

# THE MIDDLE EAST and countries of the FSU

GMT +2 TO GMT +4½

including Eastern Mediterranean, Gulf States, North and South Sudan, Iraq (GMT +3), UAE (GMT +4), Iran and South Afghanistan (GMT +4½)

A GUIDE TO LISTENING IN ENGLISH  
OCTOBER 2015 – MARCH 2016



GMT	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	GMT
0:00	The Newsroom	News	The Newsroom	The Newsroom	The Newsroom	The Newsroom	The Newsroom	0:00
0:06		The World This Week ❖						0:06
0:20	Sports News ❖		Sports News ❖	Sports News ❖	Sports News ❖	Sports News ❖	Sports News ❖	0:20
0:32	Trending	Heart & Soul	The Conversation	The Documentary (Tue)	The Documentary (Wed)	Assignment	World Football	0:32
0:50	Sporting Witness							0:50
1:00	News	The Newsroom	News	News	News	News	News	1:00
1:06	Business Matters ❖		World Business Report ❖	Business Matters ❖	Business Matters ❖	Business Matters ❖	Business Matters ❖	1:06
1:20		Sports News ❖						1:20
1:32		Outlook Weekend	Global Business					1:32
2:00	News	News	News	News	News	News	News	2:00
2:06	The Fifth Floor ❖ (W)	The History Hour ❖	The Forum ❖	Outlook ❖ (W)	Outlook ❖ (W)	Outlook ❖ (W)	Outlook ❖ (W)	2:06
2:32			Over to You					2:32
2:50			Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	2:50
3:00	News	News						3:00
3:06	FOOC ❖	The Inquiry (rpt) ❖						3:06
3:32	The Cultural Frontline	In the Balance/Food Chain	The Why Factor	Discovery	Click	Health Check	Science in Action	3:32
3:50			More or Less					3:50
4:00	News	News	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	4:00
4:06	Newshour Extra (rpt) ❖	Weekend						4:06
4:32		Documentary ❖ (B)						4:32
5:00	News	News	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	5:00
5:06	The World This Week ❖	Global Business ❖						5:06
5:32	Boston Calling	The Compass (rpt)	The Conversation	The Documentary (Tue)	The Documentary (Wed)	Assignment	World Football	5:32
6:00	Weekend ❖	Weekend ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	6:00
7:00	Weekend ❖	Weekend ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	7:00
7:32			The Why Factor	Discovery	Click	Health Check	Science in Action	7:32
7:50			More or Less					7:50
8:00	Weekend ❖	Weekend ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	8:00
8:32	In the Balance/Food Chain	Outlook Weekend						8:32
8:50			Business Daily	Business Daily	Business Daily	Business Daily	Business Daily	8:50
9:00	News	News	News	News	News	News	News	9:00
9:06	Top of the Pops ❖	FOOC ❖	The Arts Hour ❖	The Forum ❖	Weekend	The Thought Show ❖	Newshour Extra ❖	9:06
9:32		Heart & Soul			Documentary ❖ (B)			9:32
9:50				Sporting Witness				9:50
10:00	News	News	World Update ❖	World Update ❖	World Update ❖	World Update ❖	World Update ❖	10:00
10:06	Sportshour ❖ (S)	The Compass (rpt) ❖						10:06
10:32		Trending						10:32
10:50		Over to You						10:50
11:00	News	News	Outside Source ❖	Outside Source ❖	Outside Source ❖	Outside Source ❖	Outside Source ❖	11:00
11:06	Newshour Extra (rpt) ❖	The Science Hour ❖						11:06
11:32								11:32
12:00	News	News	News	News	News	News	News	12:00
12:06	The World This Week ❖	The Inquiry (rpt) ❖ (D)	Outlook ❖ (W)	Outlook ❖ (W)	Outlook ❖ (W)	Outlook ❖ (W)	The Fifth Floor ❖ (W)	12:06
12:32	The Cultural Frontline	Documentary (Wed/rpt) (D)						12:32
13:00	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	13:00
14:00	News	News	News	News	News	News	News	14:00
14:06	BBC Music at the WS ❖	Weekend Documentary ❖ (B)	HARDtalk ❖	The Inquiry ❖	HARDtalk ❖	The Compass ❖	HARDtalk ❖	14:06
14:32			The Why Factor	Discovery	Click	Health Check	Science in Action	14:32
14:50			More or Less					14:50
15:00	News	News	News	News	News	News	News	15:00
15:06	Sportsworld	The Arts Hour ❖	Business Daily	Business Daily	Business Daily	Business Daily	Tech Tent ❖	15:06
15:25			The Essential ❖	The Essential ❖	The Essential ❖	The Essential ❖		15:25
15:32			Sport Today	Sport Today	Sport Today	Sport Today	Sport Today	15:32
16:00	News	News	World Have Your Say ❖	World Have Your Say ❖	World Have Your Say ❖	World Have Your Say ❖	World Have Your Say ❖	16:00
16:06	Sportsworld	Sportsworld						16:06
16:32								16:32
17:00	News	News	News	News	News	News	News	17:00
17:06	Sportsworld	Sportsworld	Outlook ❖ (W)	Outlook ❖ (W)	Outlook ❖ (W)	Outlook ❖ (W)	The Fifth Floor ❖ (W)	17:06
17:32								17:32
18:00	The Newsroom ❖	News	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	18:00
18:06		Sportsworld						18:06
18:32	Trending		World Business Report	World Business Report	World Business Report	World Business Report	World Business Report	18:32
18:50	Over to You							18:50
19:00	News	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	19:00
19:06	The Cultural Frontline	Heart & Soul	The Conversation	The Documentary (Tue)	The Documentary (Wed)	Assignment	World Football	19:06
19:32	Boston Calling		News	News	News	News	News	19:32
20:00	News	News	News	News	News	News	News	20:00
20:06	HARDtalk (rpt) ❖ (D)	BBC Music at the WS ❖	HARDtalk ❖	The Inquiry ❖	HARDtalk ❖	The Compass ❖	HARDtalk ❖	20:06
20:32	Documentary (Wed/rpt) (D)		Discovery	Click	Health Check	Science in Action	The Why Factor	20:32
20:50							More or Less	20:50
21:00	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	21:00
22:00	News	News	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	22:00
22:06	Documentary (Tue) (rpt) ❖	The History Hour ❖						22:06
22:32	Global Business		World Business Report	World Business Report	World Business Report	World Business Report	World Business Report	22:32
23:00	News	News	News	News	News	News	News	23:00
23:06	The Science Hour ❖	FOOC ❖	The Arts Hour ❖	The Forum ❖	Weekend Documentary ❖ (B)	The Thought Show ❖	Newshour Extra ❖	23:06
23:32		In the Balance/Food Chain						23:32
23:50				Sporting Witness				23:50

(B) This slot will be home to occasional documentaries and once a month you will hear **World Book Club** and once a month **Global Beats** (D) At times, **Debates** and other ad hoc programmes will be broadcast here  
(W) This slot includes a 10-minute broadcast of **Witness** (S) This slot includes a 10-minute broadcast of **Sporting Witness** FOOC = From Our Own Correspondent

## HOW TO LISTEN

### BBC on FM

BBC World Service programmes can be heard on the following frequencies:

**Afghanistan:** Kabul 101.6 FM (24 hours a day in English).

The BBC is available in FM in Dari, Pashto and Uzbek on the following stations (with English 00:00-05:00 local time):

Bamian 89 FM; Faizabad 89.0 FM; Farah 89.0 FM; Gardez 87.9 FM; Ghazni 88.2 FM; Herat 89.2 FM; Jalalabad 89 FM; Kabul 89 FM; Kandahar 90 FM; Khost 90.1 FM; Konduz 88.1 FM; Kunar 87.5 FM; Lashkar-Gah 89.2 FM; Maimana 92.1 FM; Mazar-e Sharif 89 FM; Pol-e Khomri 89.0 FM; Qalat 89.0 FM; Sharan 89.0 FM; Sheberghan 89.0 FM; Taloqan 88.3 FM; Tarin Kowt 89.0 FM

Nine new relays completed in:

Emam Sahib 88.1 FM; Shindand 89.2 FM; Ruzgar 89 FM; Spinboldak 92 FM; Shkhabad 90.2 FM; Sar-e-pol 89.1 FM; Chogcharan 89.2 FM; Pul-e-alam 105.7 FM; Aibak 89.1 FM.

**Bahrain:** Manama 103.8 FM (Arabic) and 101.0 FM (English) and partner radio Bahrain 99.5 FM (English)

**Djibouti:** Djibouti City 99.2 FM (Arabic, English, Somali, French)

**Iraq:** Al Amara 89.0 FM (Arabic), Al Kut 89.0 FM (Arabic), Baghdad 96.9 FM (English), Basra 90.0 FM (Arabic), Kirkuk 92.9 FM (Arabic), Salhuddin Mosul/ Erbil 96.0 FM (Arabic), Shomaly 90.0 FM (Arabic), Sulaimaniya 92.5 FM (Arabic), Suq Ashuyukh 100.0 FM (Arabic)

**Kuwait:** 100.1 FM (English) and 90.1 FM (Arabic)

**Lebanon:** Beirut 93.6 FM; partner Voice of Lebanon,

Beirut 93.3 FM

**Libya:** Misratah 91.5 FM, Benghazi 91.5 FM (Arabic and English), Tripoli 91.1 FM and Zawiya 91.5 FM (Arabic with *Newshour* in English at 1306 GMT)

**Mauritania:** Nouakchott 106.9 FM (Arabic), Nouadhibou 102.4 FM (Arabic)

**Morocco:** partner MFM Agadair 96.5 FM, Casablanca 88.7 FM, Fez 106.9 FM, Marrakech 97.7 FM, Laayoune 107.1 FM and Oujda 101 FM (all in Arabic)

**Oman:** Muscat 89.8 FM (Arabic) and 103.2 FM (English)

**Palestinian Territories:** Gaza 107.4 FM, Hebron 89.8 FM, Jenin 103 FM, Nablus 91.8 FM, Ramallah 98.8 FM (all in Arabic); partner Radio Bethlehem 2000 106.4 FM (Arabic and English); Gaza 90 FM Palestine Youth Radio

**Qatar:** Doha 107.4 FM (Arabic)

**Somalia:** Baidoa 90.8 FM\*, Beledweyne 88.4 FM\*, Borama 89 FM, Bosasso 88.2 FM, Burao 88.8 FM, Galkaacyo 96.6 FM, Hargeisa 89 FM, Jowhar 89.7 FM\*, Kismaayo 90.5 FM\*, Marka 95.1 FM\*, Mogadishu 91.91 FM (all English, Somali and Arabic). Partners: Bosasso (SBC) 89.0 FM, Garoowe 89.2 FM, Quardho 88.7 FM (Arabic, English and Somali); Mogadishu (Radio Shabelle). (\*These frequencies were off air at the time of publication)

**South Sudan:** Juba 88.2 FM (English) and 90.0 FM (Arabic) (also available in Waw on 90.0 MHz, Arabic and English), Malakal 90 FM (Arabic and English). Partner: Yambio South Sudan 90 FM (English).

**Sudan:** El-Obeid 91.0 FM\* (Arabic), Khartoum 91.0 FM\* (Arabic and English), Port Sudan 91.0 FM\* (Arabic), Wad Madani 91.5 FM\* (Arabic and English) (\*These frequencies were off air at the time of publication)

**UAE:** Fujairah FM 92.6 FM (Arabic – partner); Al Hayat FM 95.6 in Dubai (Arabic – partner)

**BBC in Kyrgyz** Batken 102.2 FM; Bishkek 103.7 FM; Kerben 106.3 FM

**BBC in Uzbek** Dushanbe 1251 MW; SW 15330, 17510 and 17735.

Via radio partner stations in Afghanistan: Turkistan 88.9 FM, Fariab Province Saraish 91.1 FM, Jowzjan and Sar-e Pol

**BBC in Russian** Radio Impulse, 106.5 FM; Dushanbe 1251 MW

**BBC Arabic TV and radio on satellite** Hotbird 13D, 13° East, transponder 130; 11117 MHz; polarisation vertical; Mod QPSK; symbol rate 27.5 Mbaud; FEC 3/4.

Arabsat: Badr4 at 26° East, transponder 15; 11996 MHz; polarisation horizontal; Mod QPSK; symbol rate 27.5 Mbaud; FEC 3/4.

Nilesat: Nilesat 102, 7° West, transponder 26; 12207 MHz; polarisation vertical; Mod QPSK; symbol rate 27.5 Mbaud; FEC 3/4.

Yahsat: Yahsat 1A, 52.5° East, transponder 15; 11996 MHz; polarisation vertical; Mod QPSK; symbol rate 27.5 Mbaud; FEC 5/6

**Arabic and English Radio Services:** these share the frequencies with Arabic TV with the exception of Radio services on Nilesat, which are: Nilesat 101; 11843 Mhz; polarization horizontal; symbol rate 27500; FEC 5/6. Available in France via Groupe Canal +.

### BBC Russian on TV

BBC on Dozhd TV – daily news reports can be seen on Dozhd TV from Monday to Friday.

BBC on RBC TV – short news reports that can be seen on Tuesdays and Thursdays.

**BBC Ukrainian on TV** BBC on ICTV – short news reports that can be seen on Mondays and Wednesdays.

**BBC Kyrgyz** Kyrgyz on TV BBC Sapar monthly programme and news bulletins on weekdays on First Channel of Kyrgyz National TV and Radio Broadcasting Corporation

**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 **Arabic, Russian, Persian, Pashto, Ukrainian, Kyrgyz, Uzbek and Azeri** visit: [bbc.com](http://bbc.com); [bbcussian.com](http://bbcussian.com); [bbc.uz](http://bbc.uz); [bbcpersian.com](http://bbcpersian.com); [bbcpashto.com](http://bbcpashto.com); [bbc.kyrgyz.com](http://bbc.kyrgyz.com); [bbcuzbek.com](http://bbcuzbek.com); [bbcazeri.com](http://bbcazeri.com)

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

For information about the BBC's Arabic and Persian television channels visit [bbc.com](http://bbc.com) and [bbcpersian.com](http://bbcpersian.com)