

# THE MIDDLE EAST and countries of the FSU

GMT +3 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  
APRIL – OCTOBER 2019



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 ❖	The World This Week ❖	World Business Report ❖	Business Matters ❖	Business Matters ❖	Business Matters ❖	Business Matters ❖	0:06
0:32		In the Balance/ Global Business ❖	Science in Action (rpt)					0:32
1:00	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	1:00
1:32	The Cultural Frontline	The Story	Health Check (rpt)	The Why Factor	The Documentary (Tue)	The Documentary (Wed)	Assignment	1:32
1:50		Over to You		More or Less				1:50
2:00	News	News	News	News	News	News	News	2:00
2:06	The Fifth Floor ❖	Weekend Documentary ❖ (B)	HARDtalk ❖	People Fixing the World ❖	HARDtalk ❖	The Inquiry ❖	HARDtalk ❖	2:06
2:32			The Conversation	In The Studio	The Compass	The Food Chain	World Football	2:32
3:00	News	News	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	3:00
3:06	The Real Story (rpt) ❖	FOOC ❖						3:06
3:32		Boston Calling						3:32
4:00	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	4:00
4:32	Trending	Assignment (rpt)	CrowdScience	Discovery	Click	Health Check	Science in Action	4:32
4:50	50 More Things...							4:50
5:00	Weekend ❖	Weekend ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	Newsday ❖	5:00
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/ Global Business	The Food Chain (rpt)	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	Top of the Pops ❖	FOOC ❖	The Inquiry ❖	The Arts Hour ❖	Weekend Documentary ❖ (B)	The Forum ❖	The Real Story ❖	8:06
8:32		Heart & Soul (rpt)	Boston Calling					8:32
8:50						Sporting Witness		8:50
9:00	News	News	World Update ❖	World Update ❖	World Update ❖	World Update ❖	World Update ❖	9:00
9:06	Sportshour ❖ (S)	The World This Week ❖						9:06
9:32		Outlook Weekend						9:32
10:00	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	10:00
10:32	Trending	The Cultural Frontline	The Conversation	In The Studio	The Documentary (Wed)	The Food Chain	World Football	10:32
10:50	Over To You							10:50
11:00	News	News	News	News	News	News	News	11:00
11:06	BBC Music at the WS ❖	People Fixing the World (rpt) ❖ (D)	Outlook ❖ (W)	Outlook ❖ (W)	Outlook ❖ (W)	Outlook ❖ (W)	The Fifth Floor ❖ (W)	11:06
11:32		Science in Action (rpt) (D)						11:32
12:00	Newshour ❖	Newshour ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	12:00
12:32			The Why Factor	The Documentary (Tue)	The Compass	Assignment	Heart & Soul	12:32
12:50			More or Less					12:50
13:00	News	News	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	13:00
13:06	Sportsworld	Weekend Documentary ❖ (B)						13:06
14:00	News	News	News	News	News	News	News	14:00
14:06	Sportsworld	The Forum ❖	HARDtalk ❖	People Fixing the World ❖	HARDtalk ❖	The Inquiry ❖	Tech Tent ❖	14:06
14:32			World Business Report	World Business Report	World Business Report	World Business Report	World Business Report	14:32
14:50		50 More Things...						14:50
15:00	News	News	BBC OS ❖	BBC OS ❖	BBC OS ❖	BBC OS ❖	BBC OS ❖	15:00
15:06	Sportsworld	Sportsworld						15:06
16:00	News	News	BBC OS ❖	BBC OS ❖	BBC OS ❖	BBC OS ❖	BBC OS ❖	16:00
16:06	Sportsworld	Sportsworld						16:06
17:00	The Newsroom ❖	News	News	News	News	News	News	17:00
17:06		Sportsworld	Outlook ❖ (W)	Outlook ❖ (W)	Outlook ❖ (W)	Outlook ❖ (W)	The Fifth Floor ❖ (W)	17:06
17:32	The Cultural Frontline							17:32
18:00	News	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	The Newsroom ❖	18:00
18:06	The History Hour ❖ (D)							18:06
18:32		In the Balance/ Global Business	Sport Today	Sport Today	Sport Today	Sport Today	Sport Today	18:32
19:00	News	News	News	News	News	News	News	19:00
19:06	The Arts Hour ❖	BBC Music at the WS ❖	HARDtalk ❖	People Fixing the World ❖	HARDtalk ❖	The Inquiry ❖	HARDtalk ❖	19:06
19:32			Discovery	Click	Health Check	Science in Action	CrowdScience	19:32
20:00	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	Newshour ❖	20:00
21:00	News	News	News	News	News	News	News	21:00
21:06	FOOC ❖	The Cultural Frontline ❖	The Why Factor	The Documentary (Tue)	The Compass	Assignment	Trending	21:06
21:32	Boston Calling	The Story	World Business Report	World Business Report	World Business Report	World Business Report	World Business Report	21:32
21:50		50 More Things...						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 ❖	Sports News ❖	Sports News ❖	Sports News ❖	Sports News ❖	Sports News ❖	22:20
22:32	Outlook Weekend ❖	Heart & Soul (rpt)	The Conversation	In The Studio	The Documentary (Wed)	The Food Chain	World Football	22:32
23:00	News	News	News	News	News	News	News	23:00
23:06	HARDtalk ❖	People Fixing the World ❖	The History Hour ❖	The Arts Hour ❖	Weekend Documentary/ Book Club ❖	The Forum ❖	The Real Story ❖	23:06
23:32	CrowdScience (rpt)	Discovery (rpt)						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**  
(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 Dari, Pashto and Uzbek on the following stations (with English 0000-0500 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 MHz; 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 88.3 FM; Shindand 89.2 FM; Rustaq 89 FM; Spinboldak 92 FM; Shikhabad 90.2 FM; Sar-e-pol 89.1 FM; Feruzkuh 89.2 FM; Pul-e-Alam 105.4 MHz; 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), Baghdad 89.10 FM (Arabic), Basra 90.0 FM (Arabic), Babil – Al Hillah 90.0 FM (Arabic), Kirkuk 92.9 FM (Arabic), Mosul and Erbil 96.1 FM (Arabic), Sulaimaniya 92.5 FM (Arabic), Thi Qar – Nasiriyah 100 FM (Arabic), Wasit-Al Kut 89.0 FM (Arabic). Partners: Radio One, Baghdad 95.7 FM (English); Al Mada Radio, Baghdad, Duhok and Erbil 92.8 FM and Sulaimaniya 104.5 FM (Arabic); Al Rasheed FM, Baghdad 91.5 FM, Al Anbar 91.5 FM and Al Mosul 97.5 FM (Arabic)  
**Jordan:** Amman 103.1 FM (Arabic) Ajloun 89.1 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; North of Lebanon 93.3 MHz; Beqaa Valley 93.5 FM  
**Libya:** Benghazi 91.5 FM (Arabic) (currently off air); Misratah 91.5 FM, Tripoli 91.1 FM and Zawiyah 91.5 FM (Arabic)  
**Mauritania:** Nouakchott 106.9 FM (Arabic) and Partner: Tenwir radio 102.4 FM; 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, Nablu 91.8 FM, Ramallah 98.8 FM (all in Arabic); partner Radio Bethlehem 2000 106.3 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).  
**Tunisia:** Partner: Express FM radio 103.6 FM (Arabic)

### BBC Kyrgyz on radio

1st channel 'Byrinchi': Chyuskaya oblast and Bishkek on 104.1 MHz, Talasskaya oblast on 102.0 and 101.5 MHz, Dzhahal-Abadskaya oblast on 104.0, 104.7, 102.3, 105.7 and 101.9 MHz, Isyk-Kulskaya oblast on 105.3 and 102.4 MHz, Narynskaya oblast on 100.5, 103.9, 102.0

and 103.9 MHz, Batkenskaya oblast on 104.3, 104.1, 104.2 and 104 MHz, Oshskaya oblast on 105.8, 101.1 and 100.7 MHz.  
3rd channel 'Mingkiyal': Bishkek 103.7 FM, Kerben 106.3 FM, Batken 102.2 FM, Orgochor 100.6 FM, Naryn 107.7 FM, Talas 105.7 FM.

### BBC Uzbek on MW

Dushanbe 1251 MW. Via FM radio stations in Afghanistan (please see above)

### BBC Arabic TV and radio on satellite

Hotbird 13B, 13° East, transponder 94; 12597 MHz; polarisation vertical; Mod QPSK; symbol rate 27.5 MBaud; FEC 3/4.  
Arabsat: Badr4 at 26° East, transponder 15; 11996 MHz; polarization horizontal; Mod QPSK; symbol rate 27.5 MBaud; FEC 3/4.  
Nilesat: Nilesat 201, 7° West, transponder 26; 12207 MHz; polarization 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 201; 11843 Mhz; polarization horizontal; symbol rate 27500; FEC 5/6.  
Available in France via Groupe Canal +.

### BBC Russian on TV

Rain TV – daily news reports from Monday to Friday.  
Belsat TV – daily short news reports (two-ways) during prime time Russian language news bulletin.  
News channel Ala-Too24 of Kyrgyz National Public Broadcaster OTRK – daily news reports from Monday to Friday.

### BBC Ukrainian on TV

BBC on ICTV – short news reports (two-ways) that can be seen on Mondays and Wednesdays. BBC on Hromadske – news bulletin can be seen on Hromadske TV daily Monday to Friday.

### BBC Kyrgyz on TV

15-minute News bulletin on weekdays and BBC Sapar monthly on First Channel of Kyrgyz National TV and Radio Broadcaster OTRK.

### BBC Uzbek on TV

10-minute news bulletin on Arezo TV in Afghanistan from Monday to Friday.

### 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/news](http://bbc.com/news); [bbcrussian.com](http://bbcrussian.com); [bbc.com/news/persian](http://bbc.com/news/persian); [bbcpashto.com](http://bbcpashto.com); [bbckyrgyz.com](http://bbckyrgyz.com); [bbcuzbek.com](http://bbcuzbek.com); [bbcazeri.com](http://bbcazeri.com)

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