



**SPORTS** 



The Contenders: Russia 2018 Trace Sport Stars Channel 126

With the World Cup just around the corner, we profile the teams and set up all the action you can expect to see at Russia 2018. After a humiliating exit in the group stage in 2014, David Silva is looking to put Spain back in the map, while Andreas Granqvist takes the mantle of Swedish captain from the legendary Zlatan Ibrahamović. Get all the World Cup knowledge you need in time of kick off!



6th APRIL at 20:55 CAT/ 21:55 EAT Planet Champion: USA Boarders vs. European Adrenaline Trace Sport Stars Channel 126

From Anastacia Ashley to Ueli Steck, we get extreme with surfers, riders and climbers from both sides of the Atlantic.



The Burning Issue Trace Sport Stars channel 126

We're talking football on The Burning Issue, tackling the hottest topics in the game today. For example can Luka Modrić and Ivan Rakitić continue Croatia's winning streak? Can Ramadan Sobhi steal the spotlight from his Egyptian teammate Mohamed Salah at the World Cup? And can Olivier Giroud prove that he no longer belongs on the bench? Get to the bottom of all these debates and more on The Burning Issue.





Every Wednesday at 19:00 CAT/ 20:00 EAT Milan Football Nights Zuku Sports Channel 300

Get up to date on all the highlights of AC Milan and Barcelona football clubs' games and recaps and post match analysis.



Every Saturday at 14:00 CAT/ 15:00 EAT Arsenal Zuku Sports Channel 300

Don't miss the action, on our weekend re-runs of Arsenal FC matches, highlights and post match analysis. Also get to know your favourite player through team bios.



13<sup>™</sup> APRIL at 21:20 CAT/ 22:20 EAT Top: Freesports
Trace Sport Stars channel 126

Laird Hamilton tames untamable waves and Danny MacAskill conquers the mountain as we count down the greatest freestylers.

20<sup>™</sup> APRIL at 20:55 CAT/ 21:55 EAT

Top: Free Sports Earth
Trace Sport Stars channel 126

Tony Hawk is invited to skate with Obama at the White House in the countdown of the best daredevils on the planet!



**MOVIES** 

23RD APRIL at **Christmas At Castlebury Hall** 23:00 CAT/ Midnight EAT Zuku Movies Family channel 207

Jules Daly (Katie McGrath) becomes the legal guardian of her niece and nephew; Maddie (Leilah de Meza) a 7-year old funny girl and Milo (Travis Turner) a 15-year old rebel and troublemaking teenager. After Jules gets laid off at work in Buffalo, New York, Paisley Winterbottom, the butler of Duke Edward, the children's wealthy grandfather, appears with an invitation for Milo and Maddie to spend the Christmas holidays with his employer. Jules initially refuses, but decides to go for the children's sake.



27<sup>™</sup> APRIL at 21:00 CAT/ 22:00 EAT

Elle: A Modern Cinderella Ta Zuku Movies Family channel 207

Elle wants to be a singer/songwriter, but her dreams are cut short by the sudden death of her parents. She moves in with her adoptive uncle, who runs a small independent record label whose biggest act, Sensation, is also Elle's



The Devil Comp 23:00 CAT/ Midnight EAT Zuku Movies Action channel 204

Transylvanian forest. After searching for the film crew for two years, Rachel's teacher finds a camera buried in the snow. Rachel will discover the dark history of strange



29<sup>™</sup> APRIL at

New World Order Zuku Movies Max channel 20

A HORRIFIC AND BARROWING STORY

**Zuku Movies Action Channel 20** 

drug called Torpase is mandated on the entire American population. A priest and rebels, who wean Americans off

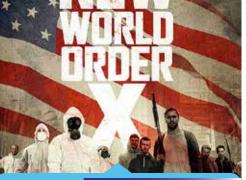


21:00 CAT / 22:00 EAT

POSSESSED WILL COME TO HER

12<sup>™</sup> APRIL at

19:00 CAT/ 20:00 EAT

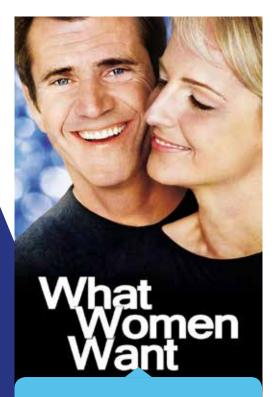


perception, Amy starts witnessing haunting visions as her entire Amish village begins to fall into demonic control. An ominous funeral director, Christopher, uses Amy's special abilities to seek out the covert leader behind the



**MOVIES** 





21<sup>ST</sup> APRIL at 19:00 CAT/ 20:00 EAT

What Women Wan Zuku Movies Max channel 201

life when a fluke accident gives him the ability to read women's minds. At first, this "gift" provides Nick with way too much information, but he begins to realize that he can use it to good effect, especially when it comes to outwitting his new boss, Darcy Maguire (Helen Hunt).

30<sup>™</sup> APRIL at 21:00 EAT/ 22:00 CAT

The Painted Veil Zuku Movies Max channel 201

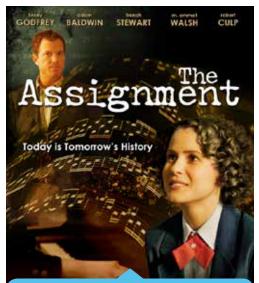
Caught in an affair with another man (Liev Schreiber), a scientist's callow wife (Naomi Watts) accompanies her husband (Edward Norton) to Mainland China in the 1920s to fight a cholera epidemic. There, she embarks on a journey of selfdiscovery that leads to an unexpected chance at redemption.



30<sup>™</sup> APRIL at 21:00 CAT/ 22:00 EAT

Zuku Action channel 20

An ice-cold tale of misguided ambition and savage revenge. Set in the bowels of an iconic derelict Los Angeles high-rise, we follow Lauren and her real-estate investing fiancé as they discover first hand what happens when a madman leads not with emotion, but rather



19<sup>™</sup> APRIL at 20:00 CAT/ 21:00 EAT

The Assignme Zuku Movies Family channel 20

After acceptance to a prestigious music school, Eliza's





Every Thursday at 19:00 CAT/ 20:00 EAT

BONGO 10 Trace Mziki Channel 745

Bongo 10 brings you all the top songs of the week trending in Tanzania on Trace Mziki.



14<sup>TH</sup> APRIL at 23:30 CAT/ 00:00 EAT

The Story of Rihanna Trace Mziki channel 745

Be sure to catch Miss Fenty's very special feature: Rihanna has undoubtedly shifted pop culture reaching success heights many artists aspire to at a very young age.



Every Tuesday at 19:00 CAT/ 20:00 EAT

KENYA 10 Trace Mziki Channel 745

Don't miss your weekly countdown of the best hits from Kenya every Tuesday at 8pm on Trace Mziki.



**KIDS** 



Pierre The Painter Baby TV Channel 610

Pierre the passionate painter loves to showcase his artwork! Pierre visits different locations to paint pictures and as he begins drawing, his friends try to guess what the picture will be. Pierre continues to add clues to the picture until someone guesses the right answer. What is Pierre painting this time? See if you can guess!



Everyday

KAIJUDO Zuku Kids Channel 600

Ray has been recruited by the duel masters to study Kaijudo Be sure to catch all the adventures on Kaijudo.



Everyday

Dukes of Broxtonia Zuku Kids, Channel 600

The dukes, a teenage punk thrash band from Broxtonia is on a tour. The band which comprises of teenagers Arj, Barj and Larj are sponsored by the Broxtonian government to spread their unique punk thrash sounds to the world.



Grandpa Joe Baby TV Channel 610

Grandpa Joe uses his magical building blocks to create wonderful, surprising animals and toys with the help of Joy, Dylan and his loyal dog Pepper. Listen out for Grandpa's magic words, which bring the blocks to life daily on Baby TV.



Everyday

The Circus Comes To Town
Baby TV channel 610

Go back to the charming days when the circus came to town. Watch the fun clowns as they do their slapstick tricks, see the acrobats flip and turn and the magicians pulling bunnies out of hats. Children will explore basic concepts such as big and small, few and many, heavy and light and more.



Everyday

King Arthur's Disasters Zuku Kids, Channel 600

What mischief is the Love-struck King Arthur up to as he seeks the hand of the lovely princess Guinevere? Be sure to watch King Arthurs Disasters





**SERIES** 



Every Wednesday at 21:00 CAT/ 22:00 EAT

Deep State Fox Channel 130

Max Easton is an ex-spy brought back into the field to avenge the death of his son, only to find himself at the heart of a covert intelligence war and a conspiracy to profit from the spread of chaos throughout the Middle East



Every Thursday at 21:00 CAT/ 22:00 EAT

Empire 4b Fox Channel 130

A powerful drama about a family dynasty set within the glamorous and sometimes dangerous world of hip-hop music, the show revolves around the Lyons and their media company, Empire Entertainment.



Monday to Fridays at 18:30 CAT/ 19:30 EAT

American Dad Season 3 Fox channel 130

An animated comedy revolving around Stan Smith, a CIA agent in Langley Falls, VA, whose main objective in life is national security. His family, a talking goldfish and a space alien rescued from Area 51 keep Stan busy while he tries to prevent terrorist activity in the U.S.



Double Bill Fridays at 20:10 CAT/ 21:10 EAT

Criminal Minds Season 12 Fox channel 130

When frozen bodies are found in Nevada floating in water, the BAU's investigation leads them to suspect that the victims were part of a cult that could be behind the deaths.



Every Saturday at 17:35 CAT/ 18:35 EAT

Life In Pieces Season 3 Fox channel 130

Life In Pieces is a single-camera comedy about one big happy family and their sometimes awkward, often hilarious and ultimately beautiful milestone moments as told by its various members.



Every Thursday at 22:00 CAT/ 23:00 EAT

Atlanta Robbin' Season 2 Fox Channel 130

Two cousins work through the Atlanta rap music scene in order to better their lives and the lives of their families; "Earnest 'Earn' Marks," an ambitious college drop-out and his estranged cousin, who suddenly becomes a star.



Every Saturday at 20:25 CAT/ 21:25 EAT

The Mick SN 2 Fox channel 130

A hard-living aunt is forced to take care of her wealthy sister's spoiled kids after the mom flees the country to avoid criminal charges.



The Resident Fox Channel 130

THE RESIDENT is a powerful new medical show focusing on a young doctor's final years of training that rips back the curtain to reveal the truth of what really happens, both good and bad, in hospitals across the country. The series stars Matt Czuchry (The Good Wife), Emily VanCamp (Revenge), Manish Dayal (Halt and Catch Fire), Moran Atias (24: Legacy), Merrin Dungey (Big Little Lies), Shaunette Renée Wilson (Billions), Melina Kanakaredes (CSI: NY, Providence) and Bruce Greenwood (The People v. O.J. Simpson: American Crime Story, Mad Men).



**SERIES** 

Mondays at 21:00 CAT/ 22:00 EAT The Walking Dead Season 8b Fox Channel 130

Up until now, survival has been the focus of Rick and the Alexandrian forces, but it's not enough. They have to fight they can rebuild. As with any battle, there will be losses. Maggie leading the Hilltop, and King Ezekiel leading the Kingdom -- Negan and the Saviors' grip on this world may finally be coming to an end.



**Every Monday at** 21:00 CAT/ 22:00 EAT

THE GIFTED Fox channel 130

THE GIFTED tells the emotional story of a suburban couple whose ordinary lives are rocked by the sudden discovery that their teenage children possess mutant powers. Forced to go on the run from a hostile government, the family seeks help from an underground network of mutants and must fight to survive.



**Every Saturday at** 20:50 EAT/ 21:50 CAT

Legion Fox Channel 130

Based on the Marvel Comics by Chris Claremont and Bill Sienkiewicz, Legion is the story of "David Haller" (Dan Stevens), a man who believed himself to be schizophrenic only to discover that he may actually be the most powerful mutant the world has ever seen.



18:30 CAT/ 19:30 EAT

Monday To Friday at

**Family Guy** Fox channel 130

Meet the Griffins - Peter, the big, lovable oaf who always says what's on his mind. Lois, the doting mother who can't figure out why her son keeps trying to kill her. Their daughter Meg, the teen drama queen who's constantly embarrassed by her family. Chris, the beefy 13-year-old who wouldn't hurt a fly, unless it landed on his hot dog. Stewie, the maniacal one-year-old bent on world domination. And Brian, the sarcastic dog with a wit as dry as the martinis he drinks. The animated adventures of this outrageous family will have you laughing out loud.



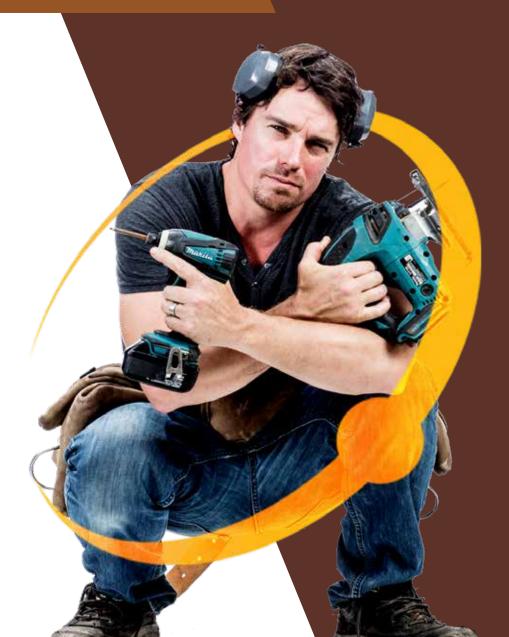
**Every Saturday at** 20:55 CAT/ 21:55 EAT

**Ghosted Season 1** Fox Channel 130

GHOSTED is a single-camera, live-action comedy about the partnership between two polar opposites - a cynical skeptic and a genius "true believer" in the paranormal - who are recruited by a secret government agency, known as The Bureau Underground, to save the human race from aliens. Also starring Ally Walker (Colony, Sons of Anarchy), Adeel Akhtar (Unforgotten, The Night Manager) and Amber Stevens West (The Carmichael Show, 22 Jump Street), this heroic group of underdogs will look into unexplained activity in Los Angeles, as they attempt to uncover the truth and keep the Earth rotating on its axis for at least one more day.



# LIFESTYLE





#### Everyday at 17:15 CAT/ 18:15 EAT

Mary Mary Season 3 Viasat Life 413

Follow Gospel superstars (and sisters) Erica and Tina Campbell as they juggle the demands of their hectic touring schedule, their marriages and children, as well as being part of a big raucous extended family. This is a docusoap full of sparkle, but with a dramatic, human, heart, and fuelled by the sensational personalities of the heavenly sister act.

# Every Wednesday at 21:30 CAT/ 22:30 EAT

Brojects Season 3 Viasat Explore 411

They are back! More man-tastic DIY projects as brothers Kevin and Andrew Buckles engage in challenging and often-quirky home improvement builds. Brothers Kevin and Andrew Buckles attempt to embark on some interesting challenges such as building a cookout station on wheels that they can tow along, but this is one broject that might blow up in their faces.



#### Everyday at 18:00 CAT/ 19:00 EAT

10 Puppies And Us Viasat Nature 410

This is an ambitious series charting the ups and downs of 10 puppies and their families through their all-important first 6 months together. Every year, the UK welcomes a quarter of a million puppies into its homes and this series follows 10 of them. It explores how the nations favourite pet develops, learns and adapts to their new world, but also the profound effects they can have on the lives of their owners. '10 Puppies and Us' captures both the mayhem and delight a new puppy brings, from toilet training and first walks, to sleepless nights and getting used to their new owners.





#### Everyday at 12:00 CAT/ 13:00 EAT

Sarah Graham's Food Safari Viasat Life 413

South African food blogger and cookbook author Sarah Graham takes her kitchen on the road in this travelogue. She heads out on an ambitious food safari through Zimbabwe, Zambia and South Africa to prove that if you have the right ingredients, your kitchen can be anywhere. Graham comes up with adventurous new recipes that fit in with the show's outdoor theme as she prepares meals for friends and family. Cooking outdoors doesn't come without obstacles, though, as wildlife encounters happen along the way. The wildlife and forest settings also make for a picturesque setting for Graham and her loved ones at mealtime.



## **DOCUMENTARIES**





#### 9<sup>th</sup> to 15<sup>th</sup> April at 18:00 CAT/ 19:00 EAT

Deadliest Week Ever Nat Geo Wild 416

It is all about survival of the fittest in the wild. Nat Geo WILD is taking a close look at the most riveting moments of animal predation, breaking down the struggle for survival and supremacy. Deadliest Week Ever dedicates a whole week of the predator vs. prey to get an intimate look at how these animals battle it out.



#### Everyday at 21:45 CAT/ 22:45 EAT

Hunting Nazi Treasure Viasat History 412

This series is about the greatest theft in history and one of the biggest treasure hunts in the world today. Between 1933 and 1945, the Nazis looted millions of cultural objects and hundreds of tons of gold bullion. They stole wedding rings and gold teeth fillings, uncut diamonds and crown jewels; they cleaned out museums, libraries, churches, synagogues, businesses, factories and family homes. Some of what was stolen remains missing today, including an estimated 100,000+ artworks with pieces by Degas, Van Gogh and Raphael; as well as caches of gold, diamonds, jewellery and other cultural treasures worth tens, if not hundreds, of millions. In 2007, a former CIA economist estimated the total value of still missing Nazi loot at \$115–175 billion. The recovery effort began in the

10<sup>TH</sup> MARCH at 18:00 CAT/ 19:00 EAT Killer Seals Nat Geo Wild <u>416</u>

The whole day special programming with the best rated content to commemorate "Wildlife Day".



#### 24<sup>™</sup> APRIL at 18:00 CAT/ 19:00 EAT

Wild Canada Viasat Nature 410

This series will view Canada's extraordinary wildlife through the lens of its four distinct seasons. Lightning storms and tornadoes whipping across the Canadian prairies, secret worlds buried beneath the snow, polar bears hunting in the open summer waters of Hudson bay, a bizarre animal that lives underground and has 28 tentacles around its mouth instead of eyes, frogs that actually freeze solid in the winter – miraculously coming back to life after each spring – this series will showcase the most amazing and rare natural wonders of Canada.



30<sup>TH</sup> APRIL at 18:00 CAT/ 19:00 EAT Africa's Deadliest Botswana Nat Geo Wild 416

In the battlegrounds of Botswana, it takes cunning, power and ingenuity to survive. This three part series explores how hunters and the hunted employ an array of weapons, tricks and tactics to gain the upper hand.



9<sup>th</sup> APRIL at 18:00 CAT/ 19:00 EAT Deep Sea Killers Nat Geo Wild 416

oin us as we explore the ways animals kill in the ocean.



Everyday at 20:45 CAT/ 21:45 EAT

Viking Dead Viasat History 412

Welcome to a world of secret graves. Mysterious death ships, newly discovered skeletons, missing fortresses and lost long ships. In this brand new series, leading archaeologist Tim Sutherland travels to Scandinavia, Estonia, Britain and beyond to get new insights into the world of those they called the North Men.



Everyday at 18:00 CAT/ 19:00 EAT Wild Animal In My Family Viasat Nature 410

Wild Animal In My Family is a three part series that tells the extraordinary stories of three wild animals, a polar bear, a parrot and an orangutan, that have spent their lives cared for by humans and formed a very deep and enduring attachment. We follow in detail the ups and downs of their lives together, all the joy and all the pain. These astonishing relationships cross the species divide and give us privileged insight into the minds of creatures that share our world.



15<sup>™</sup> APRIL at 18:00 CAT/ 19:00 EAT Bite, Sting & Kill — Monsters In The Shadows Nat Geo Wild 416

Geo Wild Life proliferate s in the thickest rainforests and jungles. From the creepiest bugs to the bigger monsters in the shadows, there is a little bit of terror behind every tree.



## **DOCUMENTARIES**



13<sup>™</sup> April at 18:45 CAT/ 19:45 EAT

World Deadliest Compilation — Micro Killers Nat Geo Wild 416

Micro Killers – The animal kingdom is full of cute little critters but these tiny terrors are the stuff of nightmares!



#### Every Tuesday at 21:30 CAT/ 22:30 EAT

Carp Wars Viasat Explore 411

Carp Wars is a carp fishing challenge featuring six anglers facing off in head to head matches, and includes some of the biggest names in UK carp angling – Dave Lane; lan Russell, lan 'Chilly' Chilcott, Jerry Hammond and Mark Bryant. The anglers will face off in 15 head to head matches, each held over 24 hours at a variety of venues around the UK. Points are awarded to the angler who lands the biggest fish, and the angler who lands the biggest fish, and the angler who lands the total weight. After the 15 group matches the top two anglers will do battle once more in the 48-hour grand final, which will be held at the Etang le Fays fishery in France. As if playing for pride doesn't offer enough incentive, the anglers will have their motivation to win boosted by the chance to net themselves the £3000 cash prize.



World Deadliest Compilation — Dangerous Games Nat Geo Wild 416

On the Savannah in Africa, everyday is a battle. Predators and prey fight to keep their bloodline going, facing danger from everywhere.



12<sup>™</sup> APRIL at 18:45 CAT/ 19:45 EAT

World Deadliest Compilation — In Cold Blood Nat Geo Wild 416

When your blood runs cold, you will do anything to ge your prey. Eat your own kind, brutal surprise attacks poisonous bites – you have to have ice in your veins to kill this viciously.



30<sup>™</sup> APRIL at 18:45 CAT/ 19:45 EAT

World Deadliest Compilation — Killers Of The Deep Nat Geo Wild 416

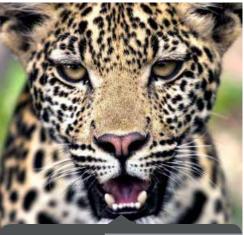
The ocean is a predator's paradise. In waters bustling with life, creatures develop sophisticated skills and weaponry to survive and thrive. From coastal reef assassins to goliaths of the deep, these hunters deal out a one-way ticket to Davy Jones'locker.



Everyday at 18:00 CAT/ 19:00 EAT

Nigel Marven's Wild Philippines Viasat Nature 410

The Philippines has a greater variety of life per square mile than any other country. Half of its 52,000 species are found nowhere else on Earth. An archipelago of 7000 tropical islands scattered in the Pacific, it's a land of contrasts, from calm tropical seas sheltering delicate castles of coral, to the smoke and fire of twenty active volcanoes; from the world's largest eagle to one of the smallest primates, the tiny tarsier. In the style of the hugely successful 'Wild Colombia with Nigel Marven', this series is one be the first to reveal the extraordinary natural riches of the Philippines where many of the country's creatures have never been caught on camera before.



11<sup>™</sup> APRIL at 18:00 CAT/ 19:00 EAT

South Africa: Cradle Of Killers National Geographic 416

From strange chance encounters to aggressive territorial disputes, only South Africa's fittest - or luckiest - will live to survive to another day.



22<sup>ND</sup> APRIL at 11:00 CAT/ 12:00 EAT

Symphony Of Our World (Premier)
Nat Geo Wild 416

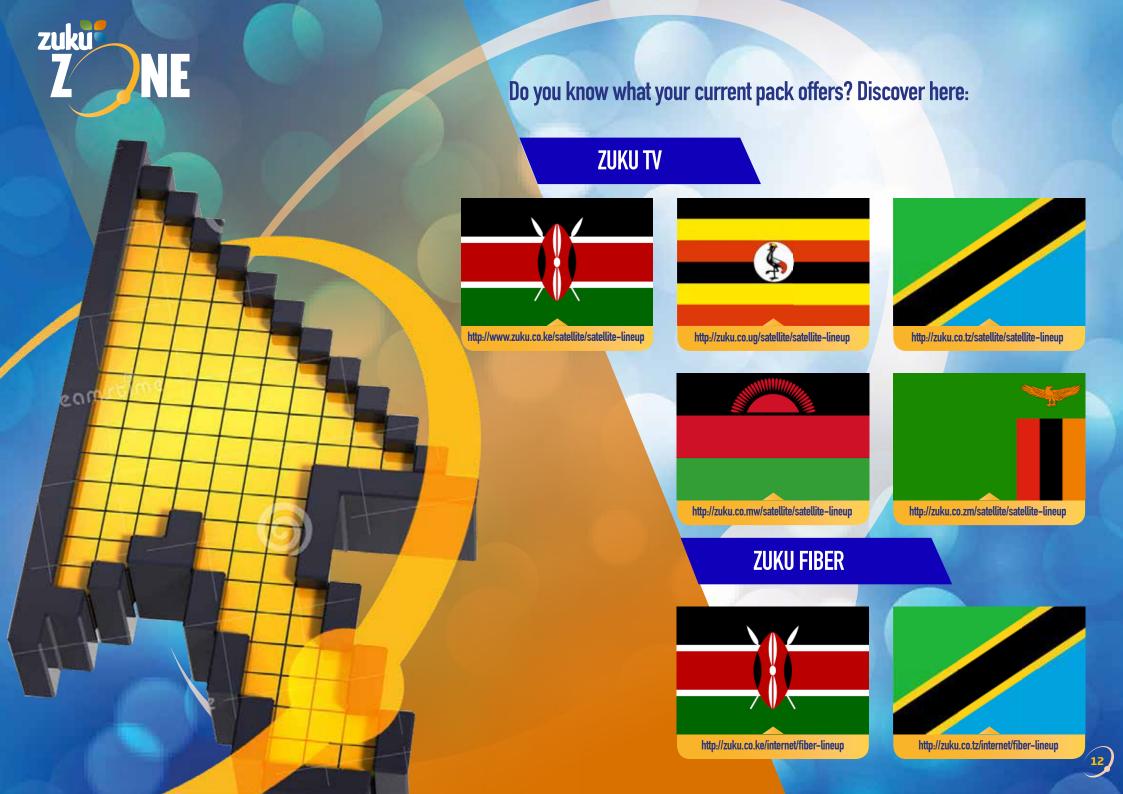
The Earth Day, 2018, National Geographic embarks on a journey of artistry and science through a global, musical exploration of the sea, shore, land, mountains and sky with a five part composition as varied, dynamic and stunning as Earth itself.



9<sup>™</sup> APRIL at 18:45 CAT/ 19:45 EAT

World Deadliest Compilation — Die Hard Nat Geo Wild 416

In the animal kingdom, the law is always eat or be eaten. But some sophisticated predators take down prey in brutal and terrifying ways.





# **RADIO CHANNELS**





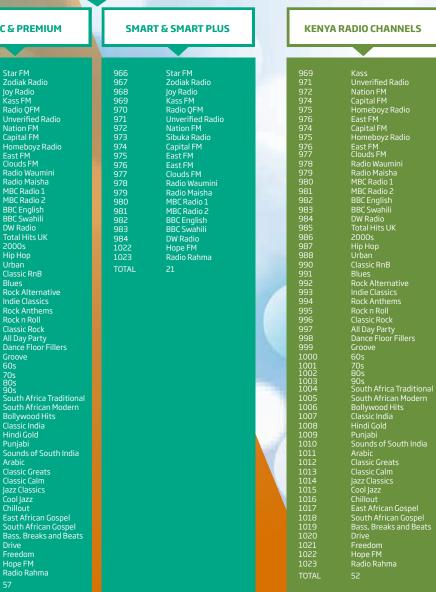
FIBER

**TANZANIA RADIO CHANNELS** 

977	Clouds FM
982	BBC English
983	BBC Swahili
985	Total Hits UK
986	2000s
987	Hip Hop
988	Urban
990	Classic RnB
991	Blues
992	Rock Alternative
993	Indie Classics
993	Rock Anthems
994	Rock Anthenis Rock n Roll
995	
	Classic Rock
997	All Day Party
998	Dance Floor Fillers
999 1000	Groove
	60s
1001 1002	70s 80s
1002	905
1004	South Africa Traditiona
1005	South African Modern
1006	Bollywood Hits
1007	Classic India
1008	Hindi Gold
1009	Punjabi
1010	Sounds of South India
1011	Arabic
1012	Classic Greats
1013	Classic Calm
1014	Jazz Classics
1015	Cool Jazz
1016	Chillout
1017	East African Gospel
1018	South African Gospel
1019	Bass, Breaks and Beat
1020	Drive
1021	Freedom
1022	Hope FM
1023	Radio Rahma
TOTAL	40



966	Star FM
967	Zodiak Radio
968	Joy Radio
969	Kass FM
970	Radio QFM
971	Unverified Radio
972	Nation FM
974	Capital FM
975	Homeboyz Radio
976	East FM
977	Clouds FM
978	Radio Waumini
979	Radio Maisha
980	MBC Radio 1
981	MBC Radio 2
982	BBC English
983	BBC Swahili
984	DW Radio
985	Total Hits UK
986	2000s
987	Hip Hop
988	Urban
990	Classic RnB
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	Rock Alternative
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1013	Classic Calm
1014	Jazz Classics
1015	Cool Jazz
1016	Chillout
1017	East African Gospel
1018	South African Gospel
1019	Bass, Breaks and Beats
1020	Drive
1021	Freedom
1022	Hope FM



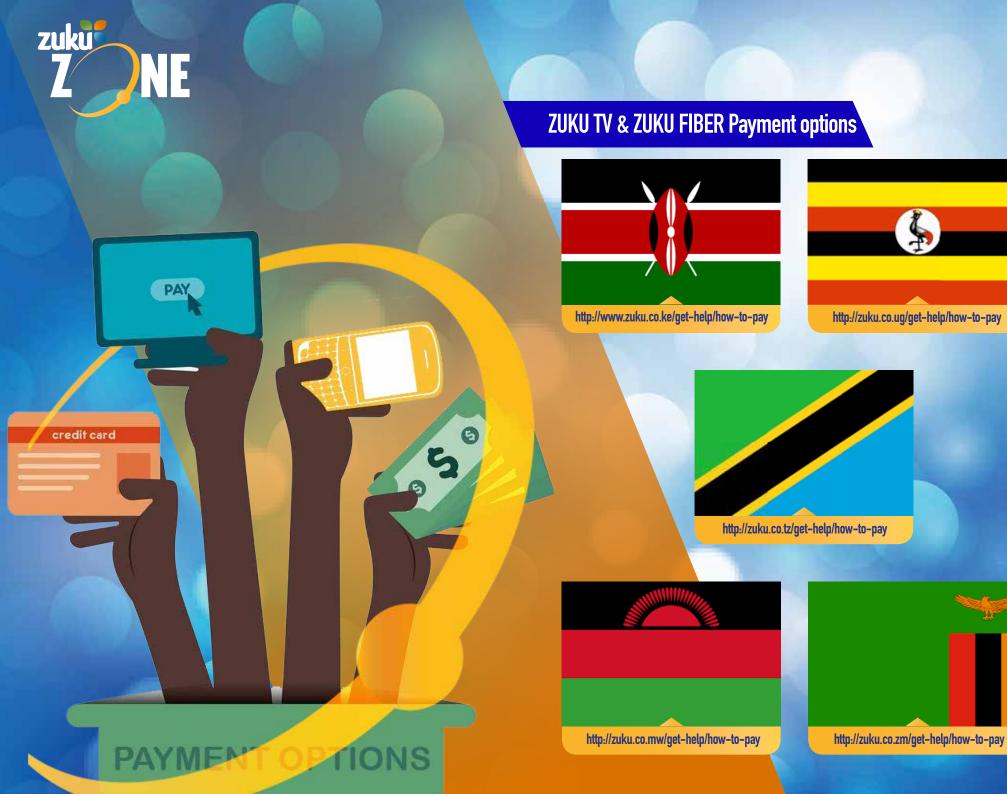




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# **Get in touch**

Kenya: Phone:

Phone: 0205 205 205/+254 70 301 0000

Email: customercare@zukutv.co.ke

Website: www.zuku.co.ke

# Tanzania:

Phone: +255 768 984 200/+255 699 990 400

Email: customercare@zukutv.co.tz

Website: www.zuku.co.tz

# Zambia:

Strong Zambia – Lusaka town centre

Phone: +260 211 386 400

Email: customercare@zukutv.co.zm

Website: www.zuku.co.zm

UG:

Phone: +256 312 224 800 (MTN)/+256 200 724 800 (Airtel)

Email: customercare@zukutv.co.ug

Website: www.zuku.co.ug

# Malawi:

Phone: +265 175 00 99

Email: customercare@zukutv.co.mw

Website: www.zuku.co.mw

