

Western Europe No analogue Short Wave service is aimed at Europe, but frequencies below to other regions can sometimes be heard

GMT:	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23
Paris Time:	4am	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	Midnt	1am	

Middle East, Gulf, Afghanistan, Iraq and Iran

GMT:	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23
East Medit time:	5am	6am	7am	8am	9am	10am	11am	Noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	Midnt	1am	2am	
Iran time:	5.30am	6.30am	7.30am	8.30am	9.30am	10.30am	11.30am	12.30pm	1.30pm	2.30pm	3.30pm	4.30pm	5.30pm	6.30pm	7.30pm	8.30pm	9.30pm	10.30pm	11.30pm	12.30am	1.30am	2.30am	3.30am

India, Pakistan, Bangladesh and Sri Lanka

GMT:	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23
In Delhi:	6.30am	7.30am	8.30am	9.30am	10.30am	11.30am	12.30pm	1.30pm	2.30pm	3.30pm	4.30pm	5.30pm	6.30pm	7.30pm	8.30pm	9.30pm	10.30pm	11.30pm	12.30am	1.30am	2.30am	3.30am	4.30am

South East Asia

GMT:	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23
In China:	9am	10am	11am	Noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	Midnt	1am	2am	3am	4am	5am	6am	7am

China

GMT:	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23
In China:	9am	10am	11am	Noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	Midnt	1am	2am	3am	4am	5am	6am	7am

West & Central Africa

GMT:	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23
Lagos Time:	3am	4am	5am	6am	7am	8am	9am	10am	11am	Noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	Midnt	

East Africa

GMT:	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23
Kenya Time:	5am	6am	7am	8am	9am	10am	11am	Noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	Midnt	1am	2am	

Southern Africa

GMT:	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23
S Africa Time:	4am	5am	6am	7am	8am	9am	10am	11am	Noon	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	Midnt	1am	