

THE MIDDLE EAST and countries of the FSU

GMT +2 TO GMT +4½

including **Egypt, Eastern Mediterranean** (GMT +2), **Sudan, Gulf States, Iraq** (GMT +3), **Iran** (GMT +3½), **UAE** (GMT +4) and **South Afghanistan** (GMT +4½)

A GUIDE TO LISTENING IN ENGLISH
NOVEMBER 2010 – MARCH 2011



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	World Briefing ❖	World Briefing ❖	World Briefing ❖	World Briefing ❖	World Briefing ❖	0:00
0:06	Global Business ❖	Heart & Soul (P)						0:06
0:32	The Interview	One Planet (P)						0:32
0:41			Sports Roundup	Sports Roundup	Sports Roundup	Sports Roundup	Sports Roundup	0:41
0:50			Witness	Witness	Witness	Witness	Witness	0:50
1:00	News	World Briefing	News	News	News	News	News	1:00
1:06	Friday Documentary ❖		The Forum ❖	Monday Documentary ❖	Global Business ❖	Wednesday Documentary ❖	Assignment ❖	1:06
1:20		Sports Roundup ❖						1:20
1:32	Science in Action	FOOC		Health Check	Digital Planet	Discovery	One Planet	1:32
2:00	News	News	World Briefing	News	News	News	News	2:00
2:06	Outlook ❖	Assignment ❖		Outlook ❖	Outlook ❖	Outlook ❖	Outlook ❖	2:06
2:20			World Business News ❖					2:20
2:32	The Strand	World of Music	Letter From.....	The Strand	The Strand	The Strand	The Strand	2:32
2:41			Over to You					2:41
3:00	The World Today ❖	The World Today ❖	The World Today ❖	The World Today ❖	The World Today ❖	The World Today ❖	The World Today ❖	3:00
3:32	Politics UK	Something Understood	Digital Planet	Americana	HARDtalk/Bottom Line	Heart & Soul	Crossing Continents/FOOC	3:32
4:00	The World Today ❖	The World Today ❖	The World Today ❖	The World Today ❖	The World Today ❖	The World Today ❖	The World Today ❖	4:00
4:32	World Football	The Interview						4:32
5:00	World Briefing	World Briefing	World Briefing	World Briefing	World Briefing	World Briefing	World Briefing	5:00
5:20	Sports Roundup ❖	Sports Roundup ❖	World Business News ❖	World Business News ❖	World Business News ❖	World Business News ❖	World Business News ❖	5:20
5:32	Science in Action	Business Weekly	World Briefing	World Briefing	World Briefing	World Briefing	World Briefing	5:32
5:41			Sports Roundup	Sports Roundup	Sports Roundup	Sports Roundup	Sports Roundup	5:41
5:50			Witness	Witness	Witness	Witness	Witness	5:50
6:00	News	News	The World Today ❖	The World Today ❖	The World Today ❖	The World Today ❖	The World Today ❖	6:00
6:06	Assignment ❖	FOOC ❖						6:06
6:32	Discovery	Heart & Soul						6:32
7:00	The World Today ❖	The World Today ❖	The World Today ❖	The World Today ❖	The World Today ❖	The World Today ❖	The World Today ❖	7:00
7:32								7:32
8:00	News	News	The World Today ❖	The World Today ❖	The World Today ❖	The World Today ❖	The World Today ❖	8:00
8:06	Global Business ❖	Wed Documentary (rpt) ❖						8:06
8:32	World Football	The Interview	Business Daily	Business Daily	Business Daily	Business Daily	Business Daily	8:32
8:50			Sports Roundup	Sports Roundup	Sports Roundup	Sports Roundup	Sports Roundup	8:50
9:00	News	News	News	News	News	News	News	9:00
9:06	The Strand (weekend) ❖	The Forum ❖	Outlook ❖	Outlook ❖	Outlook ❖	Outlook ❖	Outlook ❖	9:06
9:32			Health Check	Digital Planet	Discovery	One Planet	Science in Action	9:32
10:00	News	World Briefing ❖	News	News	News	News	News	10:00
10:06	FOOC ❖		Monday Documentary ❖	Global Business ❖	Wednesday Documentary ❖	Assignment ❖	Friday Documentary ❖	10:06
10:32	Letter From.....	World of Music	The Strand	The Strand	The Strand	The Strand	The Strand	10:32
10:41	Over to You							10:41
11:00	World Briefing	News	World Briefing	World Briefing	World Briefing	World Briefing	World Briefing	11:00
11:06		Top of the Pops ❖						11:06
11:20	Sports Roundup ❖		World Business News ❖	World Business News ❖	World Business News ❖	World Business News ❖	World Business News ❖	11:20
11:32	World Football		World Briefing	World Briefing	World Briefing	World Briefing	World Briefing	11:32
11:41			Sports Roundup	Sports Roundup	Sports Roundup	Sports Roundup	Sports Roundup	11:41
11:50			Witness	Witness	Witness	Witness	Witness	11:50
12:00	News	News	News	News	News	News	News	12:00
12:06	Outlook ❖		Outlook ❖	Outlook ❖	Outlook ❖	Outlook ❖	Outlook ❖	12:06
12:32	Americana		HARDtalk/Bottom Line	Heart & Soul	Crossing Continents/FOOC	Politics UK		12:32
12:56	Sports News	Sports News						12:56
13:00	News	News	World Briefing ❖	World Briefing ❖	World Briefing ❖	World Briefing ❖	World Briefing ❖	13:00
13:06	Mon Documentary (rpt) ❖	FOOC ❖						13:06
13:32	The Interview	Business Weekly	Health Check	Digital Planet	Discovery	One Planet	Science in Action	13:32
14:00	News	News	News	News	News	News	News	14:00
14:06	Sportsworld	Heart & Soul (P)						14:06
14:32		One Planet (P)						14:32
15:00	News	World Briefing ❖	News	News	News	News	News	15:00
15:06	Sportsworld		Monday Documentary ❖	Global Business ❖	Wednesday Documentary ❖	Assignment ❖	Friday Documentary ❖	15:06
15:32		Something Understood	The Strand	The Strand	The Strand	The Strand	The Strand	15:32
16:00	News	News	World Briefing ❖	World Briefing ❖	World Briefing ❖	World Briefing ❖	World Briefing ❖	16:00
16:06	Sportsworld	Sportsworld						16:06
16:41			Sports Roundup	Sports Roundup	Sports Roundup	Sports Roundup	Sports Roundup	16:41
16:50			Witness	Witness	Witness	Witness	Witness	16:50
17:00	World Briefing	News	Europe Today ❖	Europe Today ❖	Europe Today ❖	Europe Today ❖	Europe Today ❖	17:00
17:06		Sportsworld						17:06
17:20	Sports Roundup ❖							17:20
17:32	Sportsworld, Have Your Say							17:32
18:00	News	World Briefing ❖	News	News	News	News	News	18:00
18:06	FOOC ❖		World, Have Your Say ❖	World, Have Your Say ❖	World, Have Your Say ❖	World, Have Your Say ❖	World, Have Your Say ❖	18:06
18:32	World of Music	Sportsworld, Have Your Say						18:32
19:00	World Briefing ❖	News	World Briefing	World Briefing	World Briefing	World Briefing	World Briefing	19:00
19:06		Wed Documentary (rpt) ❖						19:06
19:20			World Business News ❖	World Business News ❖	World Business News ❖	World Business News ❖	World Business News ❖	19:20
19:32	Business Weekly	Something Understood	World Briefing	World Briefing	World Briefing	World Briefing	World Briefing	19:32
19:41			Business Daily	Business Daily	Business Daily	Business Daily	Business Daily	19:41
20:00	News	News	News	News	News	News	News	20:00
20:06	Heart & Soul (P)	The Forum ❖	Monday Documentary ❖	Global Business ❖	Wednesday Documentary ❖	Assignment ❖	Friday Documentary ❖	20:06
20:32	One Planet (P)		Health Check	Digital Planet	Discovery	One Planet	Science in Action	20:32
21:00	News	News	News	News	News	News	News	21:00
22:00	News	World Briefing	World Briefing	World Briefing	World Briefing	World Briefing	World Briefing	22:00
22:06	Fri Documentary (rpt) ❖						World Business News	22:06
22:20		World Business News ❖	World Business News ❖	World Business News ❖	World Business News ❖	World Business News ❖	Witness ❖	22:20
22:32	Business Weekly	World of Music	The Strand	The Strand	The Strand	The Strand	The Strand	22:32
23:00	The World Today	News	News	News	News	News	News	23:00
23:06		The Strand (weekend) ❖	Outlook ❖	Outlook ❖	Outlook ❖	Outlook ❖	Outlook ❖	23:06
23:20	Sports Roundup ❖							23:20
23:32	Letter From.....		Americana	HARDtalk/Bottom Line	Heart & Soul	Crossing Continents/FOOC	Politics UK	23:32
23:41	Over to You							23:41

(P) On certain dates, programmes will be replaced at these times. Listen out for **BBC World Drama** (at 01 past the hour) and **World Book Club** on the first weekend of each month. **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); Farah 89.0 FM; Helmand 89.2 FM; Qalat 89.0 FM; Sharan 89.0 FM
Bahrain: Manama 103.8 FM (Arabic) and 101.0 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 89.0 FM (Arabic) and 96.9 FM (English), Basra 88.0 FM (English) and 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)
Kyrgyzstan: Batken 102.2 FM; Bishkek 103.7 FM; Kerben 106.3 FM
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

Mauritania: Nouakchott 106.9 FM (Arabic), Nouadhibou 102.4 FM (Arabic)
Morocco: partner MFM Agadair 96.5 FM, Casablanca 88.7 FM, Fez 102.5 FM, Marrakech 97.7 FM
Palestinian Territories: Gaza 107.4 FM, Hebron 89.8 FM, Jenin 103 FM, Nablus 91.8 FM, Ramallah 98.8 FM; partner Radio Bethlehem 2000 106.4 FM (all in Arabic)
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*. Partners: Bosasso (SBC) 89.0 FM, Garoowe 89.2 FM, Quardho 88.7 FM (Arabic 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)
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)*
Syria: Damascus partner Al-Burameje Al-Aam 94.0 FM
UAE: Abu Dhabi 90.3 FM (Arabic and English)

BBC in Dari, Pashto and Uzbek

BBC is available in FM in Dari, Pashto and Uzbek on the following stations (with English 0000-0500 local time):

Kabul 89 FM
 Mazar-e Sharif 89 FM
 Jalalabad 89 FM
 Bamian 89 FM
 Konduz 88.1 FM
 Faizabad 89.0 FM
 Pol-e Khomri 89.0 FM
 Herat 89.2 FM
 Gardez 87.9 FM
 Jabal os Saraj 92.2 FM
 Sheberghan 89.0 FM
 Maimana 92.1 FM
 Taloqan 88.3 FM
 Khost 90.1 FM
 Ghazni 88.3 FM
 Kandahar 90 FM
 Lashkar-Gah 89.2 FM
 Kunar 87.5 FM

BBC on satellite

BBC World Service programmes can be heard on Hot Bird 8 at 13° East, Nilesat (channel 33), Arabsat 3A (channel 16), Orbit (channel 81 or 62), Intelsat 10-02 at 1°W.

BBC World Agenda e-guide

For a weekly alert about BBC World Service programmes sign up for the BBC World Agenda e-guide at: bbcworldservice.com/eguide

BBC on the internet

Programmes can be heard on the internet at: bbcworldservice.com. For full schedule and frequency information, click on 'How & when to listen'.

For programmes in **Arabic, Russian, Persian and Pashto** visit: bbc.com; bbc.com; bbc.com; bbc.com

Television audiences can find information about BBC World News, the BBC's international news channel, at bbc.com. For information about the BBC's Arabic and Persian television channels visit bbc.com and bbc.com