the news you need to know. Presented by Michael Tetlow in Perth.
- 0:15am** **The Business**
(CC,Repeat)
Kirsten Aiken and The Business team unpack today's interest rate decision from the Reserve Bank. What does it mean for borrowers, the housing market and the economy at large?
- 0:30am** **The Dark Emu Story**
(CC,Repeat,PG,Aboriginal and Torres Strait Islander viewers are advised that the following program contains images and voices of people who have died)
A thought-provoking and inspiring documentary that charts the impact of Bruce Pascoe's Dark Emu - the publishing phenomenon that challenged Australia to rethink its history and ignited a debate that continues to rage.
- 1:55am** **This Place: How Loorn and the Swan Sisters Gave Us Granite**
(CC,Repeat,G)
The Wathaurung people of Victoria share a fascinating creation story with their neighbouring tribal groups. Wathaurung man Barry James Gilson tell us how Loorn helped create vast granite formations.
- 2:00am** **Running Dry**
(Repeat,G)
The world is running out of water. Climate change, mismanagement and geopolitics are a drying up our reservoirs. The ripple effect is leaving millions struggling - there is hope but we must make every drop count.
- 2:30am** **Australian Story: The River (Part 1) Franklin River Rescue**
(Repeat)
When Lithuanian rafter Valdas Bieliauskas became trapped in rapids on the Franklin River, it set in train a perilous 24-hour rescue mission that presented rescuers with a terrible choice. (Part 1 of 2)
- 3:00am** **The World**
(CC,Repeat)
There's never been a more important time to stay in touch with what's happening in our world. Weeknights at 9pm AEST, Girish Sawlani presents the latest international news from correspondents and interviews with guests.

- 4:00am** **News Breakfast: Early**
(CC)
As the day begins get the facts you need to stay informed. Bridget Brennan and Emma Rebellato present the latest news, overnight developments and top stories, joined by Catherine Murphy with sport and Nate Byrne with weather.
- 7:00am** **ABC News Mornings**
(CC)
Stay in the know with what's going on this morning. ABC News brings you up-to-the-minute news to fuel your daily conversations so you can stay connected and follow the discussion across the day. Presented by Meredith Sheehan.
- 10:00am** **ABC News At Noon**
(CC)
The leading news at lunchtime. Ros Childs brings you the day's top stories and the latest news as it unfolds, with reporters in the community across Australia and around the world reporting on the issues that matter to you.
- 10:30am** **Landline**
(CC)
A tasty sampler of stories from the land - covering food, agriculture, crops, climate, business and innovation - as we meet the fascinating people who make our rural and regional communities unique. Presented by Pip Courtney.
- 11:00am** **The Cook Up With Adam Liaw: Pizza!**
(Repeat)
It's Easy Entertaining with The Cook Up. Adam is joined by two pizza crust-dough-dians, Luke Powell from Bella Brutta and Jess Smith from City Oltra, for a pizza party.
- 11:25am** **Four Corners**
(CC)
Four Corners is the home of Australian investigative journalism. These fearless and forensic documentaries expose scandals, trigger inquiries, fire debate and confront taboos.
- 12:10pm** **Media Watch**
(CC)
It's the show everybody loves until they're on it. Media Watch returns with a new host. Sitting in the hot seat will be four-time Walkley award-winner Linton Besser, an investigative reporter and former foreign correspondent.
- 12:30pm** **I Was Actually There: Nicky Winmar's Stand Against Racism**
(CC,Repeat,PG)
It's a day etched into Australian sporting folklore for all the wrong reasons. A moment on a footy field where Nicky Winmar, a proud Noongar man, called out racism.

- 1:00pm** **Dream Gardens: Kyneton, VIC**
(CC,Repeat,G)
A couple ask their son and daughter-in-law to create a unique garden in Kyneton in Victoria. But do they have the courage to embrace a design that will transform their bland backyard into a striking sculptural showcase?
- 1:30pm** **Art Works**
(CC,Repeat,PG)
We check out Somali Australian art and culture exhibition AQAL and Indigenous drone art event Sky Song. Plus, we learn about award-winning comedian David Quirk's unexpected day job and meet screen composer Caitlin Yeo.
- 2:00pm** **Afternoon Briefing**
(CC)
Patricia Karvelas brings you the latest reaction and fallout from the Reserve Bank's interest rate decision. Plus with parliament set to resume in less than two weeks, we bring you the latest in politics and national affairs.
- 3:00pm** **ABC News with Joe O'Brien**
(CC)
Alex Thomas brings you a comprehensive summary of the day's events, with the latest breaking news, in depth coverage of the top stories, live crosses, interviews and explainers to bring you up to speed on what's going on.
- 4:00pm** **The Cook Up With Adam Liaw: Pizza!**
(Repeat)
It's Easy Entertaining with The Cook Up. Adam is joined by two pizza crust-dough-dians, Luke Powell from Bella Brutta and Jess Smith from City Oltra, for a pizza party.
- 4:25pm** **This Place: The Journey of the Bogong Moths**
(CC,Repeat,G)
In Wiradjuri Country, Mungabareena means a 'special meeting place'. Mt Bogong was a special meeting place because many people, not just the Wiradjuri, would come to feast when the bogong moths arrived.
- 4:30pm** **That Pacific Sports Show**
Join Tiana Penitani and Sam Wykes for your weekly hit of Pacific joy, as they share inspiring stories and incredible sporting prowess of athletes with Pacific Island heritage, from Australia and around the world.
- 5:00pm** **ABC National News**
(CC)
There's never been a more important time for transparency and trust. ABC News brings you the day's top stories and latest news with more reporters to tell you what's going on and why it matters. Presented by Alex Thomas.

- 5:30pm** **7.30**
(CC)
Sarah Ferguson presents Australia's premier daily current affairs program, delivering agenda-setting journalism and interviews that hold the powerful to account. Plus analysis from 7.30's Political Editor Jacob Greber.
- 6:00pm** **I Was Actually There: Nicky Winmar's Stand Against Racism**
(CC,Repeat,PG)
It's a day etched into Australian sporting folklore for all the wrong reasons. A moment on a footy field where Nicky Winmar, a proud Noongar man, called out racism.
- 6:30pm** **Dream Gardens: Kyneton, VIC**
(CC,Repeat,G)
A couple ask their son and daughter-in-law to create a unique garden in Kyneton in Victoria. But do they have the courage to embrace a design that will transform their bland backyard into a striking sculptural showcase?
- 7:00pm** **The World**
(CC)
There's never been a more important time to stay in touch with what's happening in our world. Weeknights at 9pm AEST, Girish Sawlani presents the latest international news from correspondents and interviews with guests.
- 7:55pm** **Four Corners**
(CC,Repeat)
Four Corners is the home of Australian investigative journalism. These fearless and forensic documentaries expose scandals, trigger inquiries, fire debate and confront taboos.
- 8:40pm** **Media Watch**
(CC,Repeat)
It's the show everybody loves until they're on it. Media Watch returns with a new host. Sitting in the hot seat will be four-time Walkley award-winner Linton Besser, an investigative reporter and former foreign correspondent.
- 9:00pm** **The Breakfast Couch**
(CC,Repeat)
Bridget Brennan, James Glenday, Emma Rebellato, Catherine Murphy, Charles Brice and Nate Byrne hear from some of the guests who appeared on News Breakfast. Plus film critic Zak Hepburn and resident foodie Alice Zaslavsky.
- 9:30pm** **If You're Listening: Has the US busted Iran's nuclear bomb plans?**
(CC)
The chaotic 12 days of the Israel-Iran war ended with the United States dropping bombs on Iran's nuclear facilities, then quickly brokering a ceasefire. But there are still many questions about the conflict.

- 9:50pm** **Beyond Awesome: Tuvalu's Land Makers - Alan**
(Repeat,G)
With sea levels on the rise because of climate change, Alan Resture is on a mission to help protect his homeland and that involves making land, literally! We see how it's done.
- 10:00pm** **ABC Late News**
(CC)
Follow the latest on today's news, covering what's happening and why it matters. ABC News has reporters across Australia and around the globe to bring you the news you need to know. Presented by Michael Tetlow in Perth.
- 10:15pm** **The Business**
(CC)
How have the markets, economists, borrowers and consumers responded to the Reserve Bank's July decision on interest rates? Kirsten Aiken and the team break down RBA Governor Michele Bullock's statement on monetary policy.
- 10:30pm** **7.30**
(CC,Repeat)
Sarah Ferguson presents Australia's premier daily current affairs program, delivering agenda-setting journalism and interviews that hold the powerful to account. Plus analysis from 7.30's Political Editor Jacob Greber.
- 11:00pm** **The World**
(CC,Repeat)
There's never been a more important time to stay in touch with what's happening in our world. Weeknights at 9pm AEST, Girish Sawlani presents the latest international news from correspondents and interviews with guests.

Thursday, 10 July 2025

- 0:00am** **ABC Late News**
(CC,Repeat)
Follow the latest on today's news, covering what's happening and why it matters. ABC News has reporters across Australia and around the globe to bring you the news you need to know. Presented by Michael Tetlow in Perth.
- 0:15am** **The Business**
(CC,Repeat)
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A couple ask their son and daughter-in-law to create a unique garden in Kyneton in Victoria. But do they have the courage to embrace a design that will transform their bland backyard into a striking sculptural showcase?
- 1:30am** **Four Corners**
(CC,Repeat)
Four Corners is the home of Australian investigative journalism. These fearless and forensic documentaries expose scandals, trigger inquiries, fire debate and confront taboos.
- 2:15am** **Media Watch**
(CC,Repeat)
It's the show everybody loves until they're on it. Media Watch returns with a new host. Sitting in the hot seat will be four-time Walkley award-winner Linton Besser, an investigative reporter and former foreign correspondent.
- 2:30am** **The Breakfast Couch**
(CC,Repeat)
Bridget Brennan, James Glenday, Emma Rebellato, Catherine Murphy, Charles Brice and Nate Byrne hear from some of the guests who appeared on News Breakfast. Plus film critic Zak Hepburn and resident foodie Alice Zaslavsky.

- 3:00am** **The World**
(CC,Repeat)
There's never been a more important time to stay in touch with what's happening in our world. Weeknights at 9pm AEST, Girish Sawlani presents the latest international news from correspondents and interviews with guests.
- 4:00am** **News Breakfast: Early**
(CC)
As the day begins get the facts you need to stay informed. Bridget Brennan and Emma Rebellato present the latest news, overnight developments and top stories, joined by Catherine Murphy with sport and Nate Byrne with weather.
- 7:00am** **ABC News Mornings**
(CC)
Stay in the know with what's going on this morning. ABC News brings you up-to-the-minute news to fuel your daily conversations so you can stay connected and follow the discussion across the day. Presented by Lorna Dunkley.
- 10:00am** **ABC News At Noon**
(CC)
The leading news at lunchtime. Ros Childs brings you the day's top stories and the latest news as it unfolds, with reporters in the community across Australia and around the world reporting on the issues that matter to you.
- 11:00am** **The Cook Up With Adam Liaw: Toast of the Town**
(Repeat)
Join Adam and guests, TikTok sensation Daen Lia and award-winning restaurateur Somer Sivrioglu, as they raise a toast to the toast of the town... toast!
- 11:25am** **This Place: View From The Shore: Language Remains in the Landscape**
(CC,Repeat,G,Aboriginal and Torres Strait Islander viewers are advised that the following program contains images and voices of people who have died)
Gooreng Gooreng Traditional Owners talk about their ancestors' first encounter with Captain Cook and share the language of their landscape around what is today known as Seventeen Seventy.
- 11:30am** **Project Wild: Tonga**
(CC,Repeat,G)**Final**
Nature nerd, Dr Ann Jones travels through the Indo-Pacific region to find the dedicated people bringing our planet's amazing animals, plants and ecosystems back from the brink. This time Ann explores the Kingdom of Tonga.
- 12:00pm** **Extraordinary Animals**
Australia is a "hot spot" for deceitful animal behaviour but sometimes being deceptive isn't all about lying or cheating - it can assist in risk-taking and doing whatever it takes to get ahead in the wild.

- 12:25pm Camel Capers: Camel Visionary**
(CC,Repeat,G)
Max Bergmann is a Paralympian, a scientist, and a passionate camel farmer. He's also legally blind but, as he says, he has a vision for developing Australia's camel industry.
- 12:35pm Going Places with Ernie Dingo: Sunday Island, Atherton Tablelands, Hobart**
(Repeat)
Ernie traverses the blue waters and tidal passages to Sunday Island, Aaron experiences the magic and culture of the Atherton Tablelands and Rae hears the history of Hobart from a palawa perspective.
- 1:30pm ABC News Regional**
(CC)
Take a closer look at what's making headlines in regional and rural Australia. ABC News reporters uncover the news and unique stories about what's really going on outside the big cities. Presented by Amy Culpitt.
- 2:00pm Afternoon Briefing**
(CC)
Your daily download of everything you need to know about politics, national and global affairs. Patricia Karvelas asks politicians the tough questions and talks to key players and experts on the issues driving the news cycle.
- 3:00pm ABC News with Joe O'Brien**
(CC)
Alex Thomas brings you a comprehensive summary of the day's events, with the latest breaking news, in depth coverage of the top stories, live crosses, interviews and explainers to bring you up to speed on what's going on.
- 4:00pm The Cook Up With Adam Liaw: Toast of the Town**
(Repeat)
Join Adam and guests, TikTok sensation Daen Lia and award-winning restaurateur Somer Sivrioglu, as they raise a toast to the toast of the town... toast!
- 4:25pm This Place: Looking for Food at Kuarka-dorla**
(CC,Repeat,G)
Bonan Youang and Terrinalum were warriors who turned to stone, now hills in Wadawurrung country. Terrinalum means "place of the sea terns" and Bonan Youang means "a man lying on his back with his knees raised".
- 4:30pm Extraordinary Animals**
(Repeat)
Australia is a "hot spot" for deceitful animal behaviour but sometimes being deceptive isn't all about lying or cheating - it can assist in risk-taking and doing whatever it takes to get ahead in the wild.

- 4:55pm** **If You're Listening: Has the US busted Iran's nuclear bomb plans?**
(CC,Repeat)
The chaotic 12 days of the Israel-Iran war ended with the United States dropping bombs on Iran's nuclear facilities, then quickly brokering a ceasefire. But there are still many questions about the conflict.
- 5:15pm** **AFL Premiership Season: Round 18 - Carlton v Brisbane Lions**
ABC Australia brings you Australian Rules football live in your lounge room every week with coverage of the 2025 AFL Premiership Season.
- 8:15pm** **The World**
(CC)
There's never been a more important time to stay in touch with what's happening in our world. Weeknights at 9pm AEST, Girish Sawlani presents the latest international news from correspondents and interviews with guests.
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- 9:40pm** **Project Wild: Tonga**
(CC,Repeat,G)**Final**
Nature nerd, Dr Ann Jones travels through the Indo-Pacific region to find the dedicated people bringing our planet's amazing animals, plants and ecosystems back from the brink. This time Ann explores the Kingdom of Tonga.
- 10:10pm** **This Place: Shadows on the Hill**
(CC,Repeat,G)
Troy Cassar-Daly sings 'Shadows on the Hill' and talks about his boyhood by the river. His nan never allowed him to swim to the other side and it wasn't until he was an adult that he learned the story of a massacre.
- 10:15pm** **ABC Late News**
(CC)
Follow the latest on today's news, covering what's happening and why it matters. ABC News has reporters across Australia and around the globe to bring you the news you need to know. Presented by Michael Tetlow in Perth.
- 10:30pm** **7.30**
(CC,Repeat)
Sarah Ferguson presents Australia's premier daily current affairs program, delivering agenda-setting journalism and interviews that hold the powerful to account. Plus analysis from 7.30's Political Editor Jacob Greber.

11:00pm**The World**

(CC,Repeat)

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Friday, 11 July 2025

- 0:00am** **ABC Late News**
(CC,Repeat)
Follow the latest on today's news, covering what's happening and why it matters. ABC News has reporters across Australia and around the globe to bring you the news you need to know. Presented by Michael Tetlow in Perth.
- 0:15am** **The Business**
(CC)
Australia's leading daily business and finance show, bringing you up to date on market moves, economic trends and the forces affecting consumers, investors, employees and businesses big and small. Presented by Alicia Barry.
- 0:30am** **Going Places with Ernie Dingo: Sunday Island, Atherton Tablelands, Hobart**
(Repeat)
Ernie traverses the blue waters and tidal passages to Sunday Island, Aaron experiences the magic and culture of the Atherton Tablelands and Rae hears the history of Hobart from a palawa perspective.
- 1:25am** **Beyond Awesome: Timor Leste's Protein Champions**
(Repeat,G)
With malnutrition rates amongst the highest in the world, we go behind the scenes of a popular cooking show in Timor Leste that demonstrates how to create delicious and affordable protein-packed meals.
- 1:30am** **Extraordinary Animals**
(Repeat)
Australia is a "hot spot" for deceitful animal behaviour but sometimes being deceptive isn't all about lying or cheating - it can assist in risk-taking and doing whatever it takes to get ahead in the wild.
- 1:55am** **Camel Capers: Camel Visionary**
(CC,Repeat,G)
Max Bergmann is a Paralympian, a scientist, and a passionate camel farmer. He's also legally blind but, as he says, he has a vision for developing Australia's camel industry.
- 2:05am** **Project Wild: Tonga**
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Nature nerd, Dr Ann Jones travels through the Indo-Pacific region to find the dedicated people bringing our planet's amazing animals, plants and ecosystems back from the brink. This time Ann explores the Kingdom of Tonga.

- 2:35am** **The Cook Up With Adam Liaw: Toast of the Town**
(Repeat)
Join Adam and guests, TikTok sensation Daen Lia and award-winning restaurateur Somer Sivrioglu, as they raise a toast to the toast of the town... toast!
- 3:00am** **The World**
(CC,Repeat)
There's never been a more important time to stay in touch with what's happening in our world. Weeknights at 9pm AEST, Girish Sawlani presents the latest international news from correspondents and interviews with guests.
- 4:00am** **News Breakfast: Early**
(CC)
As the day begins get the facts you need to stay informed. Emma Rebellato and Catherine Murphy bring you the latest news, overnight developments and today's top stories, joined by Nate Byrne with weather.
- 7:00am** **ABC News Mornings**
(CC)
Stay in the know with what's going on this morning. ABC News brings you up-to-the-minute news to fuel your daily conversations so you can stay connected and follow the discussion across the day. Presented by Lorna Dunkley.
- 10:00am** **ABC News At Noon**
(CC)
The leading news at lunchtime. Ros Childs brings you the day's top stories and the latest news as it unfolds, with reporters in the community across Australia and around the world reporting on the issues that matter to you.
- 11:00am** **Gardening Australia: Winter: Community Composting & Coastal Garden**
(CC,AD,G)
Costa joins a dedicated community of composters, Clarence explores a native cliff top garden, Jane finds an incredible fern collection, Millie does a strategic garden refresh, and we meet contemporary artist Janet Laurence.
- 12:00pm** **Great Australian Walks**
(Repeat)
Julia Zemiro heads up the mountain from Sydney, rides the scenic cable car and walks the Grand Clifftops Walk.
- 12:45pm** **Wide Open Spaces: Dog Fence**
(CC,Repeat)
Australia's dog fence is the longest continuous fence in the world, built to keep wild dogs out of sheep farms. But it's seen better days. In 2016 Prue Adams was there for the rebuilding of a 1600 kilometre stretch.

- 1:00pm** **Back Roads: Bibbulmun Track, WA**
(CC,G)
Back Roads explores Western Australia's beloved Bibbulmun Track - a 1000 kilometre walk through mighty forests and a rugged coastline. Guest Presenter Rae Johnston meets people transformed by the experience. (Midseason Final)
- 1:30pm** **That Pacific Sports Show**
(Repeat)
Join Tiana Penitani and Sam Wykes for your weekly hit of Pacific joy, as they share inspiring stories and incredible sporting prowess of athletes with Pacific Island heritage, from Australia and around the world.
- 2:00pm** **Afternoon Briefing**
(CC)
Live from Canberra, Olivia Caisley brings you everything you need to know about politics, national and global affairs. We ask politicians the tough questions and speak with key players and experts on topics making news.
- 3:00pm** **ABC News with Joe O'Brien**
(CC)
Alex Thomas brings you a comprehensive summary of the day's events, with the latest breaking news, in depth coverage of the top stories, live crosses, interviews and explainers to bring you up to speed on what's going on.
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- 5:25pm** **AFL Premiership Season: Round 18 - Gold Coast Suns v Collingwood**
ABC Australia brings you Australian Rules football live in your lounge room every week with coverage of the 2025 AFL Premiership Season.
- 8:30pm** **The World**
(CC)
There's never been a more important time to stay in touch with what's going on in our world. At 9pm AEST, Manny Tsigas brings you the latest international news and interviews with correspondents and guests.

- 9:00pm** **ABC Late News**
(CC)
More news, more often. Wherever you are stay in touch with ABC News. We've got more reporters in more places, connecting communities and covering the stories and issues that matter to you. Presented by Michael Tetlow.
- 9:30pm** **Close Of Business**
(CC)
Alicia Barry presents a weekly roundup of business, finance and economic news including the latest trends on Australian and overseas markets, analysing what's going on in the local and global economy and how it affects you.
- 10:00pm** **ABC Late News**
(CC)
Follow the latest on today's news, covering what's happening and why it matters. ABC News has reporters across Australia and around the globe to bring you the news you need to know. Presented by Michael Tetlow in Perth.
- 10:15pm** **If You're Listening: Why Israel's drones have changed the future of war**
(CC,Repeat)
Historically, Defence spending is used to protect your country from big threats: ships on the horizon, submarine warfare, stealth bombers. But drone attacks which are pretty cheap and incredibly effective are changing that.
- 10:30pm** **Asia News Week**
(CC)
Yvonne Yong brings you a weekly roundup of the stories making news across the Asia region, plus what's trending on social media and making an impact on the culture and the way people live.
- 11:00pm** **The World**
(CC,Repeat)
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