

Where you see this sign ❖ you will hear a short **News Update** at 30 minutes past the hour

GMT	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	GMT
0:00	News	News	News	News	News	News	News	0:00
0:06	Business Matters ❖	FOOC (Weekend) ❖	World Business Report ❖	Business Matters ❖	Business Matters ❖	Business Matters ❖	Business Matters ❖	0:06
0:32		Boston Calling	Weekend Outlook					0:32
1:00	News	News	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	1:00
1:06	The Fifth Floor ❖ (W)	The History Hour ❖						1:06
1:32			The Why Factor	Discovery	Click	Health Check	Science in Action	1:32
1:50			More or Less					1:50
2:00	The Newsroom ❖	The Newsroom ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	2:00
2:32	World Football	The Documentary (Tue)(rpt)						2:32
3:00	The Newsroom	The Newsroom	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	3:00
3:20	Sports News ❖	Sports News ❖						3:20
3:32	Assignment (rpt)	Heart & Soul						3:32
4:00	The Newsroom ❖	The Newsroom ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	4:00
4:32	In the Balance	Trending						4:32
4:50		Sporting Witness						4:50
5:00	Weekend ❖	Weekend ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	5:00
6:00	Weekend ❖	Weekend ❖	News	News	News	News	News	6:00
6:06			The Science Hour ❖	Outlook ❖	Outlook ❖	Outlook ❖	Outlook ❖	6:06
7:00	News	Weekend ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	7:00
7:06	Top of the Pops ❖							7:06
7:32		Boston Calling	Business Daily	Business Daily	Business Daily	Business Daily	Business Daily	7:32
7:50			Witness	Witness	Witness	Witness	Witness	7:50
8:00	News	News	News	News	News	News	News	8:00
8:06	Documentary (Tue) (rpt) ❖ (B)	The Forum ❖	HARDtalk ❖	The Documentary (Tue) ❖	HARDtalk ❖	Assignment ❖	HARDtalk ❖	8:06
8:32	Weekend Outlook (B)		The Why Factor	Discovery	Click	Health Check	Science in Action	8:32
8:50		Over to You	More or Less					8:50
9:00	News	News	World Update ❖	World Update ❖	World Update ❖	World Update ❖	World Update ❖	9:00
9:06	Sportshour ❖	FOOC (Weekend) ❖						9:06
9:32		Heart & Soul						9:32
10:00	The Newsroom ❖	The Newsroom ❖	Outside Source ❖	Outside Source ❖	Outside Source ❖	Outside Source ❖	Outside Source ❖	10:00
10:32	The Why Factor (rpt)	Global Business						10:32
10:50	More or Less							10:50
11:00	News	News	News	News	News	News	News	11:00
11:06	The Arts Hour ❖	The Science Hour ❖ (D)	Outlook ❖ (W)	Outlook ❖ (W)	Outlook ❖ (W)	Outlook ❖ (W)	The Fifth Floor ❖ (W)	11:06
12:00	Newshour ❖	Newshour ❖	News	News	News	News	News	12:00
12:06			HARDtalk ❖	The Documentary (Tue) ❖	HARDtalk ❖	Assignment ❖	HARDtalk ❖	12:06
12:32			The Why Factor	Discovery	Click	Health Check	Science in Action	12:32
12:50			More or Less					12:50
13:00	News	News	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	13:00
13:06	FOOC (weekend) ❖	The History Hour ❖						13:06
13:32	Weekend Outlook							13:32
14:00	News	The Newsroom ❖	News	News	News	News	News	14:00
14:06	Sportsworld		Business Daily ❖	Business Daily ❖	Business Daily ❖	Business Daily ❖	Tech Tent ❖	14:06
14:32		Story Story	Heart & Soul	The Documentary (Tue)	The Documentary (Wed)	Assignment	World Football	14:32
15:00	News	News	News	News	News	News	News	15:00
15:06	Sportsworld	Sportsworld	Focus on Africa ❖	Focus on Africa ❖	Focus on Africa ❖	Focus on Africa ❖	Focus on Africa ❖	15:06
15:32			Sport Today	Sport Today	Sport Today	Sport Today	Sport Today	15:32
16:00	News	News	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	16:00
16:06	Sportsworld	Sportsworld						16:06
16:32			World Business Report	World Business Report	World Business Report	World Business Report	World Business Report	16:32
17:00	The Newsroom ❖	News	News	News	News	News	News	17:00
17:06		Sportsworld	Focus on Africa ❖	Focus on Africa ❖	Focus on Africa ❖	Focus on Africa ❖	Focus on Africa ❖	17:06
17:32	In the Balance							17:32
18:00	News	The Newsroom ❖	World Have Your Say ❖	World Have Your Say ❖	World Have Your Say ❖	World Have Your Say ❖	World Have Your Say ❖	18:00
18:06	FOOC (Weekend) ❖ (B) (D)							18:06
18:32	Boston Calling (B)	Heart & Soul						18:32
19:00	News	News	News	News	News	News	News	19:00
19:06	Focus on Africa ❖	Focus on Africa ❖	Focus on Africa ❖	Focus on Africa ❖	Focus on Africa ❖	Focus on Africa ❖	Focus on Africa ❖	19:06
19:32	Weekend Outlook	Global Business	World Business Report	World Business Report	World Business Report	World Business Report	World Business Report	19:32
19:50			From Our Own Correspondent	From Our Own Correspondent	From Our Own Correspondent	From Our Own Correspondent	From Our Own Correspondent	19:50
20:00	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	20:00
21:00	News	News	News	News	News	News	News	21:00
21:06	The Forum ❖	The Arts Hour ❖	Outlook ❖ (W)	Outlook ❖ (W)	Outlook ❖ (W)	Outlook ❖ (W)	The Fifth Floor ❖ (W)	21:06
21:50	Sporting Witness							21:50
22:00	The Newsroom	The Newsroom	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	22:00
22:20	Sports News ❖	Sports News ❖						22:20
22:32	The Why Factor (rpt)	Trending	World Business Report	World Business Report	World Business Report	World Business Report	World Business Report	22:32
22:50	Over to You	More or Less						22:50
23:00	The Newsroom ❖	The Newsroom ❖	The Newsroom	The Newsroom	The Newsroom	The Newsroom	The Newsroom	23:00
23:20			Sports News ❖	Sports News ❖	Sports News ❖	Sports News ❖	Sports News ❖	23:20
23:32	In the Balance	Discovery (rpt)	Heart & Soul	The Documentary (Tue)	The Documentary (Wed)	Assignment	World Football	23:32

(B) This slot will be home to occasional documentaries and once a month you will hear **World Book Club**, which does not include a news summary at 30 minutes past the hour, and **Global Beats**, which does.
(D) At times, **Debates** and other ad hoc programmes will be broadcast here.
(W) This slot includes a 10-minute broadcast of **Witness**
FOOC = From Our Own Correspondent

HOW TO LISTEN

BBC on FM relays

Burundi: Bujumbura 90.2 FM, Mount Manga 105.6 FM. **Djibouti:** Djibouti City 99.2 FM. **Kenya:** Kisumu 88.1 FM, Mombasa 93.9 FM, Nairobi 93.9 FM. **Lesotho:** Maseru 90.2 FM. **Madagascar:** Antananarivo 89.2 FM, Fianarantsoa 89.8 FM, Tomasiina 89.8 FM. **Malawi:** Blantyre 98.7 FM, Lilongwe 98 FM, Mzuzu 87.9 FM. **Mozambique:** Beira 88.5 FM, Nampula 88.3 FM, Quelimane 95.3 FM, Xai-Xai 100.9 FM, Maputo 95.5 FM, Tete 87.8 FM, Chimoio 99 FM. **Rwanda:** Kigali 93.9 FM, Kibuye 93.3 FM, Butare 106.1 FM. **Seychelles:** Anse Soleil 105.2 FM, Pointe aux Sel 105.6 FM, St Louis 106.2 FM. **Uganda:** Kampala 101.3 FM, Mbarara 107.3 FM, Mbale 107.3 FM, Arua 99.4 FM. **Zambia:** Lusaka 98.1 FM, Kitwe 98.1 FM. **Zanzibar:** Nguja 94.1 FM, Pemba 93.5 FM (Swahili and English)

Local stations rebroadcasting BBC World Service English with other languages:

Angola: Luanda, Radio National Angola 93.5 FM, Radio Mais 99.0 FM.
Botswana: Gaborone, Yarona 106.6 FM.
Ethiopia: Addis Ababa Radio Ethiopia nationwide.
Kenya: Nairobi (Star FM) 105.9 FM, (Pamoja FM) 99.9 FM, (KU FM) 99.9 FM, Garissa (Star FM) 97.1 FM, Daahdab (Star FM) 97.1 FM, Wajir (Star FM) 97.3 FM, Mandera (Star FM) 97.5 FM, Tani River (Star FM) 97.1 FM, Bungoma (West FM) 94.9 FM,

Kitale (West FM) 104.9 FM; Voi (Mwanedu FM) 96.1 FM; Kakamega (MMUST FM) 103.9 FM, (KBC nationwide).
Malawi: Blantyre, Lilongwe, Mzuzu (Capital Radio) 102.5 FM. **Mozambique:** Radio Cidade 100.1 FM, Savannah FM.
Namibia: Windhoek (NBC) 91.7 FM, (Radio Kudu) 103.5 FM, Gobabis (Radio Kudu) 95.6 FM, Grootfontein (Radio Kudu) 95.5 FM, Henties Bay (Radio Kudu) 94.3 FM, Keetmanshoop (Radio Kudu) 95.6 FM, Klein Windhoek (Radio Kudu) 100.9 FM, Luderitz (Radio Kudu) 94.7 FM, Ojtiwarongo (Radio Kudu) 92.3 FM, Okahandja (Radio Kudu) 103.5 FM, Ondangwa (Radio Kudu) 95.5 FM, Oshkati (Radio Kudu) 95.5 FM, Rehoboth (Radio Kudu) 103.5 FM, Swakopmund (Radio Kudu) 94.3 FM, Walvis Bay (Radio Kudu) 93.3 FM.
Somalia: Bosasso 89.0 FM, Garoowe 89.2 FM, Qardho 88.7 FM (all SBC) (Arabic and Somali); Mogadishu (Radio Shabelle).
Somalia: Cape Town (Bush Radio) 89.5 FM, Kranskop (Radio Khwezi) 90.5 FM, Durban (Good News Community Radio) 98 FM, (Hindvani) 91.5 FM, Gauteng (Thetha FM) 100.6 FM, nationwide (SABC), Johannesburg (Radio Today) 1485 AM.
Tanzania: Dar es Salaam (Sky) 103.1 FM, (Radio One) 89.5 FM, (Kiss FM) 89.0 FM, (Radio Free Africa) 98.6 FM, nationwide (Radio One) 1440 AM, (Radio Free Africa) 1377 AM, 89.8 FM, Arusha (Kiss FM) 89.9 FM, (Radio Free Africa) 89.0 FM, (Radio 5)

105.7 FM, (Radio One) 95.3 FM, Bukoba (Kiss FM) 94.1 FM, Dodoma (Radio One) 100.8 FM, (Radio Free Africa) 89.0 FM, (Kiss FM) 89.4 FM, Iringa (Kiss FM) 89.2 FM, (RFA) 93.5 FM, Kagera (RFA) 94.1 FM, Kigoma (RFA) 90.0 FM, Kilimanjaro (RFA) 88.2 FM, Mara (RFA) 93.5 FM, Mbeya (Kiss FM) 88.2 FM, (RFA) 88.8 FM, Morogoro (Kiss FM) 90.2 FM, (RFA) 93.8 FM, Moshi (Radio One) 1323 AM, Mtwara (RFA) 89.0 FM, Mwanza (Radio One) 102.5 FM, (Kiss FM) 88.7 FM, (RFA) 89.8 FM, Rukwa (RFA) 89.1 FM, Ruvuma (RFA) 89.6 FM, Shinyanga (Kiss FM) 96.4 FM, (RFA) 88.2 FM, Singida (RFA) 88.3 FM, Tabora (RFA) 90.0 FM, Tanga (RFA) 99.3 FM.
Uganda: Fort Portal (Voice of Toro) 101.0 FM, (Radio West) 91.0 FM, Gulu (Mega FM) 102.1 FM, Hoima (Liberty FM) 89.0 FM, Jinja (Busoga) 96.0 FM, (Voice of Busoga) 89.8 FM, Kabale (Voice of Kigezi) 89.5 FM, (Radio West) 94.7 FM, Kampala (Dembe) 90.4 FM and 948 FM Kampala, (Radio One) 90.0 FM, (Radio West) 95.2 FM, Kapchorwa (Elgon FM) 89.2 FM, Kitgum (Mega FM) 103.1 FM, Lira (Radio Lira) 95.3 FM, Masaka (Radio West) 106.6 FM, Masindi (Radio Kitara) 101.8 FM, Mbarara (Radio West) 100.2 FM, (Voice of Toro) 95.0 FM, Moroto (All Karamoja) 94.7 FM and (Voice of Karamoja) 87.9 FM, Nenah FM 104.7 FM Mubende (Voice of Toro) 97.5 FM, Nationwide Magic 100.0 FM, Nebbi District (Radio Paidha) 87.8 FM, Soroti (Voice of Teso) 88.4 FM, Tororo (Rock Mambo) 106.8 FM, Arua (Nile FM) 94.1 FM.

Zambia: Chipata (Breeze) 89.3 FM; Chingola 104.5 FM, Kabwe 100.1 FM, Kapiri 89.5 FM, Kitwe 100.5 FM, Lusaka 89.5 FM, Ndola 107.7 FM (all Radio Phoenix); Kabwe 88.9 FM, Luaska 89 FM, (both QFM), Livingstone (Zambezi 107.7 FM) Lusaka (Millennium 90.5 FM), ZNBC Radio 2 National.

BBC on satellite

BBC radio programmes are available in various languages on DSTV audio channels 150-152, and via Intelsat 10-02 at 1° West.

BBC news online

BBC news is updated constantly at bbc.com/news. English radio programmes can be heard at bbcworldservice.com. For schedule and frequency information click 'How To Listen'.

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