<table>
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<tr>
<th>GMT</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>News</td>
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<td>00:06</td>
<td>FOOC</td>
<td>The Cultural Frontline</td>
<td>The Arts Hour</td>
<td>The Forum</td>
<td>The Thought Show</td>
<td>Newshour Extra</td>
<td>05:06</td>
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<tr>
<td>06:30</td>
<td>Radio 4</td>
<td>Heart &amp; Soul</td>
<td>Discovery (rpt)</td>
<td>Health Check</td>
<td>The Why Factor</td>
<td>The Documentary (Tues)</td>
<td>Assignment</td>
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<td>World Business Report</td>
<td>Business Masters</td>
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<td>18:30</td>
<td>The Cultural Frontline</td>
<td>Living With The Gods</td>
<td>Sport Today</td>
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<td>23:00</td>
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**Digital satellite**

Digital satellite BBC World Service English radio is available on the following satellite platforms:

- **Astra 2E** at 28.2 East, Transponder 46, Vertical Polarisation, 10.78GHz, FEC 5/6, Service ID 10385
- **Freesat** Channel 711, special satellite receiver required
- **Sky** Channel 0115, Subscription and special satellite receiver required

**Digital cable**

Subscribers who receive television from Virgin Media will also be able to hear BBC World Service radio on channel 906. Contact your local operator for information on digital cable in your area.

BBC World Service is one of the channels available to Sky Digital subscribers (channel 0115).

**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'.

You can listen again to BBC World Service programmes using BBC iPlayer: bbc.co.uk/iplayer/radio

Read and watch the latest international news from the BBC, updated every minute of every day: bbc.co.uk/news

For up-to-date news and analysis in other languages: bbcworldservice.com/languages

**BBC World Service Audience Information**

Email: worldservice.letters@bbc.co.uk
Website: bbcworldservice.com
Write to: BBC World Service, Audience Relations Team, 1st Floor, Brook House, 19 Langham Street, London W1A 1AA.

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**How to Listen**

**DAB digital radio**

The BBC's digital radio offer in the UK includes BBC World Service 24 hours a day. A digital radio is necessary.

**Analogue radio**

BBC World Service can be heard overnight from 1.00am to 5.20am on the BBC Radio 4 frequencies 92-95 FM and 198 kHz long wave.

**Listening via your TV set**

**Freeview**

If you view BBC digital television channels via Freeview, you can hear BBC World Service radio using the same equipment (Channel 710).