GUIDE/WEEK 46 OF 2026

Time	Monday 16th November 2026 ****UN NOUVEAU JOUR**** ***06 :00AM-09 :00AM** International Day of the Mediterranean Diet International Day for Tolerance
06:00AM	NATIONAL ANTHEM
06:01 AM	Sigtune & Introduction
06:05AM	Pensee Du Jour
06:10:00	**Casual Labour/Personal Announcements and Messages**
06:20:00	Weather Report-(Creole)
06:30:00	Rezime Nouvel
06:35:00	Death Messages
07:00 AM	News Summary
07:05 AM	Weather report (Recap in English)
07:10 AM	Ou lazournen avek Radyo Sesel
07:15 AM	**Commercial Announcements**
07.30AM	Resume d'Informations
07:35 AM	Birthday Bash
08:00AM	Animasyon
09:00AM	*******SEYCHELLES MATIN-09:00HRS-12NOON*****
09:30 AM	**Animasyon**
10:15AM	**Death Messages**
10:30AM	**Interview :** Land Transport-Raising awareness during this year 'Road Safety Week' (15th-21st November)
11:00AM	**Annou Kree:** Kot bann oditer I partaz zot kreativite lo bann keksoz ki zot konn fer. I kapab kree en sanson, en sak vakwa, laranzman fler, DIY e lezot. Interview I kapab ganny rikorde oubyen envit patisipan dan studio.
12:00PM	********* **SEYCLUNCH-12NOON-15HOURS*****
12:05PM	**Announcements and Messages**
12:30PM	**Bilten Nouvel**
12:45PM	**Death Messages**
01:00 PM	**Kwen Detant-** (New Country)
02:00PM	**Animasyon**
03:00PM	*****LANBYANS LABRIN-15:00HRS-18:00HRS *******
03:00PM	**Animasyon**
04:00PM	**Weather Update**

5:00PM	**Informations**

5:30PM	**Announcements and Messages**
6:00PM	******SWARE AVEK RADYO SESEL-18:00HRS-22:00HRS****
Time	**Monday 16th November 2026** **UN NOUVEAU JOUR*** **06 :00PM-10 :00PM**
06:00 PM	News Bulletin
06:30 PM	**Death Messages**
07:00 PM	**Bilten Nouvel an Kreol**
07:30 PM	**Topik konversasyon:** Adiksyon
08:30 PM	**Priorite Sante : Gérer la frustration à l'âge adulte** La frustration désigne une émotion ressentie lorsqu'une personne est entravée dans l'atteinte d'un objectif ou la réalisation d'un désir. On en parle souvent chez les enfants car il s'agit d'un apprentissage important dans leur développement. Ainsi, un enfant qui ne rencontre jamais de limites développera une intolérance à la frustration, tandis qu'au contraire, un enfant trop souvent frustré peut tomber dans l'agressivité. À l'âge adulte, quelles peuvent être les réactions face à la frustration? De quelle manière les manifestations de cette frustration peuvent-elles nuire aux relations interpersonnelles? Comment apprendre à mieux la gérer? Est-ce que certains troubles psychiques sont particulièrement associés à une intolérance à la frustration?
10:00 PM	**Followed by evening continuity**
Time	Monday 16th November 2026-22:00 HRS TO 06:00 HRS
01:00 AM	**Theatre Radiophonique Anthologie du mystere:** La machination d'Henri Kubnick
02:00 AM	**Nou Lekonomi**: Nou size ki nou pou koz lo la sa semenn, Planifikasyon Nasyonal
03:00 AM	Music
04:00 AM	**Annou Diskite:** Sa semen nou pouk oz lo"Bullying dan lekol I en keksoz ki pe afekte bokou nou bann zanfan e se sa nou size diskisyon sa mwan
05:00 AM	**A La Carte:** Satini ton a la kreol
10:00 PM	**Femme a la une:** Dan program nou koz lo fanm dan spor
11:00 PM	Music
12:00 AM	Music

Time	Tuesday 17th November 2026 *****UN NOUVEAU JOUR*** *06:00 AM TO 09:00AM*
06:00 AM	NATIONAL ANTHEM
06:01 AM	Sigtune & Introduction
06:05 AM	Pensee Du Jour
06:10 AM	**Casual Labour/Personal Announcements and Messages**
06:20 AM	Weather Report (Creole)
06:30 AM	Rezime Nouvel
06:35 AM	**Death Messages**
07:00 AM	News Summary
07:05 AM	Weather Report (Recap in English)
07: 10 AM	Ou lazournen avek Radyo Sesel
07:15 AM	**Commercial Announcements**
07:30 AM	Resume d'Informations
07:35 AM	Birthday Bash
08: 00AM	**Animasyon**
09:00AM	**********
0900 AM	**NATIONAL ASSEMBLY-LIVE FROM ILE DU PORT**
10:15 AM	**Death Messages**
11:00AM	**NATIONAL ASSEMBLY-LIVE FROM ILE DU PORT**
12:00PM	*********SEYLUNCH-12:00-18:00HRS********
12:05PM	**Announcements and Messages**
12:30 PM	**Rezime Nouvel an Kreol**
12:45PM	Death Messages
01:00PM	Kwen Detant- (Les melodies Françaises)
02:00PM	**NATIONAL ASSEMBLY-LIVE FROM ILE DU PORT**
03:00PM	*******LANBYANS TROPIKAL-15:00HRS-18:00HRS**********
03:30 PM	**NATIONAL ASSEMBLY-LIVE FROM ILE DU PORT**
04:00 PM	**Weather Update**
04:15PM	**NATIONAL ASSEMBLY-LIVE FROM ILE DU PORT**
05:00PM	**Information**
05:30PM	**Announcements and Messages**
06:00 PM	****SWARE AVEK RADYO SESEL-17:30 HRS-22:00HRS**

Time	Tuesday 17th November 2026 *****UN NOUVEAU JOUR**** *06:00 PM TO 10:00 PM*
06:00 PM	**News Bulletin**
06:30 PM	**Death Messages**
07:00 PM	**Bilten Nouvel Kreol**
07:30 PM	**Lemonn Teknolozi:** Dan programm sa mwan, I anmenn nou pou dekouver enpe lo sit web gouvernman kin ganny revwar, e osi ganny sans pou konn enpe lo detwar bann nouvo telefonn an vant lo nouvo enternasyonal anvi ki moman festivite pe vitman aprose. **To be repeated on Thursday 16th November at 08:00am**
08:30 PM	**Nou lanmer Nou Later :** **To be repeated on Saturday 21st November at 10:00am**
09:30 PM	**Animasyon**
10:00 PM	**Followed by Continuity Broadcast**
Time	**22:00 HRS TO 06:00 HRS**
	Tuesday 17th November 2026
12:00 AM	**Nature Watch:** Climate change and hurricane
01:00 AM	**Music**
02.00 AM	**Ou Sinyatir:** Nourrice
03:00 AM	**Music**
04:00 AM	**Kapatya:** Aktivite 16enm edisyon festival kreol
05:00 PM	**Listwar en batiman:** Hindu Kovil Sangam
10:00 PM	**Nou Lanvironnman:** Nou al lo zil kouzen kot nou dekouver bann zwazo lo sa z
11:00 PM	**Music**

Time	Wednesday 18th November 2026 *****UN NOUVEAU JOUR**** ** 06:00AM TO 09:00AM* **World Antimicrobial Resistance Awareness Week** **World Day for the Prevention of and Healing from Child Sexual Exploitation, Abuse and Violence**
06:00 AM	NATIONAL ANTHEM
06:01 AM	Sigtune & Introduction
06:05 AM	Pensee Du Jour
06:10 AM	**Casual Labour Messages /Personal Announcements and Messages**
06:20 AM	Weather Report (Creole)
06:30 AM	Rezime Nouvel
06:35 AM	**Death Messages**
07:00 AM	News Summary
07:05 AM	Weather Report (Recap in English)
07:10 AM	Ou lazournen avek Radyo Sesel
07:15 AM	**Commercial Announcements**
07:30 AM	Resume d'Informations
07:35 AM	Birthday Bash
08:15 AM	**Interview:** International fraud awareness week **(Central Bank of Seychelles)**
09:00AM	**********SEYCHELLES MATIN-9:00HOURS-12:00HOURS **
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**
12:00 PM	**********SEYLUNCH-12:00HRS-15:00 H R S **********
12:05 PM	**Announcements and Messages**
12:30 PM	**Bilten Nouvel**
12:45 PM	**Death Messages**
1:00PM	**Kwen Detant: - (Vye Paz)**
2:00 PM	**NATIONAL ASSEMBLY-LIVE FROM ILE DU PORT**
3:00 PM	***LANBYANS TROPIKAL-15:00 HRS-18:00HRS**********
3:00 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	Wednesday 18th November 2026 *****UN NOUVEAU JOUR**** *06:00 PM TO 10:00 PM*
6:00 PM	**News Bulletin**
6:30 PM	**Death Messages**
7:00 PM	**Bilten Nouvel Kreol**
7:30 PM	**Topik konversayon:** Mental Healthcare Agency Brigitte Gbilimou e Jane Larue
8:30 PM	**An Fanmiy:** Dan programm sa semenn nou vwar ki fason bann paran I akeir vakans Desanm, enn bann pli gran vakans pandan lannen**.** **To be repeated on Friday 20th November at 02:00pm**
9:30 PM	**Animasyon**
10:00 PM	**Followed by Continuity Broadcast**
Time	**22:00 HRS TO 06:00 HRS**
	Wednesday 18th November 2026
12:00 AM	**Leko lazenes:** Diferan kour ofer par NIE
01:00 AM	**Music**
02.00 AM	**Listwar kywayans ek Lezann Sesel:** lesklavaz e lasorselri dan sesel
03:00 AM	**Music**
04:00 AM	**Leko mizikal:** Emmanuel Pierre, John Wirtz e James Gabriel
05:00 PM	**Kondisyon silans**: Anorexia Nervosa
10:00 PM	**Magazin Lasante:** Dan program nou koz lo lansentman e spor
11:00 PM	**Music**

Time	Thursday 19th October 2026 **UN NOUVEAU JOUR** *06 :00AM-09 :00AM* **World Toilet Day**
06:00 AM	NATIONAL ANTHEM
06:01 AM	Sigtune & Introduction
06:05 AM	Pensee Du Jour
06:10 AM	**Casual Labour Messages and Personal Announcements**
06:20 AM	Weather Report (Creole)
06:30 AM	Rezime Nouvel
06:35 AM	Death Messages
07:00 AM	News Summary
07: 05AM	Weather Report (Recap in English)
07:10 AM	Ou lazournen avek Radyo Sesel
07:15 AM	**Commercial Announcements**
07:30 AM	Resume d'Informations
07:35 AM	Birthday Bash
08:00AM	Lemonn Teknolozi: Dan programm sa mwan, I anmenn nou pou dekouver enpe lo sit web gouvernman kin ganny revwar, e osi ganny sans pou konn enpe lo detwar bann nouvo telefonn an vant lo nouvo enternasyonal anvi ki moman festivite pe vitman aprose. **(Rpt)**
09:00AM	******SEYCHELLES MATIN-09:00AM-12NOON*********
09:00AM	Animasyon
10:15AM	Death Messages
10:30AM	Animasyon
11:00AM	Interview: Occupational Safety Week – Theme 'Let's ensure a healthy Psychosocial Work Environment'. (Ministry of Ministry of Employment and Human Resource Planning)
11:30AM	**The Challenge Hour:** The Spelling challenge -Oditer I telefonnen pou koz pou en minit lo en size san ki zot repet sa mo oubyen sa size plis ki de fwa.**((Guess the voice)**
12:00PM	**********SEYLUNCH-12:00HRS-15:00HRS**********
12:05PM	**Announcements and Messages**
12:30PM	**Bilten Nouvel**
12:45PM	**Death Messages**
01:00PM	**Kwen Detant** (The Classics of the 90's)
02:00PM	**Animasyon**
03:00 PM	****-LANBYANS TROPIKAL 15:00HRS -18:00 HRS-17:30HRS****
03:00PM	**Animasyon**

04:00PM	**Weather Update**
04:15PM	**Animasyon**
04:45PM	**Depay ou Difil**:-Provide the listeners with a situation and get them to share their ideas and views of how they are going to get out of it. Or listeners share with other listeners certain daily life hacks- (**They should share their know-how live on air)**
05:00PM	**Informations**
05:30PM	**Announcements and Messages**

6:00PM	******SWARE AVEK RADYO SESEL-18:00HRS-22:00HRS****
Time	**Thursday 19th November 2026** **UN NOUVEAU JOUR** **06 :00PM-10:00PM**
6:00 PM	News Bulletin
6:30PM	Death Messages
7:00 PM	**Bilten Nouvel an Kreol**
7:30 PM	**Studio Clinic:** Sa semenn nou aprann plis lo sekirite konsernan latizann e nou osi konn lo lenportans pou pran en bon breakfast **To be repeated on Monday 23rd November at 08:00 am**
8:30 PM	**Memoire D'un Continent:** **Sur les grandes routes de l'Afrique médiévale** Du désert du Sahara à l'océan Indien, des rives du Nil au lac Tchad, en passant par les routes du sel et du cuivre… Ce dimanche, la mémoire du continent remonte les grandes routes de l'Afrique médiévale. Avec l'historien **François-Xavier Fauvelle**, professeur au Collège de France et titulaire de la chaire Histoire et archéologie des mondes africains, auteur de 'Les sociétés africaines au Moyen-Âge'
9:30 PM	**Animasyon**
10:00PM	**Followed By Continuity Broadcast**
Time	Thursday 19th November 2026- HRS TO 06:00 HRS
01:00 AM	**Mon Melodi:** Eudoxie Labiche
02:00 AM	**An fanmiy:** Nou vwar enpe bidze lafanmir
03:00 AM	Music
04:00 AM	**Health Outlook:** Obesity and cardiovascular
05:00 AM	**Magazin kiltirel:** Romans
10:00 PM	**Elle:** Bann madanm ki aktiv seksyelman
11:00 PM	Music
12:00 AM	Music

Time	Friday 20th November 2026 *****UN NOUVEAU JOUR** *06:00 AM TO 10:00 **Africa Industrialization Day** **World Children's Day** **World Philosophy Day**
06:00 AM	NATIONAL ANTHEM
06:01 AM	Sigtune & Introduction
06:05 AM	Pensee Du Jour
06:10 AM	**Casual Labour Messages /Personal Announcements and Messages**
06:20 AM	Weather Report (Creole)
06:30 AM	Rezime Nouvel
06:35 AM	Death Messages
07:00 AM	News Summary
07:05 AM	Weather Report (Recap in English)
07:10 AM	Ou lazournen avek Radyo Sesel
07:15AM	**Commercial Announcements**
07:30 AM	Resume d'Informations
07:35 AM	Birthday Bash
08:00 AM	**Game:** Fashion week
09:30AM	*******SEYCHELLES MATIN-09:00AM-12NOON***
09:00AM	**Animasyon**
10:15AM	Death Messages
11:00 AM	**Fon lanmal**
12:00PM	**********SEYLUNCH-12:00-15:00HRS*******
12:05PM	**Announcements and Messages**
12:30PM	**Bilten Nouvel an kreol**
12:45PM	**Death Messages**
01:00PM	**Kwen Detant- (Feel good Fridays)**
02:00PM	**An Fanmiy:** Dan programm sa semenn nou vwar ki fason bann paran I akeir vakans Desanm, enn bann pli gran vakans pandan lannen **(Rpt)**
3:00PM	*********LANBYANS TROPIKAL-15:00HRS-18HRS**********
3:00PM	Animasyon

4:00PM	**Weather Update**
4:15PM	**Envite**
5:00PM	**Informations**
5:30PM	**Announcements and Messages**

6:00 PM	****SWARE AVEK RADYO SESEL-18:00 HRS-22:00HRS******
Time	**Friday 20th November 2026**
6:00 PM	**News Bulletin**
6:15PM	**Radio Religion: - Muslim Community**
6:30PM	**Announcements and Messages**
7:00 PM	**Bilten Nouvel Kreol**
7:30PM	**Living Planet:** When storms trigger asthma - Dave McGann had never experienced a serious asthma attack. Then a storm rolled in and he couldn't breathe - neither could thousands of others.
08:00PM	**Animasyon**
08: 30PM	**Afro Club: TKS 2G, du phénomène shatta à son premier album 'Tonight'** L'Afro-Club fait le plein de nouveautés cette semaine, avec TKS 2G, jeune artiste d'origines guadeloupéenne et algérienne, venu présenter son premier album TONIGHT. Au programme également: un-Top 20 qui traverse le continent, un hommage au groupe américain Migos, quatre ans après la disparition de Takeoff, et les nouvelles sorties de Mystic Marley, Yarden, Sampa the Great et Joshua Baraka.
09:00PM	**Animasyon:**
10:00 PM	**Moris letan lontan-Jonathin Agathin followed by the Continuity Broadcast.**
Time	**22:00 HRS TO 06:00 HRS**
	FRIDAY 20th November 2026
12:00 AM	**Odisyon:** Jean Quatre
01:00 AM	**Music**
02:00 AM	**Laz Dor:** Vizit bann dimoun aze dan prizon Montagne Posee
03:00 AM	**Music**
04:00 AM	**Zistwar Kreol**: Un jeune soungoula voler
05:00 AM	**U First:** Antretyen avek 3 manm lo nouvo komite u first
10:00 PM	**Moris letan lontan**
11:00 PM	**Music**

Time	Saturday 21st November2026 ****UN NOUVEAU JOUR**** 06 :00 AM TO 9 :30 AM* World Television Day
06:00 AM	NATIONAL ANTHEM
06:01 AM	Sigtune & Introduction
06:05 AM	Pensee Du Jour
06:10 AM	**Casual Labour Messages and Personal Announcements**
06:20 AM	Weather Report (Creole)
06:30 AM	Rezime Nouvel
06:35 AM	Death Messages
07:00 AM	News Summary
07:05 AM	Weather Report (Recap in English)
07:10 AM	Ou lazournen avek Radyo Sesel
07:15 AM	**Commercial Announcements**
07:20 AM	Healthy Living
07:30 AM	Resume d'Informations
07:35 AM	Animasyon
08:00 AM	Dedications
09:00AM	**Game:** Fashion Week
10:00 AM	****** **LUNCHTIME RANDEVOU-9:30 AM- 13:30 PM** ****
10:00 AM	**Nou Lanmer Nou Later: (Rpt)**
12:05PM	**Announcements and Messages**
12:30PM	**Rezime Nouvel an kreol**
12:45PM	**Death Messages**
1:00 PM	**Animasyon**
1:30 PM	******SATURDAY SPORTS **13:30 HRS – 17 :30 HRS***
1:30 PM	Animasyon
2:00 PM	Animasyon Sportif (Nouvel lokal e Enternasyonal)
3:45 PM	**News Round up (English & French) Back-to-back**
4:00 PM	**Radio Foot**
6:00 PM	***SWARE AVEK RADYO SESEL-17:30 HRS-22:00HRS***
6:15 PM	**Radio Religion: - Bahai Community**
6:30 PM	**Announcements and Messages**
7:00 PM	**Bilten Nouvel an kreol**
8:30 PM	**Tik Tik dan kwen**: -Zedmo/Lekspresyon Imaze avek Enteraksyon piblik
10:00PM	**Followed by Continuity Broadcast**

Time	Saturday 21st November 2026 ******22:00 HRS TO 06:00 HRS*******
12:00 AM**:**	**Reprise:** Joennise Juliette
01:00 AM	Music.
02:00 AM	**Studio Clinic:** Comprehensive sexuality education
03:00 AM	Music
04:00 AM	**Rekolt:** Programm rekolti fer ou konn bann reseres ki pe fer lo bann varyete bannan
05:00 AM	**Seychelles Digital**: ICT & Disabled
10:00 PM	**Acceuil**: Green copy tourism master plan e kour pour bann trainers
11:00 PM	Music

Time	Sunday 22nd November 2026 **UN NOUVEAU JOUR** 06 :00 AM TO 09 :30 AM
06:00 AM	NATIONAL ANTHEM
06:01 AM	Sigtune & Introduction
06:05 AM	Pensee Du Jour
06:10 AM	**Casual Labour /Personal Announcements and Messages**
06:20 AM	Weather Report (Creole)
06:30 AM	Rezime Nouvel
06:35 AM	Death Messages
07:00 AM	News Summary
07:05 AM	Weather Report (Recap in English)
07:10 AM	Ou lazournen avek Radyo Sesel
07:15AM	**Commercial Announcements**
07:30 AM	Resume d'Informations
08:00 AM	**Animasyon**
09:00 AM	**Mass from St Paul's Catheral**
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 Iles
12:05PM	**Announcements and Messages**
12:30 PM	**Rezime Nouvel**
12:45 PM	**Death Messages**
01:00 PM	Animasyon
01:30 PM	******WEEKEND CAFE **13:30 HRS – 17 :30 HRS******
02:00 PM	Animasyon (Shout out pour laniverser maryaz/country & Western)
04:00 PM	News Round Up (English & French back-to-back)
05:00 PM	**Moris letan lontan with-Jonathan Agathin**
5:30 PM	****SWARE AVEK RADYO SESEL-17:30 HRS-22:00HRS**
06:15 PM	**The Roman Catholic church**
06:30 PM	**Announcements and Messages**
07:30 PM	**Envite : Marie-Stella Moustache**
08:00PM	**Weekly Radio Guide**
08:30PM	**Envite: Marie-Stella Moustache (dezyenm parti)**
09:00 PM	**Ou rapel sa enn: Yvon Marie**
09:30PM	**Teat: Akize-Dezyenm parti.**
10:00 PM	**Frenchy Box** with Jonathan Agathin followed by the Continuity Broadcast.

Time	Sunday 22nd November 2026 ***** 22:00 HRS TO 06:00 HRS******
12:00 AM	**Deba:** Emansipasyon fanm sesel
01:00 AM	**Music**
02:00 AM	**Citizenship Matters:** Lotorite lapwentman konstitisyonel
03:00 AM	**Music**
04:00 AM	**His Masters Voice:** MR James Murray
05:00 AM	**Zistwar kreol:** Maryaz Martine ek Mathieu
10:00 PM	**Frenchy Box**
11:00PM	**Music**


RadyoSesel