



ABC
COMMERCIAL

CATALYST SEASON 18

**AUSTRALIA'S
FLAGSHIP SCIENCE
DOCUMENTARY
SERIES IS BACK**

with a fresh hour-long format to
inspire audiences and showcase
high impact stories

HD 13 x 60'

Australian Broadcasting Corporation | Catalyst

CATALYST

GUT REVOLUTION



How good gut bacteria can change your life

HD 3 x 60'

In this 3-part special, a cross-disciplinary team of doctors consider the latest in gut science as they try to change three volunteers' lives forever. Garry is desperate to stop his yo-yo dieting before diabetes sets in; young mum Melissa is battling hourly bouts of IBS; and anxiety-prone Victoria's mysterious stomach pain has forced her into total isolation. Follow them on their path to better health.



MEET THE AVATARS

Virtual Reality enhancing lives

Imagine you could make a digital copy of a loved one. That's the dream of biomechanical engineer, Dr Jordan Nguyen, and he believes the available technology can do it. Explore how VR is being used to face phobias, combat trauma and help reverse the effects of catastrophic spinal injury in this eye-opening science special.

HD 1 x 60'



BACK TO THE MOON

The race to the moon is back on

Fifty years since the last moon landing, Associate Professor Alan Duffy takes us inside the new space race, where innovators and big dreamers are rewriting the rule book on space exploration.

HD 1 x 60'



THE SECRET TO MAKING BETTER DECISIONS

Applying mathematics for better life outcomes

What is luck? And how does understanding the maths of chance improve your chances of being lucky? From sharing birthdays to winning at blackjack, from playing football to planning air sea rescues, we discover that what can often seem like chance, is in fact probability at play. In this entertaining special mathematician Lily Serna engages the audience in what might be the most massive maths test of all time.

SCINEMA AWARD WINNER: FOR SCIENTIFIC MERIT

HD 1 x 60'



SLEEP MATTERS

The latest science behind sleep

Lawrence Leung meets Australia's top sleep scientists, discovering that sleep is vital to a whole range of bodily functions. He also learns why it's a good idea to sleep like a professional athlete – or a koala.

HD 1 x 60'



FARMER NEEDS A ROBOT

A brave new world for agricultural robots

A team of scientists led by an internationally renowned roboticist are opening-up a new world of farming science – one that could give Australian farmers more control over their future than ever before.

HD 1 x 60'



IT'S A TWIN THING

Unlocking the secrets of this unique group

Twins are some of the most carefully studied people in the world. Researchers seek to understand what determines their personalities, their success at school and overall health – and how these findings could help us all live longer lives.

HD 1 x 60'



CAN SEAWEED SAVE THE WORLD?

On the verge of a seaweed revolution

Professor Tim Flannery investigates how seaweed is helping to save the world – from growing the food of the future to cleaning polluted water and combating climate change.

HD 1 x 60'



HEARTBEAT: THE MIRACLE INSIDE YOU

Uncovering the mysteries of the heart

Dr Nikki Stamp reveals how our hearts function and how to repair them when things go wrong – taking us into her operating theatre where patients lives are transformed.

HD 1 x 60'



HOW TO EXERCISE BETTER

Learning which exercises help us most

We all know exercise is good for us. But how many know what type of exercise we should be doing? Dr Caroline West and cell biologist Shalin Naik put their bodies on the line at Australia's toughest training facility to find out.

HD 1 x 60'



CLOSING IN: THE HUNT FOR ALIEN LIFE

How far are we from discovering alien life?

Astrophysicist Graham Phillips visits telescopes, swims among the stromatolites and chats with leading scientists in a quest to learn how close we are to finding alien life.

HD 1 x 60'



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