

BBC

Fríggjadagur 1. februar

- 6.25 Today's Viewing
 - 6.30 BBC Breakfast News
 - 8.50 Daytime UK
 - 9.00 News and Weather
 - 9.05 Brainwave
 - 9.25 Dish of the Day
 - 9.30 People Today
 - 10.00 News and Weather
 - 10.05 Playdays
 - 10.35 People Today
 - 11.00 News and Weather
 - 11.05 Kilroy
 - 11.45 Before Noon
 - 12.00 News and Weather
 - 12.05 After Noon
 - 12.20 Scene Today
 - 12.55 Regional News and Weather
 - 13.00 One O'Clock News
 - 13.30 Small Objects of Desire: »False Teeth« 3:6
 - 14.00 News
 - 14.05 Words and Pictures: Dear Daddy
 - 14.15 Sport on Friday
 - 15.00 News and Weather
 - 15.50 News and Weather
 - 16.00 Young Musician of the Year Launch 2:2
 - 17.00 Newsround
 - 17.10 Grange Hill 8:20
 - 17.35 Eyespy 4:13
 - 18.00 Six O'Clock News
 - 18.30 Newsroom South East
 - 19.00 Wogan
 - 19.40 Brushstrokes 4:6
 - 20.20 40 Minutes: Where there's Hope
- Where there's Hope hyggur nærri at, hvi bretsk foreldur selja hús sín og seta seg í skuld fyri at senda børn sín á ein ser-skúla í Boston, Massachusetts.
- 21.00 Nine O'Clock News
 - 21.30 The Boys from the Bush 3:10
 - 22.30 Newsnight
 - 23.15 Public Eye
 - 23.45 Saturday's Viewing
 - 23.50 Close

Leygardagur 2. februar

- 8.25 Today's Viewing
 - 8.30 Dooby's Duck Truck - Barnasending
 - 8.40 Gordon the Gopher 5:13 - Barnasending
 - 8.50 Billy Webb 5:6 - Barnasending
 - 9.15 Reportage
 - 10.05 First Sight
 - 10.45 Gardens by Design 5:6
 - 11.15 Food and Drink 12:16
 - 11.45 Holiday '91
 - 12.15 Grandstand
- World Alpine Ski Championships úr Saalbach í Eysturriki. — Rugby Union: Írland móti Fraklandi og Skotland móti Wales. — Kappkoyring frá Cepstow.
- 17.05 News and Weather
 - 17.20 Tomorrow's World
 - 17.50 Jim'll fix it 3:13
 - 18.25 'Allo! 'Allo! 5:10
 - 18.55 The Paul Daniels Magic Show 5:9
 - 19.40 Bergerac 5:10
 - 20.30 Don't wait up
 - 21.00 News and Sport
 - 21.20 Late again
 - 22.10 The Full Wax 3:6
 - 22.40 Lazarus and Dingwall
- I og úttan fyri Birmingham. — Tveir civiltæddir lögreglumenn í arbeiði.
- 23.10 Rhythms of the World: »Samba Special«
 - 0.05 Sunday's Viewing
 - 0.10 Close

Sunnudagur 3. februar

- 8.50 Today's Viewing
- 8.55 Playdays
- 9.15 Articles of Faith
- 9.30 This is the Day
- 10.00 A vous la France 15:15
- 10.25 Espana viva 15:15
- 10.50 Step up to Word Power: »Forms, Forms, Forms« 5:20
- 11.15 A Way with Numbers 9:20
- 11.40 Bazaar 2:20
- 12.05 See Hear
- 12.30 Country File
- 13.00 News Summary
- 13.05 On the Record
- 14.00 Eastenders
- 15.00 Snooker
- 17.05 The Clothes Show 20:33

- 17.30 Antiques Roadshow 6:12
 - 18.15 O.K. 4:8
 - 18.25 News and Weather
 - 18.40 Song of Praise: »Workshop«
 - 19.15 Only Fools and Horses 6:6
 - 20.05 Lovejoy 5:11
 - 21.00 News and Weather
 - 21.15 Money Programme
 - 21.55 In Solidarity 1:4
- Sendingin snýr seg um nakrar týðningar-miklar hendingar í 1989/90 í Polandi og hvørja ávirkan tær hava havt politiskt og í aðrar mátar. Paul Watson, saman við einum polskum filmslði og einum polskt-føddum framleiðara, Boleslaw Sulik, sýnir ein film, eina søgu um eina tjóð, har serligar broytingar fara fram.
- 22.55 That's Life
 - 23.35 Ski Sunday 9:10
 - 0.10 Monday's Viewing
 - 0.15 Close

Mánadagur 4. februar

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- 9.25 Dish of the Day
- 9.30 People Today
- 10.00 News and Weather
- 10.05 Playdays - Barnasending
- 10.35 People Today
- 11.00 News and Weather
- 11.05 Kilroy
- 11.45 Before Noon
- 12.00 News and Weather
- 12.05 After Noon
- 12.20 Scene Today
- 12.55 Regional News and Weather
- 13.00 One O'Clock News
- 13.30 Mastermind 3:17
- 14.00 Natural World: Portrait of the Planet
- 14.50 Lifeschool: You and your Health — Safer Sex
- 15.10 Storytime: Foo the Potter
- 15.25 Bazaar 4:20
- 15.50 Job Bank
- 16.10 History File: The World since 1945 — Vietnam
- 16.30 Science in action
- 17.00 Newsround
- 17.10 Blue Peter
- 17.35 Going for Gold 45:68
- 18.00 Six O'Clock News
- 18.30 Newsroom South East
- 19.00 Wogan
- 19.30 Family Matters 1:14
- 20.00 May to December 5:7
- 20.30 Wildlife on One: »Birds of the SUN God 5:12
- 21.00 Nine O'Clock News
- 21.30 Panorama
- 22.10 Snooker
- 23.30 Advice Shop
- 0.00 Tuesday's Viewing
- 0.05 Close

Týsdagur 5. februar

- 6.25 Today's Viewing
- 6.30 BBC Breakfast News
- 8.50 Daytime UK
- 9.00 News and Weather
- 9.05 Brainwave
- 9.25 Dish of the Day
- 9.30 People Today
- 10.00 News and Weather
- 10.05 Playdays - Barnasending
- 10.35 People Today
- 11.00 News and Weather
- 11.05 Kilroy
- 11.45 Before Noon
- 12.00 News and Weather
- 12.05 After Noon
- 12.20 Scene Today
- 12.55 Regional News and Weather
- 13.00 One O'Clock News
- 13.30 Horizon: Space Telescope. — Small problem with the Mirror
- 14.20 Choir of the Year 4:6
- 15.00 News
- 15.05 Westminster Live
- 15.50 Bittah!
- 16.10 Soviet Union: Villages in the Cloud
- 16.35 The really wild Roadshow 2:9
- 17.00 Newsround
- 17.10 Grange Hill 9:20
- 17.35 Going for Gold 46:68
- 18.00 Six O'Clock News

- 18.30 Newsroom South East
- 19.00 Holiday '91 5:13
- 19.30 Eastenders
- 20.00 Variety Club awards
- 21.00 Nine O'Clock News
- 21.30 Spender 5:8
- 22.20 Building Sights
- 22.30 Newsnight
- 23.15 Snooker
- 0.05 Wednesday's Viewing
- 0.10 Close

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- 6.30 BBC Breakfast News
- 8.50 Daytime UK
- 9.00 News and Weather
- 9.05 Brainwave
- 9.25 Dish of the Day
- 9.30 People Today
- 10.00 News and Weather
- 10.05 Playdays - Barnasending
- 10.35 People Today
- 11.00 News and Weather
- 11.05 Kilroy
- 11.45 Before Noon
- 12.00 News and Weather
- 12.05 After Noon
- 12.20 Scene Today
- 12.55 Regional News and Weather
- 13.00 One O'Clock News
- 13.30 Food & Drink 13:16
- 14.00 Black Britain: »Here to stay«
- 14.50 In the Garden: February
- 15.05 Around Scotland
- 15.25 A Day in the Life of a Swimming Pool Attendant
- 15.30 Zig Zag
- 15.50 Bodger and Badger 5:12
- 17.00 Newsround
- 17.10 Five Children and it 5:6
- 17.35 Going for Gold 47:68
- 18.00 Six O'Clock News
- 18.30 Newsroom South East
- 19.00 Wogan
- 19.35 ?
- 20.00 Waterfront Beat 6:8
- 20.50 Points of View
- 21.00 Nine O'Clock News
- 21.25 Children of the North 1:4
- 22.20 In Solidarity 2:4
- 23.15 QED: Why Plane fly and other Things
- 23.45 Thursday's Viewing
- 23.50 Close

Hósdagur 7. februar

- 6.25 Today's Viewing
- 6.30 BBC Breakfast News
- 8.50 Daytime UK
- 9.00 News and Weather
- 9.05 Brainwave
- 9.25 Dish of the Day
- 9.30 People Today
- 10.00 News and Weather
- 10.05 Playdays - Barnasending
- 10.35 People Today
- 11.00 News and Weather
- 11.05 Kilroy
- 11.45 Before Noon
- 12.00 News and Weather
- 12.05 After Noon
- 12.20 Scene Today
- 12.55 Regional News and Weather
- 13.00 One O'Clock News
- 13.30 Culloden 4:6
- 14.00 Advice Shop
- 14.30 Reportage
- 15.20 Inset Language in the National Curriculum — Writing
- 16.00 Gordon the Gopher 6:13
- 16.10 Dooby's Duck Truck
- 16.20 You and me: Bring in the New
- 16.35 Billy Webb 6:6
- 17.00 Newsround
- 17.10 Blue Peter
- 17.35 Going for Gold 48:68
- 18.00 Six O'Clock News
- 18.30 Newsroom South East
- 19.00 Top of the Pops
- 19.30 Eastenders
- 20.00 Tomorrow's World
- 20.30 Brittas Empire 6:6
- 21.00 Nine O'Clock News
- 21.30 Open all Hours 3:6
- 22.00 Question Time
- 23.00 Snooker
- 0.10 Friday's Viewing
- 0.15 Close

Euro Sport

Fríggjadagur 1. februar

- 7.30 Eurobics
- 8.00 Volleyball
- 9.00 Skiing
- 10.30 Cheerleading Holiday Special
- 11.30 Skiing
- 13.00 Eurobics
- 13.30 Figure Skating
- 15.00 World Swimming Championships
- 16.00 Disabled Skiing
- 17.00 World Waterskiing Tour
- 18.00 World Sports Special
- 18.30 Eurosport News
- 19.00 Handclimbing
- 20.00 WWF Wrestling
- 21.30 Skiing
- 22.30 Freestyle Skiing
- 23.00 Eurosport News
- 23.30 Indoor Soccer
- 0.30 World Swimming Championships
- 1.30 Ford Ski Report
- 2.30 Close

Leygardagur 2. februar

- 6.00 Childrens Programming
 - 7.00 Fun Factory
 - 8.00 Saturday Alive:
- Skiing
 - Ford Ski Report
 - Skiing
 - Luge
 - Handclimbing
 - Motorsport
 - Speedskating
 - Skiing
- 17.45 Yachting
 - 18.00 Cycling
 - 19.00 Indoor Soccer
 - 20.00 Water-Skiing World Tour
 - 21.00 Luge
 - 21.30 Boxing
 - 22.30 World Cup Today
 - 23.30 Speedskating
 - 0.00 Motorsport
 - 1.00 Handclimbing
 - 2.00 Close

Sunnudagur 3. februar

- 6.00 Hour of Power
 - 7.30 Fun Factory
 - 9.00 Sunday Alive:
- Skiing
 - Transworld Sport
 - Basketball
 - Skiing
 - Luge
 - Speedskating
 - Indoor Speedway
 - Skiing
- 17.30 International Motorsport
 - 18.30 Figure Skating
 - 20.00 Speedskating
 - 20.30 Football Documentary
 - 21.30 Skiing: World Cup Today
 - 22.30 Ice Skating
 - 23.00 Luge
 - 23.30 Indoor Soccer
 - 0.30 World Waterskiing Tour
 - 1.30 Close

Mánadagur 4. februar

- 5.00 International Business Report
- 5.30 Those were the Days
- 6.00 D.J. Kat
- 7.30 Eurobics
- 8.00 Skiing World Championships
- 9.00 European Championships Figure Skating
- 10.30 Eurobics
- 11.00 Tennis — Australian Hardcourt Championships
- 12.30 Synchronised Swimming
- 13.00 World Championships Speedskating
- 13.30 Australian Open Golf
- 15.30 Football Documentary - The Game of Billions
- 16.30 Freestyle Skiing
- 17.00 Big Wheels
- 17.30 Eurosport News
- 18.00 NHL Ice Hockey
- 19.00 U.S. College Basketball
- 20.00 Superbouts Special
- 22.00 Handball - Ladies World Championships

