

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	News	News	News	News	News	3:00
3:06			The Forum ❖	Outlook ❖ (W)	Outlook ❖ (W)	Outlook ❖ (W)	Outlook ❖ (W)	3:06
3:20	Sports News ❖	Sports News ❖						3:20
3:32	Heart & Soul	In the Balance						3:32
3:50			Sporting Witness					3:50
4:00	The Newsroom ❖	News	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	4:00
4:06		Top of the Pops ❖						4:06
4:32	Global Business							4:32
5:00	Weekend ❖	Weekend ❖	News	News	News	News	News	5:00
5:06			HARDtalk ❖	The Documentary (Tue) ❖	HARDtalk ❖	Assignment ❖	HARDtalk ❖	5:06
5:32			The Why Factor	Discovery	Click	Health Check	Science in Action	5:32
5:50			More or Less					5:50
6:00	Weekend ❖	Weekend ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	6:00
7:00	Weekend ❖	Weekend ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	7:00
7:32	In the Balance	Weekend Outlook	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)	FOOC (weekend) ❖	HARDtalk ❖	The Documentary (Tue) ❖	HARDtalk ❖	Assignment ❖	HARDtalk ❖	8:06
8:32	The Documentary (Wed) (rpt) (B)	Heart & Soul	The Why Factor	Discovery	Click	Health Check	Science in Action	8:32
8:50			More or Less					8:50
9:00	News	News	World Update ❖	World Update ❖	World Update ❖	World Update ❖	World Update ❖	9:00
9:06	Sportshour ❖	The Forum ❖						9:06
9:50		Over to You						9:50
10:00	The Newsroom ❖	The Newsroom ❖	Outside Source ❖	Outside Source ❖	Outside Source ❖	Outside Source ❖	Outside Source ❖	10:00
10:32	Trending	Global Business						10:32
10:50	More or Less							10:50
12:00	News	News	News	News	News	News	News	12:00
12:06	FOOC (weekend) ❖	The History Hour ❖ (D)	Outlook ❖ (W)	Outlook ❖ (W)	Outlook ❖ (W)	Outlook ❖ (W)	The Fifth Floor ❖ (W)	12:06
12:32	Heart & Soul							12:32
12:00	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	12:00
13:00	News	News	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	13:00
13:06	The Arts Hour ❖	The Science Hour ❖						13:06
13:32								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		Boston Calling	Heart & Soul	The Documentary (Tue)	The Documentary (Wed)	Assignment	World Football	14:32
15:00	News	News	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	15:00
15:06	Sportsworld	Sportsworld						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	World Have Your Say ❖	World Have Your Say ❖	World Have Your Say ❖	World Have Your Say ❖	World Have Your Say ❖	17:00
17:06		Sportsworld						17:06
17:32	In the Balance							17:32
18:00	News	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	18:00
18:06	FOOC (Weekend) ❖ (D)							18:06
18:32	Boston Calling (D)	Weekend Outlook	Discovery	Click	Health Check	Science in Action	The Why Factor	18:32
18:50							More or Less	18:50
19:00	News	News	News	News	News	News	News	19:00
19:06	The History Hour ❖	Documentary (Tue) (rpt) ❖ (B)	HARDtalk ❖	The Documentary (Tue) ❖	HARDtalk ❖	Assignment ❖	HARDtalk ❖	19:06
19:32		Global Business (B)	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
21:32								21:32
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	Heart & Soul	The Documentary (Tue)	The Documentary (Wed)	Assignment	World Football	Global Business	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

**Bangladesh:** Dhaka 100 FM (English and Bengali); Sylhet 88.8 FM; Khulna 88.8 FM; Rangpur 88.8 FM; Rajshahi 88.8 FM; Chittagong 88.8 FM; Comilla 103.6 FM; Cox's Bazar 100.8 FM; Barisal 105.0 FM; Thakurgaon 92.0 FM (all Bengali).

**India (English):** Radio Indigo 91.1 FM, Bangalore and Goa.

Community Radio Stations: Vivek 90.4 FM in Chandigarh; Salaam Namaste 90.4 FM in Noida; Radio JU 90.8 Mhz in Kolkata; Pasumai 90.4 FM in Dindigul; Puduvai Vaani 107.8 FM in Puducherry; Radio Benziger 107.8 in Kollam, Kerala; Mindtree 90.4 FM in Ambala; Radio Namaskar 90.4 FM in Konark (Odisha).

**India (Hindi):** 94.3 MYFM Ahmedabad, Ajmer, Indore, Nagpur, Amritsar, Jaipur, Jabalpur, Gwalior, Chandigarh, Jodhpur, Udaipur, Kota, Bhopal, Bilaspur, Raipur, Surat and Jalandhar; 94.3 Tomato FM in Kolhapur and Sangli; 94.3 FM Radio Misty in Siliguri, Radio Misty Sikkim 95 FM in Gangtok. (Also available via East FM in Nairobi 106.3 FM and Mombasa 89.5 FM, Radio Tarana 1386 AM Auckland.)

**Maldives:** Male, Capital Radio 95.6 FM

**Nepal:** Kathmandu 103 FM (English and Nepali 24 hours)  
Synergy FM 91.6; Gadhima FM 91.4; Radio Mithila 100.8 FM; Radio Birgunj 99 FM; Kalika FM 91; Hetauda FM 96.6; Sanskar FM 88; Janakpur FM 101.8; Radio Today 91 MHz; Youth FM 96.8; Saptakoshi FM 90; Pathibhara FM 93.6; Saptarangi FM 101.6; Popular FM 99.5; Amurta FM 91.6; Vijaypur FM 98.8; Eagle FM 99.2; Dinesh FM 93.8; Phoolbari FM 93.2; Radio Bageshwori 94.6 FM; Dhauragiri FM 98.6; Radio Annapurna 93.4 FM; Tinau FM 98.2; Radio Resunga 106.2 FM; Bandipur FM 88.8; Saypatri FM 91.6; Hamro Malika FM 107 MHz. (All members of ACORAB – the umbrella organisation of community FM radio stations in Nepal; BBC Nepali programmes only)

**Sri Lanka:** SLBC: Batticaloa 99.6 FM (English), 102 FM (Tamil), 90.4 FM (Sinhala); Colombo 96.4 and 95.6 FM (English), 94.2 FM and 101.3 FM (Tamil), 90.3 FM and 98.3 FM (Sinhala); Galle 90.8 FM (English); Matara 98.4 FM and 90.8 FM

(English), 104.8 FM (Tamil), 99.6 FM (Sinhala); Nuwara Eliya 100.2 FM (English), 103.5 FM (Tamil), 97 FM (Sinhala); Anuradhapura 102.4 FM (Tamil), 107.6 FM (Sinhala); Kandy 96.4 FM (English), 98.8 FM (Tamil), 102 FM (Sinhala). Yes FM: Colombo 89.5 FM, Kandy 88.2 FM and Galle 101 FM (all English).

### BBC via satellite

Across South Asia direct-to-home from Apstar 7 at 76.5° East.

### BBC news online

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

For news in **Bangla, Hindi, Nepali, Sinhala, Tamil and Urdu** visit: [bbcangla.com](http://bbcangla.com); [bbchindi.com](http://bbchindi.com); [bbcnepali.com](http://bbcnepali.com); [bbcsinhala.com](http://bbcsinhala.com); [bbctamil.com](http://bbctamil.com); [bbcdu.com](http://bbcdu.com)

### BBC Hindi on TV

BBC Global India on ETV:

ETV Rajasthan : Friday 1730 IST; Saturday 2030 IST (rpt); Sunday 1100 IST (rpt)  
ETV UttarPradesh & Utrakhand : Friday 2000 IST, Saturday 2130 (rpt), Sunday 1100 IST (rpt)  
ETV Madhya Pradesh & Chattisgarh : Friday 2000 IST, Saturday 2130 (rpt), Sunday 1100 IST (rpt)  
ETV Bihar & Jharkhand : Friday 2000 IST, Saturday 2130 (rpt), Sunday 1100 IST (rpt)  
ETV Urdu : Saturday 2000 IST, Sunday 1030 IST (rpt), Monday 2030 (rpt)

**Television audiences** can find information about BBC World News, the BBC's international news channel, at [bbcworldnews.com](http://bbcworldnews.com)

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