HOW TO LISTEN

**BBC on FM**
BBC World Service programmes can be heard on the following frequencies:
- Afghanistan: Kabul 101.6 MHz (in English) and 90.3 MHz (in Arabic).
- Bangladesh: 89.0 MHz.
- Bahrain: 90.9 MHz.
- North and South Sudan, Iraq, UAE (GMT+3), and Afghanistan (GMT+4): 89.1 MHz.
- Manama 103.8 MHz (Arabic) and 101.0 MHz (English, Somali, and Arabic).
- Gaza 90 MHz (Palestinian Territories: Arabic, English, and Somali).

**BBC in Kyrgyz on radio**
Kyrgyz National Public Broadcaster: OTK: 1st channel (Kyrgyz Radio); Bahri 103.7 MHz and FM nationwide; 3rd Channel (Partynij Radio) Narburn 106.3 MHz; Baltic 102.0 MHz; Nyanz FM; Ochpoor (Karakol) FM and Talas FM.

**BBC in Uzbek**
Sheba 131.0 MHz; SW 153.0, 175.10 and 177.35; Via radio partners station in Afghanistan.

**BBC Arabic TV and radio on satellite**
H3bd 138.5° East, transponder 8:19 MHz; polarization vertical; Mod QPSK; symbol rate 27.5 Mbps; FEC 3/4.

**BBC Russian on TV**
BBC on Rain TV – daily news reports can be seen on Rain TV from Monday to Friday.

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

**BBC Kyrgyz on TV**
Channel 1 of Kyrgyz National Public Broadcaster: OTK.

**BBC News Online**
BBC 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’.

For news in Arabic, Russian, Persian, Pashto, Ukrainian, Kyrgyz, Uzbek and Azeri visit: bbcworldservice.com; bbc.ccc.bi; bbc.persian.com; bbc.az; www.bbc.org; www.bbcworldservice.com; bbccabibi.com; bccbi.com.

**Television audencias**
Can find information about: BBC World News, the BBC’s international news channel, at bbcclicknews.com. For information about the Arabic and Persian television channels visit bbcarabic.com and bbcperisan.com.