

**Annual Report on
Compliance with the Positive Programme Requirement**

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- (A)** Children's Programmes (9 pages)
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(a) station-produced programmes :

Programme Title	Channel	Production Source	Age Target	Format / Nature	Content / Objective	Broadcast Schedule
Kids, Think Big Think Big 天地 / Think Big 遊學團	Jade	station-produced	4-12	educational / entertainment	It is an educational program covers different aspects such as english, sciences, global education, creative arts, games or family activitie. Through accessing a wide variety of knowledge in an interative way, children's horizon can be broadened and so do their creativity can be inspired.	Jan - Dec
Gorilla Study Group 猩猩補習班	Jade	station-produced	6-12	educational / entertainment	It is an educational programme which children could learn how to cook in a fun and relax way. Through intergrating the food culture with daily life, children's learning motivation in cooking can be enouraged.	Jan - Dec

Think Big 天地

兒童節目「Think Big 天地」鼓勵小朋友“THINK BIG”，創新意念，跳出框框，快樂學習。

2016 年，「Think Big 天地」星期一至五節目內包含以下主要環節：

1) 動物說不完

由常見的牧羊犬到罕見的小爪水獺，主持會向小朋友介紹牠們的特性和生活小知識、飼養技巧等，希望小朋友愛護動物之餘，更重要是了解飼養動物是一生的承諾，不要隨便購買小動物。

2) 英語無難度

由 Debbie 導師及 Think Big 的主持以趣劇形式教導小朋友一些簡單常見的英文生字，解釋生字的不同用法，如名詞、形容詞、動詞或諺語等等，由淺入深，幫助小朋友以有趣及活潑的例子了解英語。

3) 今日攞邊科

由主持希靈飾演鬼馬百厭的 Crazy，和中文大學的彭金滿博士等人一起示範一些有趣安全、日常生活容易接觸到的科學實驗，例如用抽真空盒子令棉花糖變大，從而刺激小朋友對科學及周圍事物的好奇心。

4) 仙子魔幻任務

四個小朋友，二人一組，同心合力去接受魔幻仙子的考驗，完成多款遊戲，包括魔法試管、魔法蝴蝶層層疊及收集蛋糕材料等，可加強小朋友手眼協調、大小肌肉的發展，鼓勵團隊合作精神，互相支持完成任務。

5) 小齊魔幻學堂

由香港著名魔術師小齊和主持走入全港各區小學，與同學們近距離大玩各種魔術，讓平日較少機會接觸魔術的小朋友大開眼界。小齊更會即席邀請同學參與其中，並教導小朋友簡單易學的魔術，學成後更有機會即場展現成果，娛樂性及急才兼備，有助增強小朋友自信及發掘潛能。

6) STEM 出創意

STEM=科學、科技、工程及數學。Think Big 配及教育局近年大力提倡的「STEM 教學」而製作此環節。主持們加上導師 STEM Sir，在日常生活中找出琳琳種種 STEM 的元素，再加以解釋。透過環節中創意思維活動，引起同學主動學習的興趣，讓同學多角度理解抽象的科學理念，達到強化傳意、探究、推測、邏輯推理、提升運用多種方法解決不同問題的能力。

7) 齊齊 ART LIKE

潮流興環保，環保物料藝術家導師教導小朋友利用一般人眼中的廢物，製作可愛實用的小手工小擺設，提倡源頭減廢，愛護地球，鼓勵同學“Think Big”，賦予廢料全新生命。

8) 堡主古堡歷險之旅

四位小朋友分成兩組，挑戰由主持 Dickson 飾演的堡主，以比賽形式互相較量，奪得魔法寶石，從而進入最後終極決戰。過程中考驗小朋友智慧、眼界、勇氣、邏輯思維、應變能力及團隊合作精神。

9) THINK BIG 腦力戰

每集邀請不同嘉賓如農夫、陸浩明、麥美恩、梁嘉琪等等，發問一些趣怪 IQ 題，考考 Think Big 主持，答案不乏創意。嘉賓們與主持們互動惹笑有趣，希望小朋友在煩重的功課壓力中能透透氣，輕鬆享受節目。

10) PATRICK SIR 爆趣英語逐個捉

由 Patrick Sir 及主持以爆笑短劇形式講解香港有趣俗語的英文，例如「瞓過籠」、「我 BUY 你」、「凍過水」。環節中會用五個例句說明，提高小朋友的英語寫作技巧及豐富他們的英語詞彙。

11) 我都畫得到

由創意畫家 Eric Sir 教導小朋友用簡單明快的線條畫出可愛的圖畫，鼓勵同學跳出框框，激發無限可能。

12) BEN SIR 醒醒你

由人氣中文大學教授 Ben Sir 教導成語的用法，點出常常用錯的地方、發音，亦會教導小朋友正字與正確筆劃，讓同學對中文有更深入的理解。

13) 齊齊起動

主持於每集會介紹一項運動，並示範正確動作，希望小朋友著重學術之餘，亦重視運動發展，鍛鍊強健體格。

14) 趣味普通話

每集會以輕鬆活潑的手法及不同主題，如介紹與節日相關的普通話，加深小朋友的記憶，幫助他們活學活用。

Think Big 遊學團

貫徹「跳出傳統課室」、「快樂學習」理念，主持帶小朋友遊覽香港不同地方，藉玩遊戲及親身體驗的過程中觀察、學習，從而增長知識，對身邊的人和事有更多更深入的了解。

猩猩補習班

《猩猩補習班》由女廚神韋兆嫻 (Denice) 領軍，指導《我係小廚神》脫穎而出的參賽者，包括杜沛熹 (Hayden)、黃柏軒 (Bryan)、招穰 (Summer) 及譚曉琳 (Janice) 等小廚神在「猩猩廚房」上各顯神通，炮製一道道精采的佳餚。而小廚神亦要在烹飪過程中嘗試加入創新元素，並透過接觸不同的食材及烹飪技巧，擴闊廚藝眼界，為將來成為廚藝達人作出準備。

除此之外，Denice 亦帶同小廚神走出廚房，到訪不同的餐廳食肆，認識香港的飲食文化及參與簡單的食物製作。而「Denice 教室」繼續為小朋友介紹各項與烹飪有關的實用知識，助你踏上「小廚神」之路。

(b) acquired programmes :

Programme Title	Channel	Production Source	Age Target	Format / Nature	Content / Objective	Broadcast Schedule
Tamagotchi (II) 寵物反斗星	Jade	overseas	4-12	animation	These are essentially entertainment programmes for children. Not only do they provide relaxation to kids after a long day at school but they can also stimulate visual imagination in the young mind. The stories are often packed with edifying qualities which help reinforce the positive values of life.	Jan - Feb
Chibimaruko Chan (II) 櫻桃小丸子	Jade	overseas	4-12	animation		Jan - Feb, Jul - Dec
Inazuma Eleven Go Chrono Stones 閃電十一人 GO時空之石	Jade	overseas	4-15	animation		Jan - Jun
New Ninja Hattori 忍者小靈精	Jade	overseas	4-12	animation		Jan - Feb
Driland (II) 大頭公主愛作戰	Jade	overseas	4-12	animation		Jan - Jun
Ninja Boy Rantaro (XIX) 忍者亂太郎	Jade	overseas	4-12	animation	In this programme, each episode tackles a dozen or more amazing questions regarding animals. The investigation of the answers takes children on a fast-paced and entertaining tour of the entire animal kingdom.	Jan - Feb
Zoo Clues (II) 動物大搜查(II)	Jade	overseas	4-12	children live		Jan - Jun
Cardfight!! Vanguard G 卡片鬥爭!! 先導者 G	Jade	overseas	4-12	animation	These are essentially entertainment programmes for children. Not only do they provide relaxation to kids after a long day at school but they can also stimulate visual imagination in the young mind. The stories are often packed with edifying qualities which help reinforce the positive values of life.	Jan - Feb
Peanuts 花生動畫	Jade	overseas	4-12	animation		Jan - Dec

(A) Children's Programmes - Jade Channel (Year 2016)

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(b) acquired programmes :

Programme Title	Channel	Production Source	Age Target	Format / Nature	Content / Objective	Broadcast Schedule
Pripara 星光樂園	Jade	overseas	4-12	animation	These are essentially entertainment programmes for children. Not only do they provide relaxation to kids after a long day at school but they can also stimulate visual imagination in the young mind. The stories are often packed with edifying qualities which help reinforce the positive values of life.	Jan - Feb
Kyoryuger 獸電戰隊	Jade	overseas	6-15	animation		Jan - Feb
Yokai Watch/Yokai Watch (II) 妖怪手錶	Jade	overseas	4-15	animation		Jan - Jun, Sep - Dec
Henry Hugglemonster 亨利小怪獸	Jade	overseas	4-12	animation		Jan - Jun
Pokemon the Movie: Genesect and the Legend Awakened 神速蓋諾賽克特 超夢夢覺醒	Jade	overseas	4-12	feature		Feb
Jewelpet (V) 寶石寵物V	Jade	overseas	4-12	animation		Feb - Mar
Alien Monkey 曳曳馬騮精	Jade	overseas	4-12	animation		Feb
Dragons Riders of Berk 馴龍騎士	Jade	overseas	6-15	animation		Feb - Apr
Pokemon XY (II) 寵物小精靈XY	Jade	overseas	4-12	animation		Feb - Jul
Pleasant Goat and Big Big Wolf- Dear LittleWish 喜羊羊與灰太狼之羊羊小心願	Jade	overseas	4-12	animation		Feb
Pororo The Little Penguin IV 冰鎮企鵝仔	Jade	overseas	4-12	animation		Mar - Aug, Dec

(b) acquired programmes :

Programme Title	Channel	Production Source	Age Target	Format / Nature	Content / Objective	Broadcast Schedule
ToQger 列車戰隊	Jade	overseas	6-15	Action Live	These are essentially entertainment programmes for children. Not only do they provide relaxation to kids after a long day at school but they can also stimulate visual imagination in the young mind. The stories are often packed with edifying qualities which help reinforce the positive values of life.	Mar - Dec
The Garfield Show (IV) 大食懶加菲貓	Jade	overseas	4-12	animation		Mar - Jun, Aug - Dec
Little Battlers Experience W 紙箱戰機W	Jade	overseas	4-12	animation		Apr - Jun
Yes! Pretty Cure 5 Gogo! the Movie: A Happy Birthday in the Sweet World Yes!光之美少女GoGo-甜品王國	Jade	overseas	4-12	feature		May
Nexo Knights 帝國騎士	Jade	overseas	4-15	animation		May - Oct
Beyblade Burst 爆旋陀螺 擊爆戰魂	Jade	overseas	4-12	animation		May - Dec
The Owl (II) 搗蛋貓頭鷹	Jade	overseas	4-12	animation		May, Aug
Dragons Defenders of Berk 馴龍騎士II	Jade	overseas	6-15	animation		May - Oct
Pretty Cure All Stars DX: Calling All Friends and the Miracle Union 光之美少女All Stars DX-彩虹奇蹟	Jade	overseas	4-12	feature		Jun
Baby Steps 網球Ace	Jade	overseas	6-15	animation		Jun - Sep

(b) acquired programmes :

Programme Title	Channel	Production Source	Age Target	Format / Nature	Content / Objective	Broadcast Schedule
Ninja Boy Rantaro (XX) 忍者亂太郎	Jade	overseas	4-12	animation	These are essentially entertainment programmes for children. Not only do they provide relaxation to kids after a long day at school but they can also stimulate visual imagination in the young mind. The stories are often packed with edifying qualities which help reinforce the positive values of life.	Jun - Jul
Haikyu!! 排球少年	Jade	overseas	6-15	animation		Jun - Sep
Pleasant Goat and Big Big Wolf - Paddi the Amazing Chef 喜羊羊與灰太狼之懶羊羊當大廚	Jade	overseas	4-12	animation		Jun - Aug
Peet The Forest Detective/ Peet The Forest Detective(II) 查查林部隊/查查林部隊 II	Jade	overseas	4-12	children live		Jun - Aug, Nov - Dec
New Atashin'chi 新·我們這一家	Jade	overseas	4-12	animation	Huge hole traps appear, insects go missing... Mysterious things keep happening in the forest. Follow the step of Peet, the Great Detective and his friends, Baba and Molly, children could pull through and unravel Mother Nature's puzzles.	Jun - Dec
New Doraemon (V) 多啦A夢	Jade	overseas	4-12	animation		Jul - Dec
Heart Catch Precure 光之美少女:甜蜜天使	Jade	overseas	6-12	animation		Jul - Sep
Yowamushi Pedal 飆速宅男	Jade	overseas	6-15	animation		Jul - Sep
Doraemon - Nobita and the New Steel Troops: The New Age 多啦A夢大電影:新·大雄與鐵人兵團	Jade	overseas	6-15	animation		Jul
Pokemon the Movie: Kyurem vs. The Sword of Justice 寵物小精靈:酋雷姆vs聖劍士 凱路迪歐	Jade	overseas	6-15	Feature		Aug

(b) acquired programmes :

Programme Title	Channel	Production Source	Age Target	Format / Nature	Content / Objective	Broadcast Schedule
Pokemon the Movie: White - Victini and Zekrom 寵物小精靈:比克提尼與白英雄雷希拉姆	Jade	overseas	6-15	Feature	These are essentially entertainment programmes for children. Not only do they provide relaxation to kids after a long day at school but they can also stimulate visual imagination in the young mind. The stories are often packed with edifying qualities which help reinforce the positive values of life.	Aug
Chibimaruko Chan Special Drama 小丸子的日常	Jade	overseas	6-15	Feature		Aug
Pikaia! 你考古嗎?	Jade	overseas	4-12	animation		Aug - Nov
Inazuma Eleven Go Galaxy 閃電十一人 GO銀河	Jade	overseas	6-15	animation	These are essentially entertainment programmes for children. Not only do they provide relaxation to kids after a long day at school but they can also stimulate visual imagination in the young mind. The stories are often packed with edifying qualities which help reinforce the positive values of life.	Sep - Dec
Tamagotchi (III) 寵物反斗星	Jade	overseas	4-12	animation		Sep - Nov
Fresh Pretty Cure The Movie!: Secrets of the Toy Kingdom!? 光之美少女-決戰玩具魔王	Jade	overseas	4-12	feature		Sep
Pretty Rhythm - Rainbow Live 星光少女:彩虹舞台	Jade	overseas	4-12	animation		Sep - Dec
Jewelpet (VI) 寶石寵物VI	Jade	overseas	4-12	animation		Sep - Dec
Pleasant Goat and Big Big Wolf - Happy Formula 喜羊羊與灰太狼之開心方程式	Jade	overseas	4-12	animation		Sep - Dec
Mask Masters 幪面戰士	Jade	overseas	6-15	animation		Oct - Dec

(b) acquired programmes :

Programme Title	Channel	Production Source	Age Target	Format / Nature	Content / Objective	Broadcast Schedule
Pleasant Goat and Big Big Wolf - The Space Adventure 喜羊羊與灰太狼之兔年頂呱呱	Jade	overseas	4-12	feature	These are essentially entertainment programmes for children. Not only do they provide relaxation to kids after a long day at school but they can also stimulate visual imagination in the young mind. The stories are often packed with edifying qualities which help reinforce the positive values of life.	Oct
Animal Science 智趣動物科	Jade	overseas	4-12	children live		Oct - Dec
Aikatsu! (III) 星夢學園III	Jade	overseas	4-12	animation	These are essentially entertainment programmes for children. Not only do they provide relaxation to kids after a long day at school but they can also stimulate visual imagination in the young mind. The stories are often packed with edifying qualities which help reinforce the positive values of life.	Nov - Dec
Yokai Watch The Movie 妖怪手錶：誕生的秘密喵！	Jade	overseas	4-12	feature		Dec
Little Battlers Experience Wars 紙箱戰機 Wars	Jade	overseas	4-12	animation		Dec
Anpanman 麵包超人	Jade	overseas	4-12	animation		Dec
Mcdull - Me & My Mum 麥兜我和我媽媽	Jade	overseas	6-15	animation		Dec

Programme Title	Channel	Production Source	Format / Nature	Content / Objective	Broadcast Schedule
Y Angle 2016 Y Angle	Jade	station-produced	magazine / informative	It is a TV magazine show tailor-made for the youth comprising discussion forums, student-produced projects and interest items on fashions and collectibles. It broadens their horizon and provides them with information on health and youth events in town.	Jan - Dec
Super Idol 星動亞洲	J2	overseas	variety	It is a reality show that teenagers from China and Korea shows their talent to become an idol. It is inspirational to see how teenagers overcome tough training and competitions to make the dream comes true.	Jan
Journey to the College 大學，我來了	J2	overseas	variety	By selecting more than ten young art candidates with different geographical, family, personality and talent, audience can explore the live and growth of those adolescent.	Feb - Apr
Hibike! Euphonium 吹奏吧！管樂團	J2	overseas	animation	It is a story about a group of adolescent in a poor performance band, where they face the conflict of school work, love and difficulties with parents.	July - Sep
Produce 101 Produce 101	J2	overseas	variety	It is a reality girl group survival show which the public "produces" a unit of girl group by choosing members from a pool of 101 trainees.	Sep - Dec
Bizline/ Bizline (II) 新Tech搜尋	J5	overseas	informative	Highlighting the Korean market, consumer trends as well as IT innovations, Bizline keeps the new generation worldwide informed of the latest developments in the country being touted as an IT powerhouse.	May - Sep

Programme Title	Channel	Production Source	Format / Nature	Content / Objective	Broadcast Schedule
Kungfu Motion 功夫狂熱	J5	overseas	magazine / informative	Kung Fu is not just the meaning of martial arts, it means any research, training and learning which required to pay patience, effort and time to complete. Jade, Son of martial arts star Zheng Peipei will accept different challenges in the show to see whether he has the ability to learn from California with some representative of the Chinese good work.	June

Y Angle

Y Angle 是一個年青人節目，對象為 16-24 歲的年青人。本節目旨在為青少年人建構一個全面、正面、勵志、好玩的互動平台。題材及內容以系列形式推出，以保持節目的連貫和統一，觀眾亦可追看自己喜愛的題材。

系列內容：

1) 我係老闆

許多年青人都有創業的夢想。本環節專訪成功創業年青人，透過他/她們的創業故事，以及當中的經驗和心得，激勵有志創業年青人。

2) 職場開工

踏入社會年青人，都要面對搵工就業的選擇。本環節深入介紹各類工種的工作、入職要求以及晉升機會，更有在職者心聲，讓年青人了解不同的出路。

3) 潛能解密

對有傑出表現年青人，應該給與肯定和支持。本環節主要訪問在體育、學業或創作藝術範疇上有卓越表現年青人，以他/她們為年青人的楷模。

4) 潮爆新體驗

本環節介紹各項本地刺激活動。飛索、攀岩、滑翔傘、瀑降等極限運動，其實不一定在外國方能體驗。當然也不少得新興玩意及潮流產品，讓年輕觀眾緊貼潮流脈搏及能做到超越自我、挑戰極限的精神。

5) 型人魅力

「貪靚」的專利無分男女。為使年青人掌握扮靚的潮流情報，此環節重點介紹最新的化妝、美甲、髮型、時裝及健身等資訊。

6) 遊走天地

不斷出走旅遊，成為近年很多年青人的夢想。工作假期以外，還有背包客、沙發客、窮遊等各種旅遊方式。本環節由擁有豐富兼有趣經歷的旅人，帶大家從一粒沙裡看世界，並分享其旅遊錦囊。

7) IT 新智趣

科技創新是近年重要的社會課題，香港本身有很多出色的發明，在不少國際科學比賽上獲得驕人成績。本環節主要介紹本土研發的得獎發明品，及表現突出的科技產品。

8) 人生體驗

政府部門與各大機構皆推出具啟發性的活動，例如：由懲教署轄下「更生先鋒計劃」舉辦的「思囚之路」及「延展訓練營」；體驗駐港部隊生活的「香港青少年軍事夏營」；賽馬會的「生命・歷情」體驗館等，讓年青人了解與思考更多有關生命的課題，從而建立正確的價值觀。

Programme Title	Channel	Production Source	Format / Nature	Content / Objective	Broadcast Schedule
Happy Old Buddies 快樂長門人	Jade	station-produced	enrichment / magazine / informative	This Monday-to-Saturday mini-programme introduces senior citizens health-care tips (e.g. herbal medicine knowledge) and useful social & welfare information.	Jan - Dec
Good Time Old Buddies 開心老友記	Jade	station-produced	enrichment / magazine / informative	This programme introduces services of interest and relevance to senior citizens including interviews with those who have special achievements. It also provides health care and social welfare information.	Jan - Dec
Grand Aces 祖孫玩很大	HD Jade	overseas	magazine / informative	This programme is a documentary which discuss about the gaps between two generations. Through completing different task together, a new understanding between 'Grand-son' relationship was given.	Jan - Feb
Wanderlust/Wanderlust (II) 悠長假「耆」	J5	overseas	enrichment / magazine / informative	Follow the step of a professional traveler, discover how to explore the city in 40-hour , discover the vibrant local flavors and excitements of the city where even old people could go.	Feb - July
Elder and Better 前輩・好樣的！	J5	overseas	magazine / informative	With a visit from a dozen of college students, it fully demonstrate the wisdom and energetic side of the "predecessors"- the old people,it inspired young people the philosophy of life.	Aug - Dec

快樂長門人

節目主持

溫裕紅、蘇晉霆

節目播放時間

星期一至五早上九時五十分、星期六早上九時正

節目宗旨

為本港六十歲或以上的老、中、青不同年齡層的長者，提供各類型的樂活人生、起居飲食、健康醫療、家庭社交、新聞時事、文娛康樂、福利優惠、生活保健等資訊的綜合雜誌式節目，讓他們能接觸到社會的動向和脈搏，做一個開心，有積極生活態度的長者，令長者們享受晚年的快樂生活。例如建議較年輕的長者如何善用退休後的時間，展開人生新一頁；較年老的長者如何安坐椅子上進行強身健體活動。

節目主持人以親切輕鬆的態度、深入淺出的手法，為長者觀眾介紹各類型與他們生活息息相關的資訊，並邀請各方面的專家、專業人士、社工、導師等嘉賓及長者到錄映廠接受訪問和講解示範。

節目亦希望能吸引長者、家人、護老者、行業從業員等收看，讓大家更認識長者的需要和內心世界，可彼此相處更融洽和諧。

節目內容

本節目分為兩個環節，包括專題訪問分享及耆趣 FUN 天地，資訊及趣味並存。

專題訪問分享

1) 長者福利

邀請政府部門、學術文化、老人權益關注團體、商業和社福機構等講解一些與長者有關的福利權益，如：病人權益如預設醫療指示、殘障長者和老年痴呆長者應有的支援、友善社區設施、長者社區照顧服務券等等。

2) 營養飲食知識

中西醫生和營養師詳細分析長者應如何留意自己飲食與健康，主要圍繞三個主題。第一是日常飲食：例如進食速度及次序對健康的影響、主餐飲食、飲食太淡太重的好壞處、使用食用油和烹調蔬菜肉類須知等。第二是強身健體的飲食配搭：例如零食、燉品、增加胃口和增長肌肉的飲食。第三是各類大小病後的飲食護理：例如戒口、飲食份量和次數等。

3) 中西醫療資訊

中西醫生、醫務專業人員，物理治療師等講解常見疾病的預防、病徵、病變、最新治療方法、副作用、後遺症和病後護理等。介紹新的醫療角度，例：無創腦磁激療法、植物固醇是敵是友、睡眠窒息症、視力模糊治療法、痔瘡及女性長者更年期潮熱不退等；病後護理：通波仔後的運動，置換人工關節後的護理；亦提醒長者切勿忽略可能有機會變為大病的輕微徵狀。邀請註冊藥劑師講解藥物知識，例：常用藥物服用法、藥物存放方法。

4) 探討長者問題

分析長者面對的各類常見和新增問題：例如婚姻和感情生活、兒孫教導、傭人相處、面對健忘問題、適應退休生活、退休後重投職場途徑、如何減緩腦退化、長者照顧同年長者的壓力等等。

5) 養生護理和生活新知

探討家居安全風險、老人穿衣防骨折、長者增加跌倒風險、家居生活輔助工具、使用最新電子醫療產品和健身器材注意事項。邀請有關專家講解各類養生和護理專題，如：吸劑藥物的正確使用方法、眼乾藥水使用法、長者真和假牙護理方法等。

6) 文娛康樂

鼓勵長者對外多參與文娛社區活動，居家則培養多些消閒興趣。邀請有關負責人和導師介紹，由年長參加者和義工分享樂趣。例如：小丑扮演班、飼養金魚、長者訓練狗隻、坐火車郵輪和長期病患者海外旅遊注意事項。鼓勵長者「活到老、學到老」，介紹特色興趣班和進修課程例：心理學、歷奇活動等等。

耆趣 FUN 天地

介紹各種運動興趣嗜好手工藝，由導師示範講解。題材包括：

1) 養生運動

增強平衡的運動、普拉提運動、長者太極劍、毛巾操、日常生活正確姿勢、易筋十段錦、長者跆拳道、按摩、十巧手、消脂暖身運動。

2) 藝術性

長者木箱鼓、繪畫、書法。

3) 益智手工藝

魚菜共生家居種植、小魔術、扭波波。

4) 生活須知

長者急救示範。

開心老友記

節目主持

潘芳芳、安德尊

節目宗旨

逢星期日早上為六十歲以上長者度身訂造資訊娛樂並重的雜誌式節目，內容多姿多采，極盡視聽之娛，務求每星期帶給老友記開心正能量。2016 年，本節目遵守上述宗旨，兩位主持以輕鬆手法訪問有關嘉賓，長者節目內容廣泛，包括以下九大範疇：

1) 老友記盡顯耆才

為鼓勵老友記各展所長，提升自信心，2014 年起特別推出“老友記盡顯耆才”新環節，誠邀全港老友記參加，反應熱烈，2016 年繼續推出。老友記展示才能之環節包括：繩結花、砌字、魔術、生肖印章、傘改環保袋、電腦賀咭、食物黏土、瓷畫、扭計骰、口琴、無師自通編織、砌紙、國畫速寫、吹波糖工藝、養生功、橡筋手作、芭蕾舞、紙黏土花、電子琴、楷書、太極扇、手風琴、健身氣功、裱畫、攝影、棉花棒畫、結他、吹笛、書法、篆刻、水墨人像、太極劍、拓本、綾紙、榜書、小提琴、武術、雪條棍模型、沙畫、花鳥畫、刺繡、金釵及布藝彩繪、瑜伽、木顏色畫、麵粉公仔、鞋盒劇場.....等等。

2) 衛生署環節

由衛生署長者健康服務派出代表作專題講解，包括：靜脈曲張護理、冬天飲食、低溫症、關注啃老問題、家居現實導向、網球運動及預防網球肘、燙傷及割傷的急救小常識、肌肉減少症與肌肉鍛煉、糖尿病患者旅遊貼士、痛風症飲食新知及謬誤、長者與藥物安全、家居防跌運動、認識真菌、見焦拆招、隱閉長者、如何與有行為問題的認知障礙患者共處、做個人見人愛的長者.....等等。

3) 食療及藥物

邀請中醫或藥劑師講解，例如吸劑藥物正確方法、消暑、秋冬保健有方.....等等。

4) 保健運動

邀請專家示範，例如：介紹腦康操、經絡拍打操、拉筋...等等，同時邀請長者一齊參與及示範。

5) 松柏情真

邀請年長名人及藝人分享心路歷程及養生之道，包括退休教授盧覺強、書法家李國泉、保險界高膺、裁縫師傅吳添、資深傳媒人李添勝、攝影師馮漢紀、音樂家羅乃新、財經界郭思治、古箏家吳炳坤、瓷畫家李筱文、藝人鄧英敏、音樂界鄭國江、書法家潘炳鴻、藝術家馮元熾、退休校長謝振強、飲食茶具故事館館長梁國鴻.....等等。

6) 長者表演樂無窮

包括話劇、合唱團唱歌、長者音樂劇、中樂演奏、口琴合奏等等。

7) 長者閒情篇

邀請專業長者暢談閒情生活，例如善用香薰油、跑越高峰、戲劇活動、設計服裝.....等等，分享其中樂趣。

8) 報導長者活動及計劃

例如：長者義工國內山區義診、越野先鋒義工服務計劃、長者共融送暖行動、警訊耆英、全會護老者活動、『創齡、樂匯』新興玩意、同心同行劃出彩虹、關愛基金--長者牙科服務資助、《數碼樂聚、影、情真》、長者精神健康推廣計劃、健康日獎勵計劃、快樂飛魚、出院易服務、《花樣人生-長者攝影計劃》、TVB 愛心基金活動、長幼繫關愛、跨代愛傳承活動、愛鄰網絡長者病患復康服務、體弱長者步行認知訓練計劃、長者咭優惠、《愛腦、動葵青、認知障礙症關懷週》、無痛大使結伴行.....等等，藉此分享長者的體驗。

9) 長者關懷篇

每集均提醒長者日常生活細節須知，例如：安全使用藥物、腦退化症流動車、體弱長者抽樣調查、避免手指長時間屈曲、存放生果須知、洗菜要訣、智選早餐、了解長者進食難處、過期藥物、著衫要訣、長者聽障問題、攝取不同營養、溝通、冷療知多少、失眠療法、跌倒後須知、了解認知障礙症、提高心理健康.....等等。

10) 好煮意

由九月起，推出新環節好煮意，邀請烹飪導師推介適合長者的食譜並示範、例如：梅子蒸腩排、雪映松花、薑蓉蒸腐竹、珊瑚藻布丁、栗子五目飯、蒸南瓜蛋糕、蝦膠北菇盞、話梅豬腳、煎雞卷、紅棗卷.....等等。

Programme Title	Channel	Production Source	Format / Nature	Content / Objective	Broadcast Schedule
Cultural Engine 4U 文化新領域	Jade	station-produced	enrichment / informative	" Cultural Engine 4U " aims at promoting arts and culture literacy in young children and teenagers. The programme features interviews with artists and live performances.	Jan - Dec
Cultural Plaza 文化廣場	Jade	station-produced	enrichment / informative	" Cultural Plaza " is a TV magazine programme that features upcoming arts and culture events in town including behind-the-scene stories and and interviews with artists.	Jan - Dec
Painting China/ Painting China (II) 畫中國/畫中國II	HD Jade/J5	overseas	enrichment / informative	The program introduces artists that make art with travelling around China. Not only can audience enjoy the master workpiece but also the beautiful landscape of the motherland.	Jan - June
The World Heritage (VIII) 世界文化遺產	HD Jade/J5	overseas	informative	"The World Heritage" is a documentary series that is registered by UNESCO under Natural Heritage, Cultural Heritage and Cultural Sciences. The series is filmed by high quality camera with impeccable narrative and beautiful music which works best to view and preserve the wonders of environmental treasures.	Jan - May
That's Art?! 非凡藝技	HD Jade	overseas	enrichment / informative	See artists that make art with unusual mediums such as Lego, desserts and even dead animals which amazed people.	Jan
In Frame (III) 韓式寫真III	HD Jade/J5	overseas	enrichment / informative	This programme introduces Korea from the perspective of well-known photographers. It provides an opportunity to see Korea in its most dynamic colors and to meet the works of world-renowned photographers.	Jan - Apr
Arts Avenue(IV)/Arts Avenue(V) 韓藝色	J5	overseas	enrichment / informative	This programme features the diverse and dynamic world of Korean Arts-- or 'K-Arts'-- from its past to the present. In addition to introducing the latest showcases around town, and offers insight regarding the trends and traits of Korean creativity.	Apr - July, Dec

Programme Title	Channel	Production Source	Format / Nature	Content / Objective	Broadcast Schedule
All Things Handmade/ All Things Handmade (II) 自家手作	J5	overseas	enrichment / informative	This program presents a new-concept DIY project to create the own articles art a handicraft workshop. Make and be content with one's creation. From a leather bag to interior garden craft work, audience can learn how to make it with their own hands.	Apr - July, Dec
Hors d'Oeuvre 食覺藝術	J5	overseas	enrichment / informative	This programme introduces a variety of fine, unique legendary food, audience can have an in-depth understanding on art masterpieces written by well-known writers, palace life-related food, and also the behind stories of food and culture.	May - Aug
Handicraft (III) 手藝	J5	overseas	enrichment / informative	The programme record the making process of traditional techniques which will soon disappear. In order to express the theme of the cross-strait homologous, "craft" will also be specifically selected, including Cochin, Sanyi wood carving and other Chinese-Taiwanese craft. Aslo the craftsman's story will be introduced as well.	July - Sep
Big in Japan A Cartoonist in the Land of Kanji 一切由漫畫開始	J5	overseas	enrichment / informative	Following the step of Nicolas Mahler-the first ever German-language Austrian cartoonist the Japanese invited to exhibit at the famous Manga Museum in Kyoto. It shows the Japanese's view of this strange Austrian.	Aug
In the Footsteps of Famous Composers 大師步步曲	J5	overseas	enrichment / informative	This programme crisscrosses the continent in the footsteps of fourteen of the world's greatest classical music composers. At each stop, a musician or historian serves as a guide to the great composers' public and private lives. Fourteen different directors blend interviews with narration, archive materials and musical sequences to paint fourteen intimate portraits.	Aug - Oct
Porcelain Story 瓷路	J5	overseas	enrichment / informative	This programme traces the history of interaction between Chinese and other cultures of the world begins from the 9th century. It shows the picture of the true story regarding porcelain, a story about entrepreneurship, adventure, wealth, war and sunken ships.	Oct - Nov

Programme Title	Channel	Production Source	Format / Nature	Content / Objective	Broadcast Schedule
For Arts Sake 奇藝相傳	J5	overseas	enrichment / informative	This programme explores the forests of Borneo and Papua, the cultural alleyways of Indonesia and Thailand, the ancient geisha traditions of Japan, and the bold experiments of Singapore, and shows how talented people are to be innovated and challenge the limits.	Oct - Nov
Tea 茶	J5	overseas	enrichment / informative	This programme explore the tea culture of the world. It presents the natural wonder of tea planation, the secret craftwork of tea processing and the revival of ancient tea ceremony while makes a research of different rea rituals and an adventure of tea road.	Nov - Dec
Tawaraya: The House of Secret Codes 京都老字號·俵屋	J5	overseas	enrichment / informative	Filmed with 4K cameras, this documentary introduces to audience this oldest and most elegant inn in Japan and reveals its beauty and astonishing history of this "House of Secret Codes."	Nov
The Treasures of Vatican 梵蒂岡導賞團	J5	overseas	informative	Follow the step of the crew, it shows a rare and never-before-seen look inside the Vatican while it lives through a decisive moment in its history. And the audience could know more about the daily lives of men and women both religious and secular who work for the Holiness and Vatican City.	Dec
The Vatican Museums - Between Heaven and Earth 梵蒂岡導賞記	J5	overseas	informative	This extraordinary journey discovers the most evocative works of art collected by the Popes over the last 200 years. The production included evocative night-time shooting in the rooms where some of the world's rarest and most valuable works are kept, encompassing all cultures and all ages, from classical to modern.	Dec

文化新領域

節目主持

張景淳、焦浩軒、莊思明、彭慧中

節目宗旨

為鼓勵青少年接觸多元化的文化藝術活動，從參與中親身體驗藝術，拓展文化視野，培養創意思維，特別推出一個為青少年度身訂造的文化資訊節目，2016 年本著以上宗旨編排內容，現簡述如下：

1) 演藝樂園

每集邀請來自學校的同學親臨本節目表演擅長的項目，並作簡單分享，藉此推動該項藝術發展。

例如：鋼琴二重奏、豎琴、管弦樂、雙小提琴、藤仗舞、笛子二重奏、復活節小手作、Hip Hop、Jazz Dance、搖滾樂團、手風琴二重奏、“Hairspray”音樂劇、二胡、演奏級長笛、古箏、步操、管弦樂、泰國紙傘舞、琵琶、粵劇舞棍歌、手風琴、無伴奏合唱、粵劇、中樂吹管樂器、《舊年華。新葵青》、非洲鼓、東方舞、聖誕歌及主題舞、合唱團等等。

2) 藝術增值班

邀請導師及學生介紹特色藝術課程及進行示範，分享學習箇中樂趣，繼而促進該項藝術的欣賞價值。

例如：藝趣嘉年華巡遊服飾設計、論壇劇場、種子再造紙、街舞，機械人製作、探藝敦煌、旗袍製作及畫作、「本土美食印記」藝術展、木製藝術等等。

3) 小眼睛看藝術

以深入淺出的方式教導小朋友如何欣賞各種藝術，從小培養孩子欣賞藝術的興趣。

例如：押花藝術、《泥竹深陷》水泥藝術、肥皂製作、新年繡花小手作、猴年陶瓷、情人節立體卡、皮具製作、Cha Cha、環保玻璃藝術、紮染、立體隧道書、復活節小手作、神之眼、食物藝術品、橡皮章雕刻、皮具製作、押花紋身、母親節手作、印度彩繪、生果書籤、塗鴉、紙藝、捲紙（父親節卡）、環保玻璃燈球、環保紙上刺繡明信片、皮革櫻花飾物製作、陶器手作、中國結、毛冷仙人掌、手工香製作、食物藝術品、中秋燈籠扎作、月餅罐手作、拓印油畫鐘、圖章製作、魔術、樽蓋小手作、西洋書法、萬聖節手作、木雕、花花瓶、軟陶油畫、玻璃手作、粟米花、咖啡渣作品、手臂冷手作、聖誕魔術、新年實用小手作等等。

4) 文化情緣

邀請著名的藝術及文化工作者出任嘉賓，分享藝術路上的心路歷程，以其成功的過程作為範本，鼓勵年青人多參與藝術文化活動。

例如：水墨畫家陳瑞瑩、家居設計師朱耀煒、裝置藝術家戴媛婷、3D 蛋糕藝術家 Yosanna、第二屆動畫支援計劃作品分享、插畫藝術家嘉秀、人像書畫家 Kos Cos、女高音歌唱家邵樂敏、插畫及平面設計師 Andrew Yeung、原子筆畫家 Reni Haymond、藝術家劉紹聰、國際芭蕾舞舞蹈員陳善騏、視藝創作人霍康琪、百老匯表演者周孔嘉、青年音樂家謝栢恩、黑白攝影師 Cindy 等等。

5) 文化推介

此環節將會推介各種適合年青人及小朋友參與的文化藝術活動從而培養他們對文化藝術的興趣。

例如：港青交響音樂會、《我們一起走過的日子》展覽、《同聚首。復何求》展覽、《歌唱大賽》舞台劇、《天鵝湖，胡桃夾子》、《Step and Pace》攝影展、《Perfecting the Present 流光掠影》聯合攝影展、《青少年音樂劇大搞作 2016》、Sense Exhibition 築聽覺展覽、《賞心樂食 together 美食文化節》、〈非常香港仔〉互動展、『照亮。希望慈善音樂會』、『上天下海』音樂劇、2016 世界體藝珍藏展、《老友大逃亡》合家歡舞台劇、第二屆「創藝@校園」展覽、《初。仁》陶藝家聯展、《超級英雄大聯盟》音樂會、香港時裝節 THEi 時裝展、『築。自室貳之家-城÷』展、「香港情懷」藝術微展、社區表演藝術雙年展 2016、第二屆深港設計雙年展、《聖誕夢工場》展覽、《多士妹的白日夢》兒童劇、《印藝無限》展覽等等。

6) 得獎分享

邀請最近於文化藝術界獲得獎項的得獎者親臨節目分享。

例如：第 67/68 屆香港學校音樂節比賽各組別得獎者、香港校際舞蹈節各組別得獎者、鮮浪潮（學生組）、香港（亞洲）獨舞大賽青年組各種舞得主、第七屆中村凱斯哈林美術館國際兒童繪畫大賽得主、《弟子規》朗誦比賽得獎者、國際繪畫比賽得主、2015 國家地理全球攝影大賽冠軍、ICAC 微電影比賽得主、第三屆全港中學微電影創作大賽得獎者、《世界兒童畫展》金獎、第九屆香港流動影片節、未來火星基地設計大賽、第三屆國際音樂節得主、國際水墨畫比賽得獎者、校際音樂節得主、世界汽球大賽冠軍 Wilson、『改寫象未來』學界造字比賽得主、2016 年第七屆法國豎琴大賽冠軍、第三屆棉花時裝設計比賽得主、『寫字扶貧』硬筆書法比賽、《樓宇安全週 2016》話劇比賽、第四屆中華區插畫得主、第六屆《親親大地》國際繪畫比賽得主、『青少年一分鐘短片大賽』得主、香港國際公開中樂大賽 2016 冠軍、培道旗袍設計（全港小學）邀請賽 2016、香港手鈴節冠軍、《來說普通話比賽》話劇總冠軍、環球錄像大賽小學組得主等等。

文化廣場

節目主持

朱維德、章志文、張美妮

節目宗旨

為培養觀眾對文學藝術表演藝術或視覺藝術的興趣，進而提高文化水平，特別推出「文化廣場」，現簡述如下：

1) 專題

為使觀眾了解身邊的文化活動，每集均有一個專題詳細介紹，每次將邀請有關代表介紹活動內容。

例如：《前後》展覽、第四十四屆香港藝術節、丹青四季展、白雪紛飛攝影大賞、『凝煙翠宋元明。龍泉青瓷』展、『同禦鐵蹄——香港的抗戰歲月』展、中國傳統文化之易學圖像展、魚燈&雕塑展、南山彩虹展、滿載豐盛 2016 展後感、《自在「過、現、未」—梁樹威個展》、《若宮隆志的藝術：當代日本漆藝》、第六屆藝遊鄰里計劃、李紀平師生攝影展、香港戲曲節、《他鄉情韻——克勞德·莫奈作品展》、《雙石記：齊白石與石魯》展、阿波和紙國際微型版畫展、『海上雄師——羅馬海軍與龐貝古城』展、《黑老虎：館藏碑帖片》特展、「一帶一路」文物展、《墨世鼎新》展、《時評 x 幽默 = 辛亥革命前後的漫畫》、《今野朋子陶瓷作品展》、香港國際攝影節 2016、『築。自室貳之「家+城÷」』展、『墨影留痕』展、第三十屆澳門國際音樂節、《瓷藝丹青》展、新視野藝術節、第二屆深港設計雙年展、《跨越海洋——中國海上絲綢之路。點。線。面》、港鐵藝展、《拓藝坊》展以及各大名人書畫展等等。

2) 藝展平台

香港文化活動多不勝數，包括舞台劇、中西樂演奏、舞蹈表演等等。為使節目更多姿多采，每集均設有「藝展平台」環節，邀請有關團體介紹活動內容及即席表演，以求達到視聽之效果。

例如：古典結他表演、京崑戲曲、弟子規藝術節、2016 中國管樂節、朱思馬即演奏會、《原罪》舞台劇、弦樂四重奏、無伴奏合唱、香港醫學會管弦樂團、《樂韻警聲為公益》演奏會、木管合奏演奏會、雙琴會、《老豆我返嚟食飯》舞台劇、《笛簫遙》演奏會、香港業餘管弦樂團表演、《新娘潭畔》原創音樂劇、中樂名家薈萃音樂會、指彈結他樂團表演、中樂名曲齊齊賞、煥然一腎管弦音樂會、聽障人士粵劇表演、群笙再響——世界風情、第二屆香港文化節、『車你好冇』劇、香港家長合唱團聖誕音樂會 2016、洞簫尺八笛子音樂會……等等。

3) 「指定」文化藝術

為使觀眾深入了解每一種文化藝術，每集均邀請有關專家詳細講解及示範。

例如：唢呐、豎琴、舞蹈藝術、茶文化、弦樂四重奏、《阮》來如此、茶餘變變變、壽山石文化、靈活變化色土風、收藏藝術品、鈕扣花藝、長笛、蜜蠟琥珀鑒賞、頭飾及戲服文化、非物質文化遺產——女禪長衫、雙簧管、鑲嵌玻璃藝術……等等。

4) 文藝資訊

每集均推介未來 2 至 3 個文化活動給家庭觀眾選擇，包括音樂及戲劇欣賞、參觀展覽……等等。

Programme Title	Channel	Production Source	Format / Nature	Content / Objective	Broadcast Schedule
Friday Report 星期五檔案	Jade	station-produced	Documentary	The programme focus on weekly news features, feature stories; or humane point of view through visits to different sectors of society, and an in-depth discussion of public concern about the political, social and other issues.	Jan - Sep
Food Odyssey 咬一口地球	Jade	station-produced	Documentary	With connecting food through the development of civilization, it covers more than 20 countries' delicacies from the Sahara Desert to the North Pole. It is a culinary feast for eyes as well as a report on the relationship of food and culture.	Jan
Creative . Hong Kong 敢創香港	Jade	station-produced	Documentary	Experts from the technological innovation, art creation and social innovation sectors were invited to share their experiences, it helps audience to know more about the unique scientific inventions and innovative technologies in Hong Kong, and explore how a group of local elites can 'speak and act'.	Feb - June
Colors 4 Desires 人間絕色	Jade	overseas	Documentary	The programme introduces blue, red, green and white respectively, and discuss the cultural meaning of color in the aspects of dyes, painting and religion.	June
Touring the Hood 街坊導賞團	Jade	station-produced	Enrichment/ Documentary	The programme features 18 districts inside Hong Kong by difference tour guide who used to be or still a resident there and discover the history, culture, architecture of those 'little community' in Hong Kong.	June
Yue Shi China 食得巧	Jade	overseas	Documentary	It is a documentary focus on the relationship between human and food. The crew visits several cities in China to interview 14 handmade food producer, from the inheritors of traditional craftsartist to artists who combine food and performance, and innovators of traditional foods.	July - Aug
The Master Of Tea 水滾茶靚	Jade	overseas	Documentary	From the legendary Darjeeling valleys of India to the Japanese hills of Shizuoka and the province of Yunnan in China – considered the birthplace of tea – this film follows experts who open the doors to a fascinating tea world.	Aug

Programme Title	Channel	Production Source	Format / Nature	Content / Objective	Broadcast Schedule
Hong Kong LA Connection 望子成才-美國篇	Jade	station-produced	Documentary	The United States is a popular choice for Hong Kong students to go for further study .The programme focuses on the US education system, learning culture and the success of the school tips; and also visit the Hong Kong celebrities parents, listen to their children's cultivation experience which audience could learn from.	Aug - Nov
The Shaw Prize Special 2016 邵逸夫獎 2016	Jade	station-produced	Documentary	The programme witnesses the efforts of today's award-winning scientists who make a significant contribution to the world in different aspect, including Astronomy, Biology, Mathematical Science etc.	Sep
Sunday Report 星期日檔案	Jade	station-produced	Documentary	The programme focus on weekly news features, feature stories; or humane point of view through visits to different sectors of society, and an in-depth discussion of public concern about the political, social and other issues.	Oct - Dec
"Where Are We Heading" - The 4th Industrial Revolution and ICT Convergence 科技革命4.0	Jade	overseas	Documentary	The programme go behind the scenes of the fourth industrial revolution ,Japan, a robotics powerhouse, China, where entrepreneurship and start-up companies are all the rage, and Korea and the USA, the traditional IT powerhouses, and to explore the key technologies including artificial intelligence, robotic, internet of things and big data.	Nov - Dec
Nature Wonder Land (VII) 在森林和原野	HD Jade	overseas	Documentary	This unique nature series uncovers the fascinating stories of a wide range of animals from Africa, Asia, Oceania, America and elsewhere. Viewers will enter the worlds of creatures rarely seen before and marvel at their power and beauty.	Jan
Life Force (II) 生命動能II	HD Jade	overseas	Documentary	This programme is a breath-taking, blue-chip documentary series that explores the unusual, the unexpected... and the downright bizarre. It reveals incredible habitats where nature has allowed mutant animals, extraordinary adaptations, and curious patterns of behaviour to flourish through the miracle of natural selection and the wonder of evolution.	Feb
Wildlife - Sophisticated Farmers: Leafcutter Ants 鉸剪手蟻俠	HD Jade	overseas	Documentary	This programme introduce an extraordinary creature - the leafcutter ant which lives deep in the tropical forests of Central America.	Feb

Programme Title	Channel	Production Source	Format / Nature	Content / Objective	Broadcast Schedule
Wildlife - Reigning the Amazon River: Giant Otters 亞馬遜大獺	HD Jade	overseas	Documentary	This programme discover the secrets of giant otters, and see how their life changes when new faces arrive.	Feb
Forgotten Planet 遺城	J5	overseas	Documentary	By traveling the cities abandoned by human, it's a journey to places forgotten by time and stories of corporate profit and human loss.	Feb - Mar
Maya, Behind the Myth 瑪雅古文明	J5	overseas	Documentary	This programme explore the civilization of Mayan, debunk the various myths and portray Mayan civilization through archeological research. At the center of such research is the jungle, corn, the Mayan calendar and the descendants of the ancient Mayans who are living today.	Apr
Operation Stonehenge What Lies Beneath? 巨石謎陣	J5	overseas	Documentary	What Lies Beneath exclusively reveals the results of a five-year project which has used revolutionary new technology to map the whole area around the site. Drawing on that new data, this mini-series, alongside state-of-the art cgi and dramatic reconstructions, is providing the most complete picture ever of Stonehenge and the prehistoric culture that flourished around it.	Apr
Angkor Rediscovered 吳哥窟揭秘	J5	overseas	Documentary	The programme follow the statues, casts and documents handed down by Louis Delaporte – one of the first explorers of Angkor in the 19th century – have enabled audience to uncover how Khmer temples operated, the meaning of their architecture, and how the capital of the Empire grew to become the largest city in the world at the end of the 13th century.	Apr
Origins (II) 跨世起源	J5	overseas	Documentary	It is a fast-paced, engaging 30-minute series that explores the remarkable origin of hundreds of the world's most influential and important inventions, objects, and ideas: from changes in transportation, communication, sports, and weapons, to ideas about government, business, medicine, and science. Every episode reveals the seed of three different objects or ideas that have shaped our world by using narration and vibrant HD and archival footage to tell each compelling, surprising, and amazing story.	May

Programme Title	Channel	Production Source	Format / Nature	Content / Objective	Broadcast Schedule
Super China 大道中國	J5	overseas	Documentary	With a total of six main theme of content, from the population, economy, military, land resources, culture, Communist Party leadership, it explores China's development. The film crew visited more than 20 countries, government officials, researchers, entrepreneurs and the general public's vision to observe the rise of China's power to the world's impact and change.	May - June
Face to Face 挑機商雄	J5	overseas	Documentary	« Face to Face » is a series of comparative portraits featuring two well-known figures, seen through the prism of their rivalry. They have all been groundbreaking leaders in their fields : politics, science, technology, economy or the arts. The scale and scope of their contention went far beyond mere personal antagonism, and the results of their confrontation have often changed society and deeply impacted our lives.	June - Sep
Champions Factory 我們的奧林匹克	J5	overseas	Documentary	Each film in this series is devoted to the emblematic sport of a country, seen through the path of young athletes to the top level. A new look at the world of the sport, with the ambition to find in each time techniques of shooting and sound unpublished.	Aug
Business Revolution 企業革命2.0	J5	overseas	Documentary	Business Revolution gives audience the keys to understand the disruptions that shaking up companies. It also shows how companies breaking taboos to invent new business-models. With each episode, men and women will share their expertise and vision on digital, innovation, management, customer experience and responsibility.	Sep - Oct
Bitcoin The End of Money as We Know It Bitcoin紀元	J5	overseas	Documentary	This film traces the history of money from the ancient world to the modern trading floors of Wall St. It exposes the practices of central banks and other financial factors.	Oct
Backlight The Bitcoin Gospel Bitcoin革命	J5	overseas	Documentary	What if we could create money ourselves, without the need for banks? The programme discuss about the digital version of gold: bitcoin. To question if it is a perfect bankless alternative for the failing finance sector, or are we dealing with one of the biggest pyramid schemes ever?	Oct

Programme Title	Channel	Production Source	Format / Nature	Content / Objective	Broadcast Schedule
Farmers of the Future 農城計	J5	overseas	Documentary	This eco-techno documentary raised question of alternative farming experimenting in Singapore, including vegetable gardens and farms on the roofs of skyscrapers.	Nov
A World Without Forests 當這地球沒有樹	J5	overseas	Documentary	This programme explore the close linkage between humanity and forest. For over two centuries, massive deforestation has greatly endangered forests. For several decades, scientists have identified a new danger: global warming, a great threat to equilibrium in forests all around the world.	Nov
Hack Me If You Can Tales from the Digital Battlefield 網戰	J5	overseas	Documentary	The internet has become a new Battlefield. States, networks, manufacturers, terrorists, hackers, here they all interact, while the States try to impose some control. This film introduces audience to the daily reality of a new World War: side by side with the people involved in trying to fight delinquency, terrorism and espionage on the internet.	Nov
Hackers Makers 黑客?創客!	J5	overseas	Documentary	A new movement is about to transform our daily lives permanently: the «Makers movement». Inspired by the Hackers, the Makers manipulate molecules, electronics, and materials such as wood or plastic... Who are they?	Nov
Secrets of America's Favourite Place 美利堅名勝秘錄	J5	overseas	Documentary	This programme explores the secrets, mysteries, and surprisingly little-known stories of some of the most iconic locations in America.	Dec
Versailles's Dirty Secrets 凡爾賽宮的秘「聞」	J5	overseas	Documentary	This programme explore where does the bad reputation of The Palace of Versailles comes from. Drive through the history of dirty palace, such as courtiers relieving themselves in the staircases, the king receiving guests while sitting on his close stool etc., audience could review The Palace of Versailles in a peculiar aspect.	Dec
Drive Thru History with Dave Stotts The Gospels 穿越聖地	J5	overseas	Documentary	This programme explores the the story of Jesus from the locations recorded in the Gospels of Matthew, Mark, Luke, and John.Dave. The series dives into the history, archaeology, geography, and art surrounding the birth, ministry, death, and resurrection of Jesus as recorded in the first four books of the New Testament.	Dec

Programme Title	Channel	Production Source	Format / Nature	Content / Objective	Broadcast Schedule
Finance Magazine 財經透視	Jade	station-produced	informative	The programme airs every Sunday night and covers all aspects of economics, business and finance from a Hong Kong perspective.	Jan - Dec
News Magazine 新聞透視	Jade	station-produced	informative	The programme select weekly feature articles in Hong Kong and international, highlighting the topic of people's livelihood which most concerned about the people of Hong Kong, and invited people, scholars and experts to explore the ins and outs of the future.	Jan - Dec
On the Record 講清講楚	iNews	station-produced	informative	This programme invites political and economic sectors to discuss and analyze on current social controversy and policies.	Jan - Dec

Programme Title	Production Source	Age Target	Format / Nature	Content / Objective	Broadcast Schedule
Ben & Holly's Little Kingdom (I) & (II)	Overseas	2-8	Animation	<ul style="list-style-type: none"> This series sets in an enchanted magical kingdom with fairies, elves and insects Easily appreciated by children 	Feb-Mar, Jun
Care Bears & Cousins	Overseas	4-8	Animation	<ul style="list-style-type: none"> Care Bears & Cousins go on adventures all over the magical and enchanting land of Care-a-Lot. The bears work together to keep the land from fading away Promotes team spirit and family values 	Jul
Care Bears Welcome to Care-A-Lot	Overseas	2-8	Animation	<ul style="list-style-type: none"> The show is set in Care-a-lot—the Care Bears' home in the clouds. There, optimistic Cheer Bear and the king of fun, Funshine Bear, are the informal leaders of the Care Bears community. The show is based on an educational curriculum centered on “emotional intelligence” and includes integrated teachings that help kids define, understand and manage their feelings. 	Jan-Feb
Chuggington (IV) / Chuggington Little Trainees (VI)	Overseas	4-10	Animation	<ul style="list-style-type: none"> Story about the adventures of three young trainee locomotives in the fictional town of Chuggington Entertaining and educational 	Jan-Feb, Dec
Deadly Nightmares of Nature	Overseas	6-15	Infotainment	<ul style="list-style-type: none"> Introduces different kind of nature animals that are weird, dangerous or downright scary Meets people who have had nightmare encounters with animals Young viewers can learn more about nature and wildlife 	Jun-Aug
Deep, The	Overseas	6-12	Animation	<ul style="list-style-type: none"> Based on graphic novels published by Gestalt Comics. A brilliant team of underwater explorers explore uncharted areas of the ocean to unravel the mysteries of the deep. 	Sep-Dec

Programme Title	Production Source	Age Target	Format / Nature	Content / Objective	Broadcast Schedule
Dengineers, The	Overseas	6-12	Enrichment	<ul style="list-style-type: none"> The dengineers travelled throughout the UK to build wherever and whatever the child wants. Encourages children to work as a team 	Nov-Dec
Dimitri	Overseas	2-6	Animation	<ul style="list-style-type: none"> Story of an orphan bird Dimitri and its adventures of living in the Savannah Entertaining and easily appreciated by young viewers 	Jan, Aug-Oct
Dog with a Blog (III)	Overseas	10-15	Comedy	<ul style="list-style-type: none"> A sitcom that is told from a dog's perspective. The family find out the dog can talk and write. Easily appreciated by young animal lovers. 	Apr-Sep
Finding Stuff Out (III)	Overseas	8-12	Enrichment	<ul style="list-style-type: none"> The show answers to the questions that matter to the children. The host digs up the answers by doing experiments and research. Knowledgeable and easily appreciated by children 	Aug-Nov
Fish Hooks	Overseas	2-8	Animation	<ul style="list-style-type: none"> Comedy about a group of fish friends in the fish tank Daily life of the group of fish and how they deal with challenges Promotes moral values such as friendship and teamwork 	Aug-Dec
Furcheater Hotel, The	Overseas	3-8	Muppet Show	<ul style="list-style-type: none"> Sets in the 'almost' world class hotel run by the 'monster family' from "Sesame Street" Promotes problem solving skills Introduces new characters to the series 	Jun-Aug

Programme Title	Production Source	Age Target	Format / Nature	Content / Objective	Broadcast Schedule
Girl Meets World (I)&(II)	Overseas	10-15	Comedy	<ul style="list-style-type: none"> Sequel to the sitcom "Boy Meets World" Middle school experience of Riley and her friends Easily appreciated by young viewers 	Jan-Mar, Sep-Dec
Giver (II) & (III)	Overseas	6-12	Enrichment	<ul style="list-style-type: none"> Giver takes a group of kids aged between 6 and 12 and brings Provides young minds with an opportunity to test their creativity 	Nov-Dec
Guess How Much I Love You (I) & (II)	Overseas	3-6	Animation	<ul style="list-style-type: none"> Stories adapted from the book series of the same name, which Story of two Nutbrown hares showing how much they love each other. Heartwarming and easily appreciated by children 	Apr-Dec
Help! My Supply Teacher is Still Magic	Overseas	6-12	Enrichment	<ul style="list-style-type: none"> Magicians go undercover into real school classrooms and try to convince the children they are real supply teachers Sees the children's shocked and amazed reactions as magical things start to happen right before their eyes 	Jan-Mar
Help! My School Trip is Magic	Overseas	6-12	Enrichment	<ul style="list-style-type: none"> This fast paced, funny series will see magicians go undercover, but instead of sticking to the classroom they will be venturing out on real school trips with real school children. Sees the children's shocked and amazed reactions as magical things start to happen right before their eyes 	Mar-Jun
History Hunters	Overseas	4-8	Infotainment	<ul style="list-style-type: none"> Each episode shows how the lifestyles, inventions, people and traditions from the past, shape our everyday lives. Encourages children to learn history in a fun way 	Apr
Humf	Overseas	2-8	Animation	<ul style="list-style-type: none"> This series about 3 years old furry thing - Humf explores the new things he sees around him Easily appreciated by children 	Mar-Apr

Programme Title	Production Source	Age Target	Format / Nature	Content / Objective	Broadcast Schedule
Junior Bake Off (III)	Overseas	6-15	Enrichment	<ul style="list-style-type: none"> • Gives children who love cooking their own chance to become a MasterChef champion and inspires young viewers to get cooking themselves • Guides children through masterclasses, fantastic tasks and outside challenges as these 9 to 12 year olds demonstrate their kitchen skills 	Nov
Jungle Bunch to the Rescue!, The	Overseas	6-10	Animation	<ul style="list-style-type: none"> • A bunch of heroes are ready to fix any problems or injustice in the jungle • Promotes friendship and team spirit • Adventurous and funny 	Feb-Mar
Kiwi (II)	Overseas	1-7	Animation	<ul style="list-style-type: none"> • Curious, bouncers, the kiwis: Twiki and Twini are a comedy duo, similar to that of Laurel of Hardy • The characters take the viewers into an unexpected universe made of sounds, words, and images • Teaches children English words in a fun way 	Mar-Jun
Kung Fu Panda Legends of Awesomeness	Overseas	6-12	Animation	<ul style="list-style-type: none"> • Po and the Furious Five defend the Valley of Peace from villains • Through Po's journey, he learns lesson from mistakes and learn more about the history of Kung Fu 	Jan
Lily's Driftwood Bay	Overseas	4-8	Animation	<ul style="list-style-type: none"> • Driftwood Bay is a special island that exists in the imagination of Lily, who creates a world of adventure and friendship. • Helps develop children's imagination • Easily appreciated by children 	Apr-May

Programme Title	Production Source	Age Target	Format / Nature	Content / Objective	Broadcast Schedule
Little Lunch	Overseas	6-10	Comedy	<ul style="list-style-type: none"> A mockumentary comedy series that takes place during fifteen highly significant minutes of a child's life; that of snack time in the primary school playground. Funny and easily appreciated by children 	Feb, Nov-Dec
Mia and Me (I)&(II)	Overseas	8-12	Animation	<ul style="list-style-type: none"> Mia finds herself plunged into fairy tale, she must use her strength Exciting stories that promote courage. 	Jan-Dec
Miles from Tomorrowland	Overseas	6-10	Animation	<ul style="list-style-type: none"> Sent by the Tomorrowland Transit Authority to live and work in Exciting stories that promote courage and team work 	Jul-Dec
Minuscule (II)	Overseas	6-10	Animation	<ul style="list-style-type: none"> A ladybug, a mosquito, an jumping spider, a fly... These are the It offers laughs. suspense. action and poetrv. 	Sep-Oct
Molang	Overseas	4-8	Animation	<ul style="list-style-type: none"> Molang is an affectionate and humorous perspective on the Children can enjoy the unique friendship through the experience Funny and appeals to young children 	Dec
Monsters vs Aliens	Overseas	6-12	Animation	<ul style="list-style-type: none"> Animated TV series inspired by hit movie. Story about team leader Susan, muscle-bound Link, ingenious Dr. Cockroach, and B.O.B., the gelatinous blob, as the residents of Area 50-Something embark on fun-filled adventures under the not-too-watchful eye of General Monger! Entertaining and promotes teamwork among children. 	Jan-Feb
Mouk (I) & (II)	Overseas	2-8	Animation	<ul style="list-style-type: none"> Two close friends travelling different places all around the world Helps children understanding different culture and interesting things in different countries Entertaining and educational 	Jan-Mar

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Nina and the Neurons Earth Explorers	Overseas	6-12	Infotainment	<ul style="list-style-type: none"> Nina carries out experiments and is followed by a team of youngsters who have a particular question for her. Educational and easily appreciated by children 	Jul-Dec
Nina and the Neurons Go Engineering	Overseas	6-12	Infotainment	<ul style="list-style-type: none"> Fictional scientist Nina and her five animated sense Neurons return to show young viewers the magic of engineering. Entertaining and educational 	Feb, Jun, Dec
Numtums, The	Overseas	2-8	Animation	<ul style="list-style-type: none"> Join the spirited gang as they take us on lively, animated At the heart of every story is a problem or puzzle that our close-knit community resolve with their fascination with numbers Encourages children to learn maths in a fun way. 	Apr-May
Odd Squad	Overseas	6-10	Comedy	<ul style="list-style-type: none"> Odd Squad investigates anything strange, weird and especially odd. Helps children understand simple mathematics Funny and exciting 	May-Jul, Dec
Olive the Ostrich	Overseas	6-10	Animation	<ul style="list-style-type: none"> Olive the Ostrich brings to life real pictures drawn by children. Viewers will discover something new and exciting in every episode Encourages children to learn problem solving skills 	Mar-Apr, Aug-Sep
Officially Amazing/ Officially Amazing 2	Overseas	7-15	Infotainment	<ul style="list-style-type: none"> Finds the most fascinating Guinness World Records achievements, and the facts surrounding them Explores these achievements to understand how and why some people, objects and animals can defy our imagination and achieve 	Jan-Jun
Peanuts	Oversea	4-10	Animation	<ul style="list-style-type: none"> The adventures of Snoopy, the most famous unflappable dog and Entertaining and easily appreciated by young viewers 	Oct

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Peg + Cat	Overseas	2-6	Animation	<ul style="list-style-type: none"> • Peg and her sidekick, Cat encounter unexpected problems that require fun and creative solutions. • Helps children understand simple mathematics • Educational for young viewers 	Jan-Feb, Sep-Nov
Phineas and Ferb	Overseas	5-10	Animation	<ul style="list-style-type: none"> • Ingenious Phineas Flynn and his resourceful stepbrother, Ferb Fletcher, happily set out to conquer boredom and make every day of their 104-day summer vacation count. • Entertaining animated series for kids to watch with their families. 	Jan-Aug
Sesame Street	Overseas	3-6	Muppets with presenters	<ul style="list-style-type: none"> • With emphasis of a curriculum that includes positive values and morals and helps build one's self-esteem • Helps kids develop respect and understand towards others and stimulate their creativity and imagination • Contributes to the social, emotional and intellectual development of young children 	May-Jun
Shaun the Sheep (III) & (IV)	Overseas	3-8	Animation	<ul style="list-style-type: none"> • Funny adventures of Shaun and his friends • Easily appreciated by children 	Jan-Jun
Show Me Show Me (V)	Overseas	3-8	Muppets with presenters	<ul style="list-style-type: none"> • Hosts invite children to pick up their toys and teach them vocabularies with singalong songs • Educational and easily appreciated by children 	Nov-Dec
Sofia the First	Overseas	5-10	Animation	<ul style="list-style-type: none"> • "Sofia the First" stories are set in the storybook world of young Sofia who starts out life as a regular girl. But when her mom marries the king, she is whisked off to a glamorous, but sometimes confusing, castle world of royalty. • Educational and easily appreciated by children 	Jan-Jul

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Star Wars Rebels	Overseas	6-14	Animation	<ul style="list-style-type: none"> Plot adopted from the famous Star Wars Series The scrappy group of heroes use unique skills to battle the Empire and help the citizens of their world Promotes positive values such as team work and friendship 	Jun-Sep
Star Wars The Clone Wars (VI)	Overseas	6-14	Animation	<ul style="list-style-type: none"> Plot adopted from the famous Star Wars Series Exciting stories promote positive values such as courage, team work and friendship 	Jan-Apr
Stella and Sam	Overseas	2-6	Animation	<ul style="list-style-type: none"> Based on the book series "Stella and Sam" Stella and her brother, Sam explore the world for adventures and make friends. Helps develop children's imagination 	Aug-Oct
Super Why! (III)	Overseas	6-10	Animation	<ul style="list-style-type: none"> The Super Why mission is to inspire children to develop a lifelong love of reading and books Encourage the children to read Educational 	Oct-Nov
Thomas & Friends	Overseas	3-8	Animation	<ul style="list-style-type: none"> The #1 blue engine and his friends invite children to enter a world of imagination Through colourful and timeless stories children embark on a host of exciting journeys with their engine friends and learn about discovery, friendship and cooperation. 	Mar-Apr, Jun-Sep, Nov
Thomas Edison's Secret Lab	Overseas	6-10	Animation	<ul style="list-style-type: none"> Thomas Edison had a secret lab where he invented a virtual version of himself and a nearly-completed robot to guide and inspire future generations of young scientists. Helps children understand simple Science 	Jul-Aug

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Tilly and Friends	Overseas	2-6	Animation	<ul style="list-style-type: none"> Tilly is a little girl who lives with her best animal friends enjoy all the adventures their world has to offer Stories stimulate children's creativity and imagination 	Feb-Mar
Tip the Mouse	Overseas	2-6	Animation	<ul style="list-style-type: none"> Tip the Mouse finds himself discovering or accepting something new, facing a small abstacle, difficulty, fear or bad mood. He will always solve it within the episode, understanding its meaning by experiencing it by himself and/of within the help of the adults, who are present in every episode. Entertaining and exciting 	Mar
Twirlywoos	Overseas	3-5	Animation	<ul style="list-style-type: none"> Twirlywoos is a situation comedy who enjoy the fun of watching characters on screen who know much less than they do. Adventures with fun and surprises Source of laugh out loud pleasure to children 	Mar-Dec
Wanda and the Alien	Overseas	2-8	Animation	<ul style="list-style-type: none"> Wanda and the Alien is a magical story based on the best selling books Wanda brings fun and music to Alien's world and he brings magic to hers Interesting and appeals to children 	Jan-Feb, May-Jun
Wild Kratts (I)-(IV)	Overseas	4-10	Animation	<ul style="list-style-type: none"> The Kratts brothers travel around the world to meet new animals. Adventurous stories promoting brotherhood. 	Apr-May, Jul-Nov

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Absolute Genius with Dick & Dom (I) & (II)	Overseas	10-16	Enrichment	<ul style="list-style-type: none"> • Hosts explore the work of the most important inventors and scientists in history, and get inspirations via experiments. • Introduces a diverse range of historical figures to young audiences with fun, entertaining and humorous presentations 	Jan
Bushwhacked! (III)	Overseas	10-16	Infotainment	<ul style="list-style-type: none"> • Wiradjuri boy Kamil Ellis and Kayne Tremills look for weird and wonderful wildlife in remote corners of Australia • Introduces rare places and species • Educational and exciting 	Jan-Apr, Oct-Dec
Deadly Pole to Pole	Overseas	11-18	Infotainment	<ul style="list-style-type: none"> • Journey from the Arctic to the Antarctic in search of the deadliest animals. • Experiences new countries and new adventures 	Jan-Feb
Dick 'N' Dom Go Wild! (I) & (II)	Overseas	10-16	Learning & Enrichment	<ul style="list-style-type: none"> • Two hosts take two young volunteers to help a wide range of creatures at different locations • Volunteers need to look after injured animals or sick pets under the guidance and encouragement of experts and the hosts • Encourages responsibility and teamwork 	Jun-Dec
Experiments at Large Science Max!	Overseas	8-15	Enrichment	<ul style="list-style-type: none"> • Phil demonstrates a small scale experiment and showing the audience how they can do it at home. The experiment then moves from the table top to being super sized • Encourages teenagers to learn science safely and in a fun way 	Aug-Nov

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Fierce Earth (II)	Overseas	8-15	Enrichment	<ul style="list-style-type: none"> Fierce Earth shows what would be like to experience some of nature's most destructive forces, like hurricanes and earthquakes. Through series of experiments and demonstrations, teenagers would be able to experience the impact of Mother Nature at her most furious. 	Jan-Mar
Junior Vets / Junior Vets 2	Overseas	11-17	Enrichment	<ul style="list-style-type: none"> 6 kids were trained to be a junior vet, they will help pets, farm animals and all sorts of unusual and exotic creatures Teenagers to learn responsibility and be independent 	Feb-Jun
Let's Get Inventin' (VII)	Overseas	11-17	Enrichment	<ul style="list-style-type: none"> Feature young inventors who enter the "ideas lounge" with an idea, drawing or concept, and are buddied up with a team of experts from different backgrounds, to help them with their build and teach them skills along the way Introduces science and technology with fun 	Nov-Dec
Real Life 101	Overseas	11-17	Enrichment	<ul style="list-style-type: none"> Introduces real people doing real jobs that you might not know even existed Entertaining and educational 	Feb-May
Sports Lab	Overseas	6-15	Enrichment	<ul style="list-style-type: none"> Helps kids better understand wide range of sports activities Encourages participation and activity Fun and educational 	Jan, May-Aug
Steam Punks	Overseas	10-15	Enrichment	<ul style="list-style-type: none"> Steam Punks is a fast and funny science quiz show for children. Challenging and educational 	Apr-Dec

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Think Big (II) & (III)	Overseas	10-15	Enrichment	<ul style="list-style-type: none"> Top kid inventors face off against each other in an Invent-Off to see who can come up with the most innovative and creative invention. Positive programme which promotes creativity, innovation and teamwork. 	Apr-Oct
Totally Rubbish	Overseas	8-15	Infotainment	<ul style="list-style-type: none"> Art show exploring how to turn worthless trash into creative and useful treasure Promotes environmental awareness 	Jan