

BBC
Fríggjadagur 26. mars

- 0.15 Asia Today
- 0.25 Newsnight
- 1.00-5.00 World Service News every full Hour
- 1.25 Question Time
- 2.15 Asia Today
- 2.25 Newsnight
- 3.15 Asia Today
- 3.25 Top Gear
- 4.25 Film '93 with Barry Norman
- 5.25 Kilroy: »Violence on TV«
- 6.00 Business Breakfast
- 7.00 Breakfast News from London
- 9.05 Kilroy
- 9.45 Ross King
- 10.00 News from London
- 10.05 Playdays: »The Patch Stop«
- 10.30 Good Morning with Anne and Nick
- 11.00 News from London
- 11.05 Good Morning with Anne and Nick
- 12.00 News from London
- 12.05 Good Morning with Anne and Nick
- 12.15 Pebble Mill
- 12.55 World Weather
- 13.00 One O'Clock News and Weather
- 13.30 Question Time
- 14.00 World Service News and Weather
- 14.30 Will the ever learn? »Close up North«
- 15.00 Bitsa: »Sci Fi Bits« 12.13
- 15.15 Jackanory: »Haroun and the Sea of Stories« 5.5
- 15.30 Teenage Mutant Hero Turtles 10.13
- 15.55 Blue Peter
- 16.20 Landmarks: »Egypt – Life in Cairo today«
- 16.40 Chronicle: »The Acquisitions«
- 17.30 The Clothes Show
- 17.55 Skiing Snow Reports
- 18.00 Six O'Clock News and Weather
- 18.30 Top of the Pops
- 19.00 Eldorado
- 19.30 You rang M'Lord: »Yes Sir, that's my Baby« 1.6
- 20.20 Side by Side 4.7
- 20.50 Whatever happened to Flora Lipman: »The Man who was Sammy« 1.2
- 21.30 French and Saunders 1.6
- 22.00 World Service News
- 22.25 The late Show
- 22.55 Skiing Snow Reports
- 23.00 World Service News
- 23.20 Holiday Outings: »Malaysia«
- 23.30 Newsnight

Leygardagur 27. mars

- 0.15 World Service News
- 0.25 Newsnight
- 1.00-8.00 World Service News every full Hour
- 1.25 Floyd on France 7.7
- 2.25 Newsnight
- 3.25 Kilroy
- 4.25 Network East Extra
- 5.25 Film '93
- 6.25 France means Business 1.6
- 7.25 The late Show
- 8.25 Public Eye: »Blues on the Beat«
- 9.00 Superbods 9.9
- 9.15 Radio Roo: »Sheep dip« 12.13
- 9.30 Melvin and Maureen's Music-A-Grams: »Toys make it big« 12.13
- 9.45 Century Falls 6.6
- 10.10 Eggs 'N' Baker: »Fish« 7.15
- 10.35 Blue Peter
- 11.00 Top of the Pops
- 11.30 Tomorrow's World
- 12.00 Top Gear 5.16
- 12.30 Gardener's World
- 13.00 Grandstand
- 17.15 incl. The Boat Race 15.15
- 17.30 News from London
- 17.55 Skiing Snow Reports
- 18.00 World News Week
- 18.00 Reportage: »Exodus« 12.14
- 18.40 A Year in Provence: »March – Black Gold« 3.12
- 19.10 US Girls 1.6
- 19.40 All Creatures great and small: »Knowin' how to do it« 2.3

- 20.30 Screenplay: »The Countess Alice«
- 22.00 Red Dwarf V: »Holoships« 4.6
- 22.30 Sport '93
- 23.25 Food and Drink

Sunnudagur 28. mars

- 0.00-7.00 World Service News every full Hour
- 0.25 World News Week
- 1.10 Assignment: »Globo – the power of Soap«
- 3.25 Film '93 with Barry Norman
- 4.25 Kilroy
- 5.25 Public Eye
- 6.25 A Question of Sport
- 7.25 Network East Extra
- 8.00 Six Faces of Royalty: »Charles I – the making of a Martyr« 3.6
- 8.15 Breakfast with Frost
- 9.15 You and Me: »It won't fit«
- 9.30 Bitsa: »Sci Fi Bits« 12.13
- 9.45 Dizzy Heights 6.7
- 10.10 Blue Peter
- 10.35 Country File
- 11.00 Village Praise: »Mallaig« 4.6
- 11.30 UN World
- 12.00 Network East Extra
- 12.30 World News Week
- 13.00 News from London
- 13.05 On the Record
- 14.00 Eastenders Omnibus
- 15.00 ?
- 15.40 Assignment
- 16.25 Antiques Roadshow 12.12
- 17.10 Dr. Who's revelation of the Daleks
- 17.35 The Clothes Show
- 18.00 Holiday 12.14
- 18.30 That's Showbusiness
- 19.00 News from London
- 19.15 Birds of a Feather: »Mice« 4.8
- 19.45 That's Life
- 20.25 The last Romantics
- 21.55 Everyman: »Living for Jason«
- 22.35 The Sky at Night
- 22.55 The Money Programme
- 23.25 World News Week

Mánadagur 29. mars

- 0.00-5.00 World Service News every full Hour
- 0.25 World Business Report
- 1.15 Asia Today
- 1.25 The Money Programme
- 2.25 France means Business
- 3.15 Asia Today
- 4.25 On the Record
- 4.15 Asia Today
- 4.25 Floyd on France
- 5.25 ?
- 6.00 Business Breakfast
- 7.00 Breakfast News from London
- 9.05 Kilroy
- 9.45 Ross King
- 10.00 News from London
- 10.05 Playdays: »The Tent Stop«
- 10.30 Good Morning with Anne and Nick
- 11.00 News from London
- 11.05 Good Morning with Anne and Nick
- 12.00 News from London
- 12.05 Good Morning with Anne and Nick
- 12.15 Pebble Mill
- 12.55 World Weather
- 13.00 One O'Clock News and Weather
- 13.30 Film '93 with Barry Norman
- 14.30 First Sight: »Bullies at work«
- 15.00 Radio Roo: »Sheep Dip« 12.13
- 15.15 Jackanory: »Haroun and the Sea of Stories«
- 15.30 Dizzy Heights 6.7
- 15.55 Billy Webb's amazing Stories 2.6
- 16.20 Japanese Language and People: »All in the Family« 2.10
- 16.50 Computing for the terrified: »Hands off« 6.7
- 17.20 Reportage 12.14
- 18.00 Six O'Clock News and Weather
- 18.30 Network East Extra
- 19.00 Eldorado
- 19.30 Tomorrow's World
- 20.00 You, me and it
- 20.50 One Foot in the Grave: »The Trial« 5.6

- 21.20 40 Minutes: »Away the Lads«
- 22.00 World Service News
- 22.30 World Business Report
- 23.00 World Service News
- 23.25 Newsnight

Týsdagur 30. mars

- 0.15 World Service News
- 0.25 World Business Report
- 1.00-5.00 World Service News every full Hour
- 1.15 Asia Today
- 2.15 Panorama
- 3.15 Asia Today
- 3.25 Newsnight
- 4.25 ?
- 5.25 Mastermind
- 6.00 Business Breakfast
- 7.00 Breakfast News from London
- 9.05 Kilroy
- 9.45 Ross King
- 10.00 News from London
- 10.05 Playdays: »The Why-Bird Stop«
- 10.30 Good Morning with Anne and Nick
- 11.00 News from London
- 11.05 Good Morning with Anne and Nick
- 12.00 News from London
- 12.05 Good Morning with Anne and Nick
- 12.15 Pebble Mill
- 12.55 World Weather
- 13.00 One O'Clock News and Weather
- 13.30 First Letter first
- 13.55 ?
- 14.00 World Service News
- 14.30 Wining: »Winning with the Market – All gurned up« 4.6
- 15.00 Melvin and Maureen's Music-A-Grams 11.13
- 15.15 The flawed Glass
- 15.30 The really wild Show
- 15.55 Blue Peter
- 16.20 Tomorrow's World
- 16.50 Lucinda Lambton's Alphabet of Britain: »S is for South« 6.14
- 17.00 Madhur Jaffrey's Far Eastern Cookery 5.8
- 17.30 Gardener's World
- 18.00 Six O'Clock News and Weather
- 18.30 2.4 Children: »Thank your lucky Stars« 7.7
- 19.00 LUV
- 19.30 Eastenders
- 20.00 Waiting for God
- 20.30 Horizon: »Dante goes to Hell«
- 21.20 Panorama
- 22.00 World Service News
- 22.30 World Business Report
- 23.00 World Service News
- 23.25 Newsnight

Mikudagur 31. mars

- 0.15 World Service News
- 0.25 World Business Report
- 1.00-5.00 World Service News every full Hour
- 1.15 Asia Today
- 1.25 Newsnight
- 2.15 Everyman
- 3.15 Asia Today
- 3.25 Newsnight
- 4.15 Asia Today
- 4.25 The Clothes Show
- 5.25 Holiday
- 6.00 Business Breakfast
- 7.00 Breakfast News from London
- 9.05 Kilroy
- 9.45 Ross King
- 10.00 News from London
- 10.05 Playdays: »The Playground Stop«
- 10.30 Good Morning with Anne and Nick
- 11.00 News from London
- 11.05 Good Morning with Anne and Nick
- 12.00 News from London
- 12.05 Good Morning with Anne and Nick
- 12.15 Pebble Mill
- 12.55 World Weather
- 13.00 One O'Clock News and Weather
- 13.30 UN World
- 14.00 World Service News
- 14.30 Who cares now?: »Only communicate« 4.5
- 15.00 Storytime: »Too much Noise«

- 15.15 Superbods 9.9
- 15.30 The flawed Glass
- 15.45 Eggs 'N' Baker 12.15
- 16.10 Billy Webb's amazing Story 3.6
- 16.35 ?
- 17.00 Mosaic 5.6
- 17.30 Business Matters
- 18.00 Six O'Clock News and Weather
- 18.30 Watchdog
- 19.00 Eldorado
- 19.30 Holiday 13.14
- 20.00 A Question of Sport
- 20.30 Mr. Wroe's Virgins: »Martha's Story« 4.4
- 21.30 The late Show
- 22.00 World Service News
- 22.30 World Business Report
- 23.00 World Service News
- 23.25 Newsnight

Hósdagur 1. apríl

- 0.15 World Service News
- 0.25 World Business Report
- 1.00-5.00 World Service News every full Hour
- 1.15 Asia Today
- 1.25 Newsnight
- 2.25 Reportage 12.14
- 3.15 Asia Today
- 3.25 Newsnight
- 4.25 Tomorrow's World: »Crime Special«
- 5.25 The Buckman Treatment 3.6
- 6.00 Business Breakfast
- 7.00 Breakfast News from London
- 9.05 Kilroy
- 9.45 Ross King
- 10.00 News from London
- 10.05 Playdays: »The Roundabout Stop«
- 10.30 Good Morning with Anne and Nick
- 11.00 News from London
- 11.05 Good Morning with Anne and Nick
- 12.00 News from London
- 12.05 Good Morning with Anne and Nick
- 12.15 Pebble Mill
- 12.55 World Weather
- 13.00 One O'Clock News and Weather
- 13.30 Japanese Language and People: »On the Road«
- 14.00 World Service News
- 14.30 France means Business: »Wide-Screen Europe« 5.5
- 15.00 You and Me: »It won't fit«
- 15.10 Finger-mouse: »Trumpet«
- 15.25 The flawed Glass
- 15.40 Wiz Bang
- 15.55 Century Falls 6.6
- 16.20 The O-Zone
- 16.35 The good Book Guide 6.8
- 16.50 Nature: »Between the Devil and the deep Blue Sea« 5.5
- 17.30 Top Gear
- 18.00 Six O'Clock News from London
- 18.30 Last of the Summer Wine: »That's not Captain Zero« 4.14
- 19.00 May to December: »Who can I turn to?« 3.6
- 19.30 Eastenders



- 20.00 Lovejoy: »Dainty Dish« 11.13
- 20.50 Film '93 with Barry Norman
- 21.20 Goggle Eyes 2.4
- 22.00 World Service News
- 22.30 World Business Report
- 23.00 World Service News
- 23.25 Newsnight

EuroSport
Fríggjadagur 26. mars

- 14.00 Hestatröttur: Volvo Show-lop Dortmund
- 15.00 Fimleikur: Alþjóða kapping Frakland
- 16.00 Alþjóða motortröttur
- 17.00 Skirenning: World Cup Nord-landsdskt
- 18.00 Eurofun
- 18.30 Eurosportnytt
- 19.00 Alþjóða motortröttur
- 20.00 Hondobólur, HM – Svanríki
- 21.00 Bokaing
- 23.00 Kickbokaing
- 0.00 Eurosportnytt
- 0.30 Líbúgt

Leygardagur 27. mars

- 7.30 Livandi leygardagur: Benneibís skirenning, World Cup Norðurlandsdskt, menn 4x5 km í finala
- 9.00 Skifragreining
- 10.00 Skirenning, World Cup, renning, Noreg
- 11.30 Skilop, benneibís, World Cup, Noreg
- 13.00 Benneibís listakoyting, HM, fr, kvinnur, Prag
- 14.00 Skirenning, World Cup, norðurlandsdskt, kvinnur 4x5 km í finala
- Benneibís súkkling, Milano-San Remo
- Hondobólur, HM – 3.4 plass, Svanríki
- Skirenning, World Cup, Norðurlandsdskt, skilop, í finala
- Hondobólur, HM, í finala, Svanríki
- Skilop: World Cup, Noreg
- Benneibís hestatröttur: Volvo Show-lop, Paris
- 22.00 Bokaing
- 23.30 Alþjóða motortröttur
- 0.30 Líbúgt

Sunnudagur 28. mars

- 7.30 Livandi sunnudagur: Benneibís skirenning, World Cup Norðurlandsdskt, 15 km menn, í finala Transworld Sport urellum hémunum
- 10.00 Benneibís skirenning, World Cup, menn, Super G-Noreg
- Hestatröttur, Volvo Show-lop, Paris
- 16.00 Fimleikur, World Cup, Noreg
- 18.00 Skilop, World Cup, Noreg
- 20.00 Skirenning, World Cup, Norðurlandsdskt
- 21.00 Hestatröttur, Volvo Show-lop, Paris
- 23.00 Bokaing
- 0.30 Líbúgt

Mánadagur 29. mars

- 7.30 Step Aerobics
- 8.00 Skilop, World Cup, Noreg
- 9.00 Skirenning, World Cup, Noreg
- Hondobólur: HM 3.4 plass, Svanríki
- 11.00 Hondobólur: HM, í finala, Svanríki
- 12.00 Alþjóða motortröttur
- Hestatröttur, Volvo show-lop, Paris
- 14.00 Súkkling, Milano-San Remo
- 15.00 Skirenning, World Cup, Noreg
- 16.00 Ísrae: Andros Trolaib
- 17.00 Snow-Biking: Tundra Rally
- 18.00 Eurofun
- 18.30 Eurosportnytt
- 19.00 Kickbokaing
- 20.00 Fotbóltur
- 21.00 Eurogoals: Fotbóltur
- 22.00 Bokaing
- 23.00 Hondobólur: HM 3.4 plass, Svanríki
- 0.00 Eurosportnytt
- 0.30 Líbúgt

Týsdagur 30. mars

- 7.30 Step Aerobics
- 8.00 Skirenning: World Cup, kvinnur, storslalom, Noreg
- 9.00 Skirenning, World Cup, menn, Spania
- 10.00 Skilop, World Cup, Noreg
- Hondobólur, HM, Svanríki
- 12.00 Eurogoals, fotbóltur
- 13.00 Listakoyting: HM Prag
- 15.00 Skirenning, World Cup, Free-style, Eysturrikið

- 16.00 Windsurfing: Swatch Super Fudoor Evend
- 17.00 Eurogoals: Fotbóltur
- 18.00 Eurofun
- 19.00 Eurosportnytt
- 21.00 Hondobólur, HM, Svanríki
- 21.00 Bokaing
- 22.00 Kickbokaing
- 23.00 Skilop, World Cup, Noreg
- 0.00 Eurosportnytt
- 0.30 Líbúgt

Mikudagur 31. mars

- 7.30 Step Aerobics
- 8.00 Windsurfing
- 9.00 Fimleikur íttrottur: HM innandura – Toronto
- 11.00 Eurogoals: Fotbóltur
- 12.00 Hondobólur: HM Svanríki
- 13.00 Listakoyting: HM – Prag
- 15.00 Ísrae, Andros Trolaib
- 16.00 Karate úr Fraklandi
- 17.00 Kurvaibóttur: Am College mestarskap, East Conference Championship
- 18.30 Eurosportnytt
- 19.00 Fimleikur: Alþjóða sterna, Frakland
- 21.00 Motortröttur: Formel 1 GP – Súðanríki
- 22.00 Fotbóltur: Europa Cup
- 0.00 Eurosportnytt
- 0.30 Líbúgt

MTV
Fríggjadagur 26. mars

- 2.00 Night Videos
- 6.00 Awake on The Wildside
- 9.00 VJ Paul King
- 12.00 VJ Simone
- 15.00 MTV's Greatest Hits
- 16.00 The MTV Coca-Cola Report
- 16.15 MTV at The Movies
- 16.30 MTV News at Night
- 16.45 3 from 1
- 17.00 Paula Abdul Rockumentary
- 17.30 MTV Prime
- 19.00 Dial MTV
- 19.30 MTV's Most Wanted
- 21.00 MTV's Greatest Hits
- 22.00 The MTV Coca-Cola Report
- 22.15 MTV at The Movies
- 22.30 MTV News at Night
- 22.45 3 from 1
- 23.00 MTV unplugged with Jo Cockar

Leygardagur 27. mars

- 0.00 VJ Kristiane Backer
- 2.00 Night Videos
- 7.00 Oscar Preview Weekend
- 9.30 Ray on the Plate
- 10.00 The Big Picture
- 10.30 YO! MTV Raps
- 12.30 XPO
- 13.00 Oscar Preview Weekend
- 15.00 Week in Rock
- 17.00 The Real World
- 17.30 The Big Picture
- 18.00 MTV's Braun European Top 20
- 20.00 Saturday Night Live Vintage
- 20.30 MTV Sports
- 21.00 The Soul of MTV
- 22.00 Partyzone

Sunnudagur 28. mars

- 0.00 Oscar Preview Weekend
- 2.00 Night Videos
- 7.00 Oscar Preview Weekend
- 10.00 Week in Rock
- 10.30 European Top 20
- 12.30 XPO
- 13.00 The Big Picture
- 13.30 Oscar Preview Weekend
- 17.30 Week in Rock
- 18.00 MTV's US Top 20 Video Countdown
- 20.00 120 Minutes
- 22.00 XPO
- 22.30 Headbanger's Ball

Mánadagur 29. mars

- 1.00 VJ Kristiane Backer
- 2.00 Night Videos
- 6.00 Awake on The Wildside
- 9.00 VJ Kristiane Backer
- 12.00 VJ Simone
- 14.00 The Soul of MTV
- 15.00 MTV's Greatest Hits
- 16.00 The MTV Coca-Cola Report
- 16.15 MTV at The Movies