



GUIDE/WEEK 13 OF 2025

Time	Monday 24th March 2025 ****UN NOUVEAU JOUR**** ***06 :00AM-09 :00AM*** <u>World Tuberculosis Day</u> <u>International Flatmate's Day</u> <u>International Day for Achievers</u>
06:00AM	NATIONAL ANTHEM
06:01 AM	Sigtune & Introduction
06:05AM	Pensee Du Jour
06:10:00	Casual Labour Messages
06:20:00	Weather Report-(Creole)
06:30:00	Rezime Nouvel
06:35:00	Announcements and Messages
07:00 AM	News Summary
07:05 AM	Weather report (Recap in English)
07:15 AM	Ou lazournen avek Radyo Sesel
07:30 AM	Resume d'Informations
07:35 AM	Birthday Bash
08:00 AM	Animasyon
09:00AM	*****SEYCHELLES MATIN-09:00HRS-12: NOON*****
09:30AM	Magazine Sante : -' les bienfaits du sommeil sur la santé.
10:15 AM	Death Messages
10:30 AM	Concours National d'Ortographie- La dictée Finale.
11:30 AM	Kwen Lapoezi: - Nou entrodwir en poenm avek bann oditer e zot analize oubyen nou donn bann oditer en tenm e zot ekri en poenm e apre partaz avek nou bann lezot oditer an direk lo radyo. Sa bann poenm i kapab ganny zize par bann oditer zot menm e la gannyan i swazir en sanson son swa.
12:00PM	*****SEYLUNCH-12:00-16:00HRS*****
12:05 PM	Announcements and Messages
12: 30 PM	Bilten Nouvel
12:45 PM	Death Messages
1:00 PM	Kwen Detant- (New Country)
1:30 PM	Nouvel Sport
2:00 PM	Studio Clinic : - Sa semenn dan program nou koz lo lenportans annan en bon lasante labous. Nou osi aprann plis lo lenportans delo pou nou lasante- (Rpt)
15:00PM	*****LANBYANS TROPIKAL-15:00HRS-18:00HRS
03:00PM	Animasyon
4:00PM	Weather Update

4:15PM	Envite:-
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5:00PM	Informations
5:30PM	Announcements and Messages
6:00PM	*****SWARE AVEK RADYO SESEL-18:00HRS-22:00HRS*****

Time	Monday 24th March 2025 *****UN NOUVEAU JOUR**** 06:00AM-10:00AM
6:00 PM	News Bulletin
6:30 PM	Death Messages
7:00 PM	Biltan Nouvel an Kreol
7:30 PM	Annou Diskite:- I annan kwayans ki nou popilasyon pe perdi bann valer de baz tel ki respe, gratid e lezot, dan sa premye program an sanm avek nou bann envite nou pou eksplor sa size. (Prog 1)
8:30 PM	Living Planet: - What does 1 ton of CO2 (Carbon Dioxide) look like? - Last year, the world pumped over 41 billion tons of CO2 into the atmosphere. Hard to picture, isn't it?
9:00 PM	Animasyon
10:00PM	*****FOLLOWED BY EVENING CONTINUITY BROADCAST*****
Time	Monday 24th March 2025 22:00 HRS TO 06:00 HRS
01:00 AM	Music
02:00 AM	Theatre Radiophonique: - Une belle journee D'Alain Franck
03:00 AM	Nature Watch: - Ibou
04:00 AM	Music
05:00 AM	Mon ekri : - Poet Naomi Barbier
10:00 PM	Leko Lazenes: - Vyolans domestic lesplikasyon bann zenn lo sa size
11:00 PM	Live strong live better: - Importance of omega 3 for children with special needs
	Music



Time	Tuesday 25th March 2025 *****UN NOUVEAU JOUR**** 06:00 AM TO 09:00AM <u>International Waffle Day</u> <u>World Retrospective Day</u>
06:00 AM	NATIONAL ANTHEM
06:01 AM	Sigtune & Introduction
06:05 AM	Pensee Du Jour
06:10 AM	Casual Labour Messages
06:20 AM	Weather Report (Creole)
06:30 AM	Rezime Nouvel
06:35 AM	Announcements and Messages
07:00 AM	News Summary
07:05 AM	Weather Report (Recap in English)
07:15 AM	Ou lazournen avek Radyo Sesel
07:30 AM	Resume d'Informations
07:35 AM	Birthday Bash
08:00AM	Animasyon
09:00AM	*****SEYCHELLES MATIN-09:00HRS-12: NOON *****
09:00 AM	NATIONAL ASSEMBLY- LIVE FROM ILE DU PORT.
10:15 AM	Death Messages
11:00 AM	NATIONAL ASSEMBLY- LIVE FROM ILE DU PORT.
12:00PM	*****SEYLUNCH-12:00-18:00HRS*****
12:05 PM	Announcements and Messages
12:30 PM	Bilten Nouvel
12:45 PM	Death Messages
1:00PM	Kwen Detant- (Les melodies Françaises)
1:30PM	Nouvel Sport
2:00 PM	NATIONAL ASSEMBLY-LIVE FROM ILE DU PORT
3:00 PM	*****LANBYANS TROPIKAL-15:00HRS-18:00HRS*****
3:30 PM	NATIONAL ASSEMBLY-LIVE FROM ILE DU PORT
4:00 PM	Weather Update
4:15 PM	NATIONAL ASSEMBLY-LIVE FROM ILE DU PORT
5:00 PM	Informations
5:30 PM	Announcements and Messages
6:00 PM	*****SWARE AVEK RADYO SESEL-18:00 HRS-22:00HRS****



Time	Tuesday 25th March 2025 ****UN NOUVEAU JOUR**** 06:00AM AM TO 09:00 AM
6:00PM	News Bulletin
6:30 PM	Death Messages
7:00 PM	Biltèn Nouvel Kreol
7:30 PM	Topik Konversasyon:- 20enm edisyon Twinkle Twinkle little star avek son organizater Bennet Accouche.
8:30 PM	Pran li Fasil : - En nouvo program kot nou eksplor bann diferan fason pou fer fas avek bann sitiasyon lavi dan en fason pozitiv. Dan nou premye program nou koz lo ki bann fason pou zer ou 'stress'. (Prog 1)
9:00 PM	Animasyon
10:00 PM Time	Tuesday 25th March 2025 22:00 Hrs To 06:00 Hrs Continuity Broadcast
12:00 AM	Lemonn travay:- pou kapab annan en bon rannman dan travay I enportan pou annan en lanvironnman ki favorab-dan sa program nou koz lo lasante ek sekirite dan landrwa travay
01:00 AM	Music
02:00 AM	Polisi ek prosedir disiplin dan lekòl: - Bann ka sispansyon dan lekòl
03:00 AM	Music
04:00 AM	Nou Pre Nou Lwen: - Madame Sylvette Pool e bal bobes dan sesel.
05:00 AM	Zistwar Kreol: - Le nain des trois idoles par Renette Hallock
10:00 PM	Jazz from the heart of America: - With host Dan Bindert.
11:00 PM	Music



Time	Wednesday 26th March 2025 *****UN NOUVEAU JOUR**** 06:00 AM TO 09:00AM <u>Black Marriage Day</u> <u>Epilepsy Awareness Day-(Purple Day)</u> <u>International Data Centre Day</u> <u>Live Long and Prosper Day</u> <u>Solitude Day</u>
06:00 AM	NATIONAL ANTHEM
06:01 AM	Sigtune & Introduction
06:05 AM	Pensee Du Jour
06:10 AM	Casual Labour Messages
06:20 AM	Weather Report (Creole)
06:30 AM	Rezime Nouvel
06:35 AM	Announcements and Messages
07:00 AM	News Summary
07:05 AM	Weather Report (Recap in English)
07:20 AM	Ou lazournen avek Radyo Sesel
07:30 AM	Resume d'Informations
07:35 AM	Birthday Bash
08:00 AM	Animasyon
09:00AM	*****SEYCHELLES MATIN-9:00HOURS-12:00HOURS *****
09:00 AM	NATIONAL ASSEMBLY-LIVE FROM ILE DU PORT
10:15 AM	Death Messages
11:30 AM	NATIONAL ASSEMBLY-LIVE FROM ILE DU PORT
12:00 PM	*****SEYLUNCH-12:00HRS-15:00 HRS*****
12:05 PM	Announcements and Messages
12:30 PM	Bilten Nouvel
12:45 PM	Death Messages
1:00 PM	Kwen Detant: -(Vye Paz)
1:30 PM	Nouvel Sport
2:00 PM	NATIONAL ASSEMBLY-LIVE FROM ILE DU PORT
3:00 PM	*****LANBYANS TROPIKAL-15:00 HRS-18:00HRS*****
3:30 PM	Animasyon
4:00 PM	Weather Update
4:15 PM	NATIONAL ASSEMBLY-LIVE FROM ILE DU PORT
5:00 PM	Informations
5:30 PM	Announcements and Messages
6:00 PM	*****SWARE AVEK RADYO SESEL-18:00 HRS-22:00HRS*****



Time	Wednesday 26th March 2025 *****UN NOUVEAU JOUR***** 06:00 AM TO 09:00 AM
6:00 PM	News Bulletin
6:30 PM	Death Messages
7:00 PM	Bilten Nouvel Kreol
7:30 PM	En Regar lo Lemonn: - Dan nou premye program nou regard bann aktyalite kin dominn lasenn enternasyonal depi komansman lannen lo kontinan Lerop, Lanmerik Santral e Sid Lanmerik. Lo kote local nou de partisipan se Dr. Meggy Louange e Madanm Hilda Palconit sorti kot Labank Santral. (Prog 1)
8:30 PM	Mozaik: -Nou anmenn ou dan latelye Fashion fer par Ms Araba Hackman. Nou konn plis lo Proze spesyal pou anbelir moniman pou Lazournen Nasyonal. Lekol Teat ki pe prepare pou son performans pou mark lazournen Enternasyonal Teat e ansman nou dekouver liv 'Coconut Palms-Trees of life'.
9:30 PM	Animasyon
10:00 PM	Followed by Evening Continuity Broadcast
Time	22:00 HRS TO 06:00 HRS
	Wednesday 26th March 2025
12:00 AM	Il ou Elle: - Nou Analiz enpe lo lenportans telefonn mobil parmi bann itilizater, nou osi koz avek Ms Monica Uzice ki deputy student support kot lekol primer Anse Etoile.
01:00 AM	Music
02:00 AM	Vizit: - Nou vizit Agro Industry
03:00 AM	Music
04:00 AM	Poemes arts et chansons: - Artis Bernard Pool
05:00 PM	Kazyé: -Nesesite pou stok pwason
10:00 PM	Kreasyon Des zil: - Renato Longobardi - Liker a baz plant lokal
11:00 PM	Music



Time	Thursday 27th March 2025 *****UN NOUVEAU JOUR**** 06:00AM-09:00AM <u>World Theatre Day</u> <u>Scribble Day</u>
06:00 AM	NATIONAL ANTHEM
06:01 AM	Sigtune & Introduction
06:05 AM	Pensee Du Jour
06:10 AM	Casual Labour Messages
06:20 AM	Weather Report (Creole)
06:30 AM	Rezime Nouvel
06:35 AM	Announcements and Messages
07:00 AM	News Summary
07:05 AM	Weather Report (Recap in English)
07:15 AM	Ou lazournen avek Radyo Sesel
07:30 AM	Resume d'Informations
07:35 AM	Birthday Bash
08:00 AM	Annou Diskite:- I annan kwayans ki nou popilasyon pe perdi bann valer de baz tel ki respe, gratid e lezot, dan sa premye program ananm avek nou bann envite nou pou eksplor sa size. (Prog 1) (Rpt)
09:00AM	*****SEYCHELLES MATIN-09:00HRS-12:00 HRS *****
09:30 AM	Mozaik:- -Nou anmenn ou dan latelye Fashion fer par Ms Araba Hackman. Nou konn plis lo Proze spesyal pou anbelir moniman pou Lazournen Nasyonal. Lekol Teat ki pe prepare pou son performans pou mark lazournen Enternasyonal Teat e ansmen nou dekouver liv 'Coconut Palms-Trees of life'. (Rpt)
10:15 AM	Death Messages
10:30 AM	Animasyon
11:30 AM	Live Spelling Challenge:- -Oditer I telefonnen pou eple en mo ki sa prezantater I donnen li oubyen nou osi donn oditer en ' Word of the Day ' e nou esplik son sinifikasyon e demann oditer pou fer bann fraz avek sa mo.
12:00 PM	*****SEYLUNCH-12:00 HRS -15:00HRS*****
12:05 PM	Announcements and Messages
12:30 PM	Bilten Nouvel
12:45 PM	Death Messages
1:00 PM	Kwen Detant-(The Classics of the 60's)
1:30 PM	Nouvel Sport
3:00 PM	*****LANBYANS TROPIKAL-15:00 HRS-18:00HRS*****
3:00 PM	Animasyon
4:00 PM	Weather Update
4:15 PM	Depay ou difil : - Nou donn oditer en sitiasyon difisil e la zot esplik

	nou ki mannay zot pou sorti ladan e propoz bann solisyon pou sa problem. Si zot pa kapab lezot oditer i kapab kontribye zot nide e zot pwenvi- (Par telefonn, sms, WhatsApp, Laplikasyon)
5:00 PM	Informations
5 :30 PM	Announcements and Messages
6:00 PM	***** SWARE AVEK RADYO SESEL -**** ***** 18:00 HRS-22:00HRS *****
6:15 PM	News Bulletin
6:30 PM	Death Messages
7:00 PM	Bilten Nouvel Kreol
7:30 PM	Magazine Sport :-
8:30 PM	En Let pour mon Byeneme: - Dan nou premye program dan sa nouvo seri, nou koz avek trwa ser ki retras lavi zot manman apre ki I ti kit zot atraver en lanmor sibat zis zour nwel. Zot retras zour sa lensidan e osi koz lo bann zoli menmwar ki inn kit deryer. Zot osi partaz en let ki zot inn ekri pou zot manman pou esplik li zot santiman profon koman parti en fason pou fer fas dan zot proses dey- (Prog 1) .
9:00 PM	Animasyon
10:00 PM	Cabinet Press Briefing followed by the Evening Continuity.
Time	22:00 HRS TO 06:00 HRS
	Thursday 27th March 2025
12:00 AM	Lospitalite : - Nou amen nou plizyer devlopman ki pe arrive dan nou lendistri tourism depi konmansman sa lannen.
01:00 AM	Music
02:00 AM	Lorizinn: - Sounboula ek kousoupa
03:00 AM	Music
04:00AM	Endemic species of Seychelles: - Aldabra flightless rail (Tyomityo)
05:00 AM	His Masters voice: - Msye Charles Zialor
10:00 PM	Cabinet Press Briefing
11:00 PM	Music



Time	Friday 28th March 2025 *****UN NOUVEAU JOUR** 06:00 AM TO 10:00AM <u>International Women in</u> <u>Music Day</u> <u>Respect your Cat Day</u>
06:00 AM	NATIONAL ANTHEM
06:01 AM	Sigtune & Introduction
06:05 AM	Pensee Du Jour
06:10 AM	Casual Labour Messages
06:20 AM	Weather Report (Creole)
06:30 AM	Rezime Nouvel
06:35 AM	Announcements and Messages
07:00 AM	News Summary
07:05 AM	Weather Report (Recap in English)
07:15 AM	Ou lazournen avek Radyo Sesel
07:30 AM	Resume d'Informations
07:35 AM	Birthday Bash
08:00 AM	En Regar lo Lemonn: - Dan nou premye program nou regard bann aktyalite kin dominn lasenn enternasyonal depi komansman lannen lo kontinan Lerop, Lanmerik Santral e Sid Lanmerik. Lo kote local nou de partisipan se Dr. Meggy Louange e Madanm Hilda Palconit sorti kot Labank Santral. (Prog 1) (Prog 1)
09:00AM	*****SEYCHELLES MATIN-09:00HRS-12: NOON *****
09:30 AM	En Let pour mon Byeneme: - Dan nou premye program dan sa nouvo seri, nou koz avek trwa ser ki retras lavi zot manman apre ki I ti kit zot atraver en lanmor sibit zis zour nwel. Zot retras zour sa lensidan e osi koz lo bann zoli menmwar ki inn kit deryer. Zot osi partaz en let ki zot inn ekri pou zot manman pou espik li zot santiman profon koman parti en fason pou fer fas dan zot prosesis dey- (Prog 1)-(Rpt)
10:15 AM	Death Messages
10:30 AM	Animasyon
11:30 PM	Fon Lanmal: -
12:00PM	*****SEYLUNCH-12:00-18:00HRS*****
12:05 PM	Announcements and Messages
12:30 PM	Bilten Nouvel
12:45 PM	Death Messages
1:00 PM	Kwen Detant - (Feel Good Fridays)
1:30PM	Nouvel Sport
2:00 PM	Animasyon
3:00PM	*****LANBYANS TROPIKAL-15:00HRS-18:00HRS*****

3:00 PM	Animasyon
4:00 PM	Weather Update
4:15 PM	Envite:-
5:00 PM	Informations
5:30 PM	Announcements and Messages
6:00 PM	*****SWARE AVEK RADYO SESEL-18:00 HRS-22:00HRS****
Time	Friday 28th March 2025
6:00 PM	News Bulletin
6:15 PM	Radio Religion: - 'Nation Muslim Council'
6:30 PM	Death Messages
7:00 PM	Biltèn Nouvel Kreol
7:30 PM	Animasyon
8:00 PM	Programm Parti Politik
9:30 PM	Animasyon
10:00 PM	Super Flash back with Jonathin Agathin followed by the Evening Continuity.
Time	22:00 HRS TO 06:00 HRS
	FRIDAY 28th March 2025
12:00 AM	Lanmizik Nou zil: - Nou pou dekouver bann nouvo single ki lo marse e osi nou pou konn bann prosedir pou permet en artis kapab met son lanmizik lo radio SBC.
01:00 AM	Music
02:00 AM	Lagrikiltir dan sesel:- Blood line koson e sanzman klima
03:00 AM	Music
04:00 AM	Zistwar Kreol: - Napa met ki pa trouv son met
05:00 AM	Country Gold: - Hank Snow
10:00 PM	Super Flash Back with Jonathan Agathin
11:00 PM	Music



Time	Saturday 29th March 2025 ****UN NOUVEAU JOUR*** 06:00 AM TO 10:00 AM <u>Earth Hour</u> <u>World Piano Day</u> <u>Mermaid Day</u>
06:00 AM	NATIONAL ANTHEM
06:01 AM	Sigtune & Introduction
06:05 AM	Pensee Du Jour
06:10 AM	Casual Labour Messages
06:20 AM	Weather Report (Creole)
06:30 AM	Rezime Nouvel
06:35 AM	Announcements and Messages
07:00 AM	News Summary
07:05 AM	Weather Report (Recap in English)
07:15 AM	Ou lazournen avek Radyo Sesel
07:20 AM	Healthy Living
07:30 AM	Resume d'Informations
07:35 AM	Animasyon
08:00 AM	Dedications
09:15 AM	Death Messages
10:00 AM	Pran li Fasil : - En nouvo programm kot nou eksplor bann diferan fason pou fer fas avek bann sitiasyon lavi dan en fason pozitiv. Dan nou premye programm nou koz lo ki bann fason pou zer ou 'stress'. (Prog 1)-(Rpt)
11:00 AM	***** LUNCHTIME RANDEVOU-9:30 AM- 13:30 PM *****
11:30 AM	Animasyon
12:30 PM	Rezimen Nouvel
12:35 PM	Announcements and Messages
1:00 PM	Magazine Sport-(Rpt)
1:30 PM	*****SATURDAY SPORTS **13:30 HRS – 17 :30 HRS*****
2:00 PM	Saturday Sports-Sports News- (Local and International)
3:00 PM	Animasyon Sportif
3:45 PM	News Round Up (English and French)
4:00 PM	Radyo Foot: - Live' from Stad Popiler.
4:30 PM	Animasyon Sportif
6:00 PM	*****SWARE AVEK RADYO SESEL-17:30 HRS-22:00HRS****
6:15 PM	Radio Religion: - 'Seventh Day Adventist'
7:00 PM	Bilten Nouvel
7:30 PM	Announcements and Messages
9:00 PM	Tik Tik dan kwen: -Zedmo/Lekspresyon Imaze avek Enteraksyon piblik

10:00PM	Followed by Evening Continuity Broadcast



Time	Saturday 29th March 2025 *****22:00 HRS TO 06:00 HRS**
12:00 AM	Nou Lanvironnman: - Nou dekouver enpe plis lo lenportans lanmar e osi detrwa parmi bann aktivite pou mark lazournen enternasyonal lanmar ki to observe le 2 fevriye.
01:00 AM	Music.
02:00 AM	Voyaz:- Nou al promenen dan lanvironnman
03:00 AM	Music
04:00 AM	Mic check: - Noella Modley en artizan
05:00 AM	Konsej Pratik: - Otantik (konfortab dan ou lapo)
10:00 PM	Nou Lespes Andemik:- Dekouver kato nwar
11:00 PM	Music



Time	Sunday 30th March 2025 ***UN NOUVEAU JOUR** 06 :00 AM TO 09 :30 AM <u>Mother's Day</u> <u>Eid-al-Fitr-(last Sunday of</u> <u>Ramadan)</u> <u>International Day of Zero</u> <u>Waste</u> <u>World Bipolar Day</u>
06:00 AM	NATIONAL ANTHEM
06:01 AM	Sigtune & Introduction
06:05 AM	Pensee Du Jour
06:10 AM	Casual Labour Messages
06:15 AM	Refleksyon Karenm
06:20 AM	Weather Report (Creole)
06:30 AM	Rezime Nouvel
06:35 AM	Announcements and Messages
07:00 AM	News Summary
07:05 AM	Weather Report (Recap in English)
07:15 AM	Ou lazournen avek Radyo Sesel
07:30 AM	Resume d'Informations
08:00 AM	Animasyon
09:00 AM	Mass from St. Paul's Cathedral- (Anglican Diocese)
10:30 AM	***** LUNCHTIME RANDEVOU-9:30 AM- 13:30 PM *****
10:30 AM	Death Messages
11:00 AM	Randevou
11:30 PM	Alo Les Îles
12:30 PM	Rezime Nouvel
12:35 PM	Announcements and Messages
1:00 PM	Animasyon
1:30 PM	*****WEEKEND CAFE **13:30 HRS – 17 :30 HRS*****
2:00 PM	Nouvel Sport followed by Animasyon (Shout out pour laniverser maryaz/country& Western)
4:00 PM	News Round Up (English & French back-to-back)
5:00 PM	Frenchy Box with Jonathan Agathin
5:30 PM	*****SWARE AVEK RADYO SESEL-17:30 HRS-22:00HRS*****
6:10 PM	Animasyon
6:15 PM	Radio Religion: - 'Roman Catholic Church'
6:30 PM	Announcements and Messages
7:00 PM	Bilten Nouvel
7:30 PM	Country Hits -Programme from the voice of America
8:00 PM	Weekly Radio Guide
8:30 PM	Non-Stop Music - (Slow & Sentimental)

9:00 PM	Animasyon
10:00 PM	Super Flashback with Jonathan Agathin followed by the Evening Continuity.



Time	Sunday 30 th March 2025 **** 22:00 HRS TO 06:00 HRS****
12:00 AM	Mozaik: -.Nou konn plis lo lekzibisyon par lenstitisyon SIAD en lekizibisyon kot bann ansennyan ti montre enn de travay lar ki zot fer.
01:00 AM	Music
02:00 AM	Kouler lavi: - Ki si sa lavi
03:00 AM	Music
04:00 AM	Lanativ An abondans: - Data lanvoronnman e restorasyon lakot
05:00 AM	Zistwar Kreol: - Borne ek Bossie avek paraine ek maraine
10:00 PM	Super Flash Back with Jonathan Agathin
11:00 PM	Super Flash Back with Jonathan Agathin

