 Mon - Fri 5.30am



Sign up to receive the Sunrise Family newsletter to stay up to date with all the latest from Australia's no.1 breakfast show!

You'll receive the latest news, videos, behind-the-scene moments and exclusive access to competitions and offers straight to your inbox every Friday.

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Last Name*

Email Address*

Phone Number*

Gender*

Date of Birth*

Day Month Year

State*

Postcode*

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Thank you!

You are now subscribed



Thank you!

You are now subscribed



Welcome to the Sunrise Family!

Each and every Friday you will receive all the latest from Australia's No. 1 breakfast show including videos, behind-the-scene moments, competitions and more!

sunrise

Get your Cash Cow entries
in for **MONDAY'S** draw!

Be sure to enter before
4:30PM AEDT today!

[CLICK HERE FOR MORE INFO](#)

ACT: TP 18/01737 NSW: LTPS/18/27803 SA: T18/1582

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Hi [first name],

Donec eu nisl in risus fermentum pretium. Ut venenatis, massa ac mollis interdum, arcu ipsum porttitor diam, a suscipit neque ligula

[CTA Button](#)

THIS WEEK IN SUNRISE



One-On-One with Keith Urban

Australian music superstar Keith Urban invited Sunrise to a special soundcheck before his huge Sydney show!

[CTA Button](#)

Eric Bana chats to Kochie & Sam about 'Dirty John'

The Aussie actor spoke to Sunrise about playing a real-life conman in chilling new Netflix series 'Dirty John'.

[CTA Button](#)

Watch Kochie and Nat's special Christmas message

Click the image below to watch Kochie and Nat's end-of-year message, just for Sunrise Family members!

[CTA Button](#)

Join us for Carols in the Domain on Channel 7

Tune in on Saturday night as Kochie, Sam & Nat are joined by Carol's best ever line-up of performers to celebrate Australia's most magical Christmas tradition!

[CTA Button](#)

The Sunrise Thank You Project

We want to help everyday Aussies say "thanks" to the people who have had an impact on their lives. Share your story with us by clicking the image below!

[CTA Button](#)

COMPETITIONS



Win A 15-Day European Cruise

We're giving you and a friend the chance to win an incredible Trade Routes of the Middle Ages Cruise — you have until 4:30PM AEDT today to enter!

[CTA Button](#)

Want to meet Australian music superstar Kylie Minogue?

Tune in to Sunrise on Monday morning from 5.30am on Sunrise to find out how you could win a meet and greet with Kylie Minogue!

[CTA Button](#)

Win tickets to new blockbuster ALITA: BATTLE ANGEL

If you're interested in getting a free look at James Cameron's new film Alita: Battle Angel, you're in luck! The codeword to enter this competition is BATTLE.

[CTA Button](#)

Enter To Win A Luma Beauty Summer Pack

Up for grabs is a Fresh Start Cleansing Gel, Beach Body Beauty Oil and more! The codeword to enter is LUMA.

[CTA Button](#)

Win a Nespresso Vertuo Coffee Machine + Accessories

We're giving away the ultimate Christmas present with a Nespresso Vertuo Coffee Machine, complete with an assortment of coffee capsules and accessories

[CTA Button](#)

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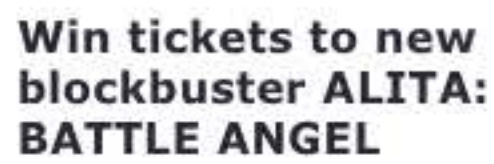
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THIS WEEK IN SUNRISE



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COMPETITIONS



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