We are looking for the most interesting stories for you to keep expanding your own consciousness. Unbelievable panoramic views, interesting people, exciting stories and adventures – you’ll see all of this in our travel show, Going Beyond!

<table>
<thead>
<tr>
<th>Duration</th>
<th>60 min</th>
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<tbody>
<tr>
<td>Episodes</td>
<td>13</td>
</tr>
<tr>
<td>Definition</td>
<td>4K / HD</td>
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<tr>
<td>Language</td>
<td>English</td>
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Play trailer
Play episode
Smoothie Mania is a short program about great beverages made from pureed raw fruit, dairy products, and vegetables. Smoothies are a staple among health junkies! They're ridiculously easy to make and filled with lots of vitamins. Today it is a regular menu item at fast-food joints across the world. In our program, you will see 100 recipes of this great nutrition and they are so simple so you can prepare it at home!

**Duration** 3 min

**Episodes** 100

**Definition** 4K / HD

**Language** English, Spanish, French
Saladeria – we make it almost every day and for all different reasons. It’s healthy and refreshing! Without salads, you’ve got neither a daily nor a festive table. There are the salads that everyone knows – such as “Caesar” “Greek” and “Caprese” – but there are also quite unusual combinations that you could pleasantly surprise your guests with. 100 recipes, wonderful tastes and views – you’ll see all of this in Saladeria!

Duration 5 min
Episodes 100
Definition 4K / HD
Language English, Spanish, French

Play episode
Like Daniel Meyer says: “At the base level, a burger is a piece of meat and a bun with something on it. It’s simple but it seems to make a lot of people happy.”

Why shouldn’t you bring happiness by cooking burgers at home? Let’s make it in the tastiest and easiest way, using our amazing list of burger’s recipes for every taste!

**BRGRS**

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<th>Duration</th>
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<tbody>
<tr>
<td>Episodes</td>
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<td>Language</td>
<td>English</td>
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</table>
Discover dishes that are prepared for the New Year and Christmas in different parts of the world. Repeat the original recipe for New Year’s and Christmas dishes and plunge into the history and traditions of different countries.
Mixology is gaining the popularity from day to day. Original bars are opened all over the world, where you can enjoy authorial cocktails. Our program is devoted to these unique drinks. No doubt they will delight you with not only excellent taste but also with an unrivalled appearance.

Each episode – is a new cocktail, that you can easily make by yourself.

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Play episode
Sweet Magic is a project which demonstrates new view on culinary theme, and specialize on desserts. We run together TV format and advertising’s quality and professionalism to make real magic from each masterpiece of culinary art by chief, a master of his craft.

**Sweet Magic**

- **Duration**: 5 min
- **Episodes**: 52
- **Definition**: 4K / HD
- **Language**: English, Spanish

Play episode
How about discovering the art of cooking with a new international cuisine project - Let's make it tasty?
In each episode the chief will show how to cook the most popular dishes from all over the world in easy and interesting way, in addition the narrator will explain each step of the process of preparing the meal.

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**LET’S MAKE IT TASTY**

Duration 13 min
Episodes 52
Definition 4K / HD
Language English, Slovenian

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Play episode
A well-planned vegetarian diet is healthy and nutritious for people of all ages, genders and daily activities. Simple and healthy recipes from the FoodLand will help you with this. A minimum of effort and time, and your vegetarian dinner is served.

**FOODLAND – VEGGIE FEASTS**

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Play episode
Thinking about something light and healthy to eat without spending a lot of time for cooking? Simple, but very tasty and incredibly beneficial recipes that you can bring to life for 5-10 minutes, will be demonstrated by our chef in a program FoodUp! Our dishes are exclusively dietary and natural.

**FOOD UP!**

- **Duration**: 3 min
- **Episodes**: 100
- **Definition**: 4K / HD
- **Language**: English

[Play episode]
Sand Tales – it is a project that in a new way tells and demonstrates the world-famous fairy tales. Each episode is a new story and new adventures of our favorite characters. Great stories appear in a completely new way, thanks to the incredible technique of drawing with sand. The project brings together folklore of the people of Africa, Asia, America and Europe.

**Duration**  
20 min

**Episodes**  
52

**Definition**  
4K / HD

**Language**  
English
Learn about women who have changed the world. They are known for their achievements, actions and decisions. Learn more about the most famous women, their history and heritage.

**WOMEN WHO CHANGED THE WORLD**

- **Duration**: 5 min
- **Episodes**: 50
- **Definition**: 4K / HD
- **Language**: English

Play episode
The Nobel Prize is awarded to ‘those who, during the preceding year, shall have conferred the greatest benefit on mankind’. These people make an invaluable contribution to physics, chemistry, physiology or medicine, literature, peace and economics. In our program “Nobel Prize” we collected the most interesting facts about the great minds of our planet, such as Thomas Hunt Morgan, Albert Einstein, Yasser Arafat and others.

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In our new program “World Capitals” you will embark on a journey where together we explore incredible sights of the most famous capitals around the world.

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Play episode
The national anthem of a country is a unique way to learn about the meaning of a Nation's people, history, and culture.

In the National Anthem video, it illustrates through audio and visual communication what the national anthem of different countries are about. The video plays the national anthem of a country and, through the usage of subtitles, added context is provided which aims to educate the viewer on the contents of the national anthem of said country.
The most influential people of all time, who are they? Why they became so? You will get to know this information in our new series.

**Duration** 3 min

**Episodes** 100

**Definition** HD

**Language** English
In the new program World Famous Writers you will see pictures and get to know the most interesting facts about writers who got famous with their works.

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</table>
Books are the priceless heritage of our world. In our program Books. The Greatest, we tried to tell about the most famous books from all over the world and make a viewer closer to thoughts of great minds.

Duration 3 min
Episodes 100
Definition HD
Language English
The program «Origami» is about the art of paper folding, often associated with Japanese culture. In modern usage, the word “origami” is used as an inclusive term for all paper folding, regardless of their cultural origin.

**ORIGAMI**

**Definition**: 4K / HD

**Language**: English

**Duration**: 8 min

**Episodes**: 100

[Play episode]
The world's most famous painters and their genuine masterpieces of art and wonderful stories about them – all these the viewer will see in the World Heritage project. Answers for questions and many more interesting facts about the masters of painting will be discovered in this program.

**World Heritage**

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Play episode
TOP 100. Famous Actresses – it’s a program about the famous! You will discover interesting facts and stories from their pasts and will learn about their present lives! See what life was like for stars before they got famous.

Duration
5 min

Episodes
100

Definition
HD

Language
English

Play episode
Program is about the most greatest graffiti all around the world. Each episode shows most incredible graffiti of the one city. Program consists original sound of the city, where graffiti is made.

**GRAFFITI WORLD**

**Duration**
- 3 min

**Episodes**
- 100

**Definition**
- 4K / HD

**Language**
- English, Spanish

Play episode
ATLANT media group

Did you know that the collecting of postage stamps has been one of the world’s most popular hobbies since the late nineteenth century and the UK is the only country that does not display its name on its postage stamps? You definitely will be surprised, finding out that in 2013, Belgium issued stamps that smelt and tasted of chocolate. Find out more incredible facts about the world famous postage stamps in our program World Stamps.

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**World Stamps**

“Upside down Jenny”
Yoga asanas provide an even distribution of energy (life force), which brings mind to a state of rest, balance the respiratory, nervous, hormonal, digestive, excretory, and reproductive systems, as well as blood circulation. Yoga is the path to health and harmony of mind and body.
To walk through the grand hallways at Schloß Neuschwanstein, to feel yourself at the ball in amazing Eilean Donan Castle and admire the beauty and power of Coca Castle from a bird’s-eye view – all this can be done in a new program in the 4K format The Castles.

**THE CASTLES**

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Terrifying gothics with its tall vaults and stained glass windows creating magnificent light effects; gorgeous and majestic baroque with its pompous artistic techniques or laconic classicism striving to pure forms and canons has become a sign of elegance and taste.
Immerse yourself in the miraculous atmosphere of the ancient world with the new 4K program Fine Art – Sculptures. You will enquire all secrets and mysteries of ancient artifacts – sculptures and statues of ancient Korea – the most significant symbols of human civilization. Discover the mysterious world of nations from the past.

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Duration 3 min
Episodes 100
Definition 4K / HD
Language English
Immerse yourself in the miraculous atmosphere of the ancient world with the new 4K program Fine Art – Sculptures. You will enquire all secrets and mysteries of ancient artifacts – sculptures and statues of ancient Egypt – the most significant symbols of human civilization. Discover the mysterious world of nations from the past.

Fine Art – Sculptures. Egypt

Duration 3 min
Episodes 100
Definition 4K / HD
Language English

Play episode