

SATURDAY 20 JUNE 2026**SAT 00:00 BBC News (w1730nknxh5k8g5)**

The latest five minute news bulletin from BBC World Service.

SAT 00:06 Unexpected Elements (w3ct8kck)

Anyone for chips?

The spiralling cost and short supply of microchips – something the tech journalists have dubbed 'RAMageddon' – has the Unexpected Elements team investigating all things chip-related.

We start things off by finding out about a mini cervix-on-a-chip and how this could help us better understand premature birth.

We then feel a little salty when we discover that chips (also known as fries) may create cancer-causing acrylamides when cooked. Should we be worried?

Next up, Professor Paul Graham from the University of Sussex reveals why gulls love to steal your chips, and (crucially) tells us how to defend our dinner.

Plus, the world's largest whale graveyard, the health benefits of the humble spud and why some people are better at napping than others.

All that, plus many more Unexpected Elements.

Presenter: Marnie Chesterton, with Katie Silver and Kai Kupferschmidt

Producers: Alice Lipscombe-Southwell, with Sophie Ormiston and Robbie Wojciechowski

SAT 01:00 BBC News (w1730nknxh5kd69)

The latest five minute news bulletin from BBC World Service.

SAT 01:06 The Newsroom (w1730bqjzjmw7k)

The world's Newsroom brings you global events as they happen

SAT 01:30 BBC News Summary (w1730nlhc6s7rgp)

The latest two minute news summary from BBC World Service.

SAT 01:32 The Global Story (w3ct8m8w)

How to stop Iran from building a nuclear weapon

On Wednesday, President Trump met with Iranian leaders to sign an initial memorandum of understanding towards ending the months-long war. In a press conference after the signing, Trump was triumphant. Specifically, he touted the deal's firmness on one of the US's key priorities: ensuring that Iran can never develop a nuclear weapon.

Whilst Iran has agreed to "not procure or develop nuclear weapons," there are many questions left unanswered. What does it actually look like to police the weapons programmes

Today, we speak to someone intimately familiar with the weapons inspection process: President of the Institute for Science and International Security, David Albright. In the 1990s, Albright worked in Iraq with the UN, investigating the nation's weapons programme under Sadaam Hussein.

Producers: Xandra Ellin and Cat Farnsworth
Executive producers: Bridget Harney and China Collins
Mix: Travis Evans
Video producer: Matt Pintus
Senior news editor: China Collins

Photo: U.S. President Donald Trump holds a press conference during the G7 Summit in Evian-les-Bains, France, June 17, 2026. Credit: Reuters/Evelyn Hockstein

SAT 02:00 BBC News (w1730nknxh5khyf)

The latest five minute news bulletin from BBC World Service.

SAT 02:06 The Newsroom (w1730bqjzjmwxyzp)

The world's Newsroom brings you global events as they happen

SAT 02:30 BBC News Summary (w1730nlhc6s7w6t)

The latest two minute news summary from BBC World Service.

SAT 02:32 Stumped (w3ct99fc)

Bangladesh make history with first ever ODI series win against Australia

Bangladesh created history by securing their first-ever ODI series victory over Australia, winning the recent three-match contest 2-1. The reigning world champions found themselves on the wrong side of the record books and have now lost four of

their last five ODI series. Nikesh Rughani, Jim Maxwell and Sunil Gupta discuss if Australia can fix their problems ahead next year's Cricket World Cup.

The influence of the new ownership groups in the Hundred is already being felt, with team rebrands as the competition heads into its sixth season. We hear from MI London's Nathan Sowter, who has become a short-format specialist, about how the tournament is evolving and what fans can expect this year.

Plus, It was a memorable weekend in the England's Dorset League as former Sri Lanka captain Kumar Sangakkara turned out for his local club and smashed a match winning 168 from just 117 balls. We speak to one of his teammates, who tells Stumped he was "coaching" the legendary left-hander through the innings.

Photo: Bangladesh's players celebrate after the dismissal of Australia's Marnus Labuschagne during the first one-day international (ODI) cricket match between Bangladesh and Australia at the Sher-e-Bangla National Cricket Stadium in Dhaka. (Credit: AFP via Getty Images)

SAT 03:00 BBC News (w1730nknxh5kmpk)

The latest five minute news bulletin from BBC World Service.

SAT 03:06 Outlook (w3ct8hpm)

Outlook Mixtape: Notorious D. A. D.

Two dads who wanted to make their mark on the world and the daughters who surfed the wake they made.

Lloyd Kaufman has been the father of American anti-establishment filmmaking for over 50 years. His production company Troma Entertainment is known for its gory, controversial and politically-charged movies. His daughter Lily-Hayes grew up on the sets of these bizarre and often quite gruesome Troma films. She had her first on-screen role at the age of four in one of Troma's biggest hits – the 1984 horror-comedy *The Toxic Avenger* – a film about a nerd who turns into a mutant superhero after falling into a vat of nuclear waste. When it came time for Lily-Hayes to pick her own career path, she wanted to push back against her father's anti-establishment line of work. But how could she rebel against the ultimate rebel? Well, she went into investment banking and forged a 'normal' life on the trading floor. One day she witnessed a colleague take part in a chicken nugget eating contest. It was a scene that would rival even the grossest scenes she'd seen on a Troma set and it pushed her back towards the call of the Tromaverse.

When Serena Kutchinsky's father Paul took over the hugely successful family business, the celebrated London jewellers House of Kutchinsky, in the 1980s, he wanted to make his mark. So he began work on his masterpiece: a giant, golden, diamond-encrusted egg, inspired by the famous French Fabergé eggs. Paul's egg was crafted from 15kg of solid gold, decorated with over 20,000 rare pink diamonds, and put on sale for £7m – today's equivalent of around \$30m. But it soon became apparent that there was a problem: no one wanted to buy it. Paul had gambled his century-old family business on the egg, but within a year of its making the firm had crumbled and Serena's family had fallen apart. The egg itself would be repurchased by the company that had supplied its dazzling pink diamonds. No one in the Kutchinsky family would speak of the egg for years – until decades later, Serena went looking for it.

Presenter: India Rakusen

Producer: Andrea Rangecroft

Get in touch: outlook@bbc.com or WhatsApp +44 330 678 2707

(Photo: A transparent 60-minute cassette tape with a white label bearing the words: The Outlook Mixtape. Credit: Getty Images)

SAT 03:50 Witness History (w3ct98dr)

The discovery of Lyme disease

In 1975, a mysterious outbreak of illness struck children in the United States, triggering a medical breakthrough.

Prof Allen Steere uncovered a bacterial infection which was spread by blood-sucking ticks. It was formally identified for the first time and would go on to be named Lyme disease, after the town where it first emerged. He speaks to Reena Stanton-Sharma about what led to the discovery.

Eye-witness accounts brought to life by archive. Witness History is for those fascinated by and curious about the past. We take you to the events that have shaped our world through the eyes of the people who were there.

For nine minutes every day, we take you back in time and all over the world, to examine wars, coups, scientific discoveries, cultural moments and much more.

Recent episodes explore everything from how the Excel spreadsheet was developed, the creation of cartoon rabbit Miffy and how the sound barrier was broken.

We look at the lives of some of the most famous leaders, artists, scientists and personalities in history, including: the moment Reagan and Gorbachev met in Geneva, Haitian singer Emerante de Pradines' life and Omar Sharif's legendary movie entrance in Lawrence of Arabia.

You can learn all about fascinating and surprising stories, like the invention of a stent which has saved lives around the world; the birth of the G7; and the meeting of Maldives' ministers underwater. We cover everything from World War Two and Cold War stories to Black History Month and our journeys into space.

(Photo: Prof Allen Steere in his lab at Massachusetts General Hospital in 2013. Credit: Yoon S. Byun/The Boston Globe via Getty Images)

SAT 04:00 BBC News (w1730nknxh5krfp)

The latest five minute news bulletin from BBC World Service.

SAT 04:06 Unexpected Elements (w3ct8kck)

[Repeat of broadcast at 00:06 today]

SAT 05:00 BBC News (w1730nknxh5kw5t)

The latest five minute news bulletin from BBC World Service.

SAT 05:06 The Newsroom (w1730bqjzjmx972)

The world's Newsroom brings you global events as they happen

SAT 05:30 BBC News Summary (w1730nlhc6s87g6)

The latest two minute news summary from BBC World Service.

SAT 05:32 More than the Score (w3ct9bcs)

Ellie Bottell: The British boxer who found herself in China

When Ellie Bottell was 15, she moved from England to live with her dad in Beijing. The decision shaped her life in ways she could never have imagined.

Back in January, Ellie spoke to More than the Score's Ade Adedoyin about how she went from a "difficult" adolescence in the English Midlands to graduating from the University of Cambridge, before taking her most unexpected step: becoming a professional boxer in China. Along the way, we hear how the Chinese language opened her mind in ways she'd never expected, and the moment that made her realise her future lay in fighting.

All this summer, More than the Score brings you more than the men's football World Cup - the new teams, standout stars and fandoms shaping the tournament in ways the stats don't show. Search for More than the Score, wherever you get your BBC podcasts.

And if you've got your own take on the stories we cover, we'd love to hear from you. Email morethanthescor@bbc.co.uk, or WhatsApp us on 0044 800 032 0470. You can find more information, along with our privacy notice, on our website: www.bbcworldservice.com/morethanthescore

SAT 05:50 More or Less (w3ct998v)

Is the US worse than North Korea for malnutrition deaths?

This surprising claim was spotted circulating on social media: 'The United States has surpassed China and North Korea in deaths from malnutrition'. The claim used analysis from the Global Burden of Disease database for their sums.

The data does indeed show that the US records more deaths from malnutrition than China and North Korea. The rate in the US was 2.8 deaths per 100,000 compared to just 1.7 deaths per 100,000 for North Korea.

From what we know about the two countries this seems unlikely, so what's going on here? We talk to Dr Krstina Newport, chief medical officer for the American Academy of Hospice and Palliative Care Medicine to find out more.

If you have seen a number in the news you think we should take a look at, email moreorless@bbc.co.uk

Presenter: Tim Harford
Producer: Lizzy McNeill
Sound engineer: Duncan Hamant
Editor: Richard Vadon

SAT 06:00 BBC News (w1730nknxh5kzxy)

The latest five minute news bulletin from BBC World Service.

SAT 06:06 Weekend (w1730c5f27lccf)

US says Israel and Hezbollah agree ceasefire

A number of people have reportedly been killed in fresh Israeli airstrikes over southern Lebanon, a day after a ceasefire between Israel and the Iranian-backed Lebanese militia Hezbollah was announced.

Also in the programme: what the UK can learn from Australia's under-16 social media ban; and we speak to British musician Renell Shaw on paying homage to Black British life in his new jazz trilogy and why the Windrush generation deserves new narratives.

Presenter Paul Henley is joined by Sanam Naraghi Anderlini, founder and director of ICAN, a women's rights and peace-building organisation based in Washington DC; and George Parker, political editor of the Financial Times. (Photo: Smoke rises in southern Lebanon following Israeli. Credit: REUTERS/Avi Ohayon)

SAT 07:00 BBC News (w1730nknxh5l3p2)

The latest five minute news bulletin from BBC World Service.

SAT 07:06 Weekend (w1730c5f27lh3k)

US-Iran talks remain fragile

An end to the exchange of strikes between Israel and Hezbollah is a key part of the US Iranian deal to end their war. The US envoy, Steve Witkoff, is reported to be heading to Switzerland, for the first round of talks with Iran aimed at reaching a deal on Tehran's nuclear programme.

Also in the programme: Europe's major cities embrace for heatwave; and why cassette tapes are still a big deal in Kashmir. Presenter Paul Henley is joined by Sanam Naraghi Anderlini, founder and director of ICAN, a women's rights and peace-building organisation based in Washington DC; and George Parker, political editor of the Financial Times. (Photo: Aftermath of Israel airstrikes in southern Lebanon. Credit: EPA)

SAT 08:00 BBC News (w1730nknxh5l7f6)

The latest five minute news bulletin from BBC World Service.

SAT 08:06 Weekend (w1730c5f27lvp)

Lebanon reports fresh Israeli strikes

Reports from southern Lebanon say at least five people have been killed in a wave of fresh Israeli airstrikes despite a ceasefire. We speak to a doctor in the city of Nabatieh, southern Lebanon.

Also in the programme: We discuss the enduring appeal of 'The Smiths' album 'The Queen Is Dead' forty years after it was released; and why access to beaches in Jamaica is becoming a matter of public debate.

Presenter Paul Henley is joined by Sanam Naraghi Anderlini, founder and director of ICAN, a women's rights and peace-building organisation based in Washington DC; and George Parker, political editor of the Financial Times. (Photo: Aftermath of Israel airstrikes in southern Lebanon. Credit: EPA)

SAT 09:00 BBC News (w1730nknxh5lc5b)

The latest five minute news bulletin from BBC World Service.

SAT 09:06 BBC Conversations (w3ct8m3r)

South Africa's migrant deadline

For many undocumented migrants in South Africa, the past few weeks have brought uncertainty and fear about what lies ahead.

South Africa is the continent's most developed economy, attracting people from poorer countries seeking work. But it also has a high rate of unemployment – almost one in three are without jobs. Although (officially) foreigners make up some 6% of the population, many more migrants are believed to be in the country without papers.

Protestors have told them they have until the end of June to leave, and some countries have already been repatriating their citizens.

In our conversations, we bring together migrants to share their experiences of rising tensions. We also hear from those who have decided to return and South Africans who want an end to illegal migration.

"For us to fix this country of ours, we have to secure our borders," Olivier tells host James Reynolds. "People here illegally either they are criminals, or they are suffering in the process or they're just getting a whole bunch of stuff for free and not contributing."

Presenter: James Reynolds

BBC producers: Lindsay Brown, Ben Davis, Akwasi Sarpong and Angela Sheeran

Boffin Media producer: Richard Hollingham

Editor: Arja Haikonen

A Boffin Media production in partnership with the BBC World Service Outside Source team.

(Photo: Ghanaians arrive with their luggage at the airport as Ghana repatriates hundreds of its citizens from South Africa May 27, 2026. Credit: Siphwe Sibeko/Reuters)

SAT 09:30 BBC News Summary (w1730nlhc6s8qfq)

The latest two minute news summary from BBC World Service.

SAT 09:32 Americast (w3ct8lz7)

Elon Musk the trillionaire... does the global economy need him to succeed?

The US economy backs Elon Musk's vision for sending people to Mars, the moon and beyond with SpaceX. Elon Musk's rocket, telecommunications and artificial intelligence company SpaceX has listed on the Nasdaq stock exchange with a value of \$2.2 trillion; making him the world's first trillionaire in the process. Other AI companies, including Open AI and Anthropic have plans to follow suit but what does that mean for the US economy and global financial stability?

In this episode, Justin speaks to Ryan Mac - an investigative technology reporter for the New York Times who has extensive experience covering Elon Musk and other leaders in the AI field. SpaceX's public valuation has made millionaires of many of its past and current employees and generated around \$85 billion for the company; money that Elon Musk says is essential to fulfill the company's plans to build bases on the Moon, put data centres into orbit and send human beings to Mars. But what happens if those plans remain unfulfilled?

As more companies offer shares to investors and the general public, Justin and Ryan explore whether America is gambling on the promise of AI? And is the US economy becoming dangerously reliant on one industry?

HOSTS:

- Justin Webb, Radio 4 presenter

GUEST:

- Ryan Mac - New York Times investigative technology correspondent

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- Email Americast@bbc.co.uk
- Or use #Americast

This episode was made by Tom Gillett, Grace Reeve, Alix Pickles and Purvee Pattni. The technical producer was Ben Andrews. The series producer is Purvee Pattni. The senior news editor is Sam Bonham.

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Episodes

Radical: <https://www.bbc.co.uk/sounds/brand/p0gg4k6r>

The Global Story:

<https://www.bbc.co.uk/sounds/brand/w13xtvd>

SAT 10:00 BBC News (w1730nknxh5lgxg)

The latest five minute news bulletin from BBC World Service.

SAT 10:06 Not by the Playbook (w3ct996l)

A fantastic adventure

"Jobs fill your pocket, but adventures fill your soul." So said US actress Jamie Lyn Beatty. So this week we fill your soul with fantastical adventures and adventurers.

Belgium Tom de Dorlodot soars through the air like an eagle, exploring places untouched by humans. He does it all by harnessing the power of the wind and his spirit of adventure. Tom is a record breaking paraglider who has crossed some of the most challenging terrains on earth

Jono Ridler, is an ultra-marathon swimmer and environmental advocate from New Zealand best known for breaking world endurance records to protect the ocean. In 2026, he completed his most ambitious challenge yet, swimming the length of the North Island of New Zealand from North Cape to Wellington - a 1,400 km swim that took 90 days to complete. It was the longest, unassisted staged swim in history. Called Swim4TheOcean, it called on political leaders to end the fishing practice of bottom trawling in New Zealand.

Back in 1988 Australia's Kay Cottee became the first woman to sail solo, non-stop, and unassisted around the world. Not by the Playbook's Simon Watts hears her memories of nearly 200 days at sea.

Being adventurous is often a solo task, but in the case of Luciano Wernicke it's a family affair. Luciano is best known in his native Argentina as a prolific author and sports historian. It's a passion that has taken him and his family all over the world. His latest book is called '501 World Cup Moments'. We didn't have time to go through them all so instead we picked out those from previous tournaments in Mexico and the USA.

PHOTO: Tom de Dorlodot of Belgium soars over the cliffs in front of Tre Cime di Lavaredo (CREDIT: Adam Pretty/Getty Images for LUMIX)

SAT 11:00 BBC News (w1730nknxh5lhl)

The latest five minute news bulletin from BBC World Service.

SAT 11:06 The Newsroom (w1730bqjzjmy0pv)

The world's Newsroom brings you global events as they happen

SAT 11:30 BBC News Summary (w1730nlhc6s8yxz)

The latest two minute news summary from BBC World Service.

SAT 11:32 Unspun World with John Simpson (w3ct8tw8)

Who're the winners and losers of the US-Iran deal?

This week John Simpson, in discussion with the BBC's unparalleled range of experts across the world, examines the new deal aimed at ending the war between the US and Iran, analyses Ukraine's bid to join the European Union, and looks at the worsening situation for women in Afghanistan under Taliban rule.

Producer: Kate Cornell

Executive Producer: Benedick Watt

Commissioning Editors: Silvia Costeloe and Paul Royall

SAT 12:00 BBC News (w1730nknxh5lqdg)

The latest five minute news bulletin from BBC World Service.

SAT 12:06 In Our Time (w3ct9765)

The Code of Hammurabi

Misha Glenny and guests discuss the laws that Hammurabi (c1810 - c1750 BC), King of Babylon, had carved into a black basalt pillar in what is now present-day Iraq and which, since its rediscovery in 1901 in present-day Iran, has affirmed Hammurabi's reputation as one of the first great lawmakers. Visitors to the Louvre Museum in Paris can see it on display with almost 300 rules in cuneiform, covering anything from 'an eye for an eye' to how to handle murder, divorce, witchcraft, false accusations and more. The Code of Hammurabi, as it became known, made such an impression in Mesopotamia that it was copied and shared for a millennium after his death and, since its reemergence, Hammurabi and his Code have been commemorated in the United States Capitol Building and the International Court of Justice.

With

Martin Worthington

Professor in Middle Eastern Studies at Trinity College Dublin

Frances Reynolds

Shillito Fellow and Associate Professor of Assyriology at the University of Oxford and Senior Research Fellow at The Queen's College

And

Selena Wisnom

Lecturer in the Heritage of the Middle East at the University of Leicester

Produced by Simon Tillotson and Martha Owen

In Our Time is a BBC Studios Production

SAT 13:00 BBC News (w1730nknxh5lv4v)

The latest five minute news bulletin from BBC World Service.

SAT 13:06 Newshour (w1730bn1xt7mnxc)

Israel and Hezbollah continue to trade strikes despite 'ceasefire'

Could the latest violent attacks by both parties derail the tentative US-Iran peace deal? We hear from reporters on the ground in bomb-struck southern Lebanon and the Iranian capital Tehran, and ask Israeli journalist Anshel Pfeffer what Israel's strategy might be.

Also in the programme: proposed economic reforms in Cuba - which the United States has dismissed as 'superficial smoke signals'. And the enduring appeal of the classic album 'The Queen is Dead' by the UK indie band The Smiths, 40 years after its release.

(Civilians and Lebanese Red Cross personnel stand on the rubble of a damaged building after an Israeli strike on the village of Qennarit in southern Lebanon, June 20, 2026. Picture taken with a mobile phone. Credit: Reuters/Stringer)

SAT 14:00 BBC News (w1730nknxh5lywz)

The latest five minute news bulletin from BBC World Service.

SAT 14:06 Sportsworld (w1730c8w5mck1m)

Live Sporting Action

Lee James is live in Toronto for an Ontario-inspired Saturday Sportsworld. Lee will be joined by former Newcastle United, Burnley and Canada defender David Edgar and sports journalist Lindsay Dunn to discuss the latest talking points at the World Cup.

We'll visit Canada's Walk of Fame, hear from Junior Hoilett on the impact of the city of Brampton on Canada's football scene and meet some of the Toronto Tempo's WNBA franchise. Plus, an in-depth look at the growing role of football in the country.

John Bennett and journalist guests will join Lee to preview Saturday's World Cup action, with crucial ties in both Group E & F.

Away from football; day 3 of golf's US Open, the latest from the Women's T20 World Cup and day 4 of the second Test between England and New Zealand at The Oval.

Photo: A fan of Canada looks out over the Toronto stadium in Toronto, Ontario. (Credit: FIFA via Getty Images)

SAT 18:00 BBC News (w1730nknxh5mfwh)

The latest five minute news bulletin from BBC World Service.

SAT 18:06 The Newsroom (w1730bqjzjmyvyr)

The world's Newsroom brings you global events as they happen

SAT 18:30 BBC News Summary (w1730nlhc6s9t4w)

The latest two minute news summary from BBC World Service.

SAT 18:32 More than the Score (w3ct9bcs)

[Repeat of broadcast at 05:32 today]

SAT 18:50 Sporting Witness (w3ct8rx8)

Brazil 1-7 Germany: Brazil's heaviest defeat

Host nation Brazil were World Cup favourites in 2014, but the German team dismantled Brazil's defense and spirit by scoring five goals in 29 minutes.

Germany's Thomas Müller tells Uma Doraiswamy how they inflicted Brazil's heaviest defeat.

Eye-witness accounts brought to life by archive and testimony. Sporting Witness is for those fascinated by sporting history. We take you to the events that have shaped the sports world through the eyes of the people who were there. For nine minutes, you become a fan in the stands as we take you back in time to examine memorable victories and agonising defeats from all over the world. You'll hear from people who have achieved sporting immortality, or those who were there as incredible sporting moments unfolded.

Recent episodes explore the forgotten football Women's World Cup, the plasterer who fought a boxing legend, international football's biggest ever beating and the man who swam the

Amazon river. We look at the lives of some of the most famous F1 drivers, tennis players and athletes as well as people who've had ground-breaking impact in their chosen sporting field, including: the most decorated Paralympian, the woman who was the number 1 squash player in the world for nine years, and the first figure skater to wear a hijab. You can learn all about fascinating and surprising stories, such as the tennis player who escaped the Nazis, how a man finally beat a horse in a race, and how the FIFA computer game was created.

(Photo: Thomas Müller celebrates scoring his Germany's first goal. Credit: Jamie McDonald/Getty Images)

SAT 19:00 BBC News (w1730nknxh5mkmm)

The latest five minute news bulletin from BBC World Service.

SAT 19:06 The Inquiry (w3ct98ps)

Can Brussels crack the gender pay gap?

A new directive strives to narrow the 11% hourly wage gap between men and women in the EU.

Around the world, the gender pay gap has been shrinking as women gain access to higher education and better employment opportunities. Though varied hours, industries and care responsibilities make this inequality a difficult problem to tackle with one universal policy.

Member states have just passed their deadline to implement measures that will hold employers to account for pay disparities in the workplace so will pay transparency solve the persistent gap?

Contributors

Emma Duchini, assistant professor of economics, University of Essex, UK
Marianne Bertrand, professor of economics, University of Chicago Booth School of Business, US
Adamnesh Bogale, head of gender, African Centre for Economic Transformation (ACET), Ghana
Marina Tverdstup, economist, Vienna Institute for International Economic Studies, Austria.

Presenter: Charmaine Cozier

Producer: Evie Yabsley

Researcher: Amelia Cox

Sound engineer: Toby James

Editor: Tom Bigwood

Production management: Phoebe Lomas and Liam Morrey

(Photo: A woman typing)

SAT 19:30 BBC News Summary (w1730nlhc6s9xx0)

The latest two minute news summary from BBC World Service.

SAT 19:32 Happy News (w3ct8nwk)

The Happy Pod: Success stories of former refugees

The Happy Pod is celebrating World Refugee Day. We hear from Razan Alsous, who fled from Syrian to the UK and wanted a taste of home. She now runs a successful cheese business. Also, Mohamed Semra has become Australia's first mayor from sub-Saharan Africa. Plus, the woman who started a hairdressing business in a Ugandan refugee camp and, Leo Ajikic on finding success in radio and television after fleeing from Bosnia.

Presenters: Holly Gibbs and Tam Patachako

Music: Iona Hampson

(Photo: Razan Alsous making cheese at the Yorkshire Dama Cheese factory. Credit: @yorkshiredamacheese)

SAT 20:00 BBC News (w1730nknxh5mpcr)

The latest five minute news bulletin from BBC World Service.

SAT 20:06 The Arts Hour (w3ct8hb2)

Director Tina Gharavi on Virginia Woolf

Nikki Bedi speaks to Iranian-born director Tina Gharavi about her new film Virginia Woolf's Night and Day, starring Haley Bennett and Lily Allen

Zing Tsjeng joins as cultural critic to give her take on some of the highlights of the week:

Kiefer Sutherland on his career playing bad guys, from Stand by Me to the genre-defining series 24.

Adam Lambert on following in the footsteps of Freddie Mercury as Queen's new front man.

Sudanese-Australian author Yassmin Abdel-Magied on how

working as an engineer on an oil rig inspired her new novel.

Film-maker Shahrbanoo Sadat discusses No Good Men, possibly Afghanistan's first romcom.

Plus, multi-platinum singer Olivia Rodrigo performs a cover of CMAT's song When a Good Man Cries.

Producer: Ciaran Bermingham

(Photo: Director Tina Gharavi Credit: Mark Pinder)

SAT 21:00 BBC News (w1730nknxh5mt3w)

The latest five minute news bulletin from BBC World Service.

SAT 21:06 Newshour (w1730bn1xt7nmby)

Iran says it has closed Strait of Hormuz again

Iran says it has again closed the Strait of Hormuz, in response to Israel's continued strikes on southern Lebanon which have killed at least 25 people according to Lebanese state media. The Iranian military described the attacks as a violation of Tehran's peace deal with Washington. But a US military statement said the Strait remained open and at least 55 vessels had passed through during the day.

Also in the programme: An escalating row between Ukraine and Poland leads to President Zelensky returning an award from Warsaw; and the secret behind the success of a legendary TV comedy director.

(Photo: Vessels are anchored in the Strait of Hormuz, as seen from Oman, June 19, 2026. Credit: Reuters/Stringer)

SAT 22:00 BBC News (w1730nknxh5mxw0)

The latest five minute news bulletin from BBC World Service.

SAT 22:06 Not by the Playbook (w3ct996l)

[Repeat of broadcast at 10:06 today]

SAT 23:00 BBC News (w1730nknxh5n1m4)

The latest five minute news bulletin from BBC World Service.

SAT 23:06 The Newsroom (w1730bqjzjmzgd)

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SAT 23:30 BBC News Summary (w1730nlhc6sbdwj)

The latest two minute news summary from BBC World Service.

SAT 23:32 This Is Africa (w3ct8td5)

Dieg

Dieg is a musician, producer and videographer from Cabo Verde, the tiny Atlantic nation which punches above its weight when it comes to music.

Dieg tells This Is Africa how he feels a responsibility to follow in the footsteps of the great Cesária Évora – she exposed the world to mourna and coladeira, two of Cabo Verde's unique musical genres, and opened the door for other musicians from the island country.

In his music he draws on the rich musical tradition of Cabo Verde but is also influenced by contemporary global and African sounds. He calls his blend "fora caixa", which means "out of the box".

Dieg also talks about his musical family and working with his wife Fattu Djakité, who is a musician in her own right. Steeped in music from a young age, he also benefited from a Cesária Évora scholarship to study keyboard. He says despite the legacy of Cabo Verde's most famous daughter, there are still very few agents, managers and event organizers in the country.

Beyond Cabo Verde, Dieg says one of his biggest influences is the Belgian superstar Stromae, who has helped him look at music in a different way.

SUNDAY 21 JUNE 2026

SUN 00:00 BBC News (w1730nknxh5n5c8)

The latest five minute news bulletin from BBC World Service.

SUN 00:06 BBC Conversations (w3ct8m3r)

[Repeat of broadcast at 09:06 on Saturday]

SUN 00:30 BBC News Summary (w1730nlhc6sbjmn)

The latest two minute news summary from BBC World Service.

SUN 00:32 The Documentary (w3ct9b96)
The Russian dream

It is an unlikely migration trend - Westerners swapping life in Texas or London for Moscow or Nizhny Novgorod. In 2024, President Vladimir Putin introduced the Russian Shared Values visa, sometimes called the "anti-woke" visa, offering up to three years of residency to citizens of 47 so-called "unfriendly" countries who say they align with Russia's traditional spiritual and moral values.

Applicants do not need to speak Russian or pass a history test to qualify. Instead, they must reject the social and cultural direction of their home country. We hear the stories of people making this move. What motivates them and how do their expectations compare with the reality of life in Russia?

Presenter/producer: Dan Hardoon
Editor: Mike Wendling
Sound engineer: Richard Courtice
A Story² production for BBC World Service

SUN 01:00 BBC News (w1730nknxh5n93d)
The latest five minute news bulletin from BBC World Service.

SUN 01:06 The Newsroom (w1730bqjzjmzq4n)
The world's Newsroom brings you global events as they happen

SUN 01:30 BBC News Summary (w1730nlhc6sbncs)
The latest two minute news summary from BBC World Service.

SUN 01:32 More than the Score (w3ct9bcs)
[Repeat of broadcast at 05:32 on Saturday]

SUN 01:50 Sporting Witness (w3ct8rx8)
[Repeat of broadcast at 18:50 on Saturday]

SUN 02:00 BBC News (w1730nknxh5ndvj)
The latest five minute news bulletin from BBC World Service.

SUN 02:06 The Newsroom (w1730bqjzjmtws)
The world's Newsroom brings you global events as they happen

SUN 02:30 BBC News Summary (w1730nlhc6sbs3x)
The latest two minute news summary from BBC World Service.

SUN 02:32 Health Check (w3ct8k2j)
The global toll of food poisoning

The WHO has conducted their first global assessment of food contamination in over a decade and found that more than 1.5 million people are killed by food poisoning every year. Dr Ann Robinson joins Claudia Hammond to discuss the common causes of foodborne illness.

Gout is a type of inflammatory arthritis which can cause sudden and severe joint pain. Claudia is joined by Professor Nicola Dalbeth an academic rheumatologist at the University of Auckland in New Zealand to discuss misconceptions about the disease.

Reporter Tony Vinyoh then brings us to Cameroon, where Mbingo Baptist hospital is creating its own compressed oxygen supply to address the shortages and high costs of life-saving medical interventions.

We also discuss a new wearable ultrasound patch which could detect pregnancy complications in real-time, and we hear about a weekly 5 kilometre run in a park which has grown to become a global phenomenon - with over one million events across 5 continents and 23 countries - promoting regular exercise and well-being.

Presenter: Claudia Hammond
Producers: Jonathan Blackwell and Georgia Christie

SUN 03:00 BBC News (w1730nknxh5njln)
The latest five minute news bulletin from BBC World Service.

SUN 03:06 In Our Time (w3ct9765)
[Repeat of broadcast at 12:06 on Saturday]

SUN 04:00 BBC News (w1730nknxh5nnbs)
The latest five minute news bulletin from BBC World Service.

SUN 04:06 From Our Own Correspondent (w3ct99c3)
Trump, G7, and the Iran deal

Pascale Harter introduces stories from Evian-les-Bains in France, the Democratic Republic of Congo, Peru, and Ghana.

Leaders of seven of the world's most powerful countries met in France this week for the G7 summit. The official agenda included meetings on inequality, artificial intelligence, and children's online safety. But the US President Donald Trump dominated proceedings, as he presented his prospective peace deal with Iran, and agreed to continued support for Ukraine. James Waterhouse was in Evian-les-Bains where he watched as leaders scrambled to keep up with the President's evolving agenda.

Health clinics in the Democratic Republic of Congo are battling to bring the latest Ebola virus outbreak under control. The head of Africa's Centres for Disease Control warned this week that the current spread of the virus - which is also affecting Uganda - could be the worst ever. Anne Soy has been in Ituri province, the epicentre of the outbreak.

Peru recently held its second round of voting in a knife-edge presidential election which has pitted two very different candidates against each other - the right-wing Keiko Fujimori and left-wing Roberto Sanchez. Ione Wells has been speaking to voters in Lima.

And England take on Ghana in the World Cup next Tuesday - one of ten African countries playing in this year's tournament. Sara Wheeler has been in Jamestown where she heard more about football's cherished place in Ghanaian life.

Producer: Ellie House
Editor: Richard Fenton-Smith
Production Co-ordinator: Katie Morrison

(Image: US President Donald Trump arrives for the official greeting during the G7 summit, in Evian, eastern France. Credit: Ludovic MARIN / AFP via Getty Images)

SUN 04:30 BBC News Summary (w1730nlhc6sc0m5)
The latest two minute news summary from BBC World Service.

SUN 04:32 Unspun World with John Simpson (w3ct8tw8)
[Repeat of broadcast at 11:32 on Saturday]

SUN 05:00 BBC News (w1730nknxh5ns2x)
The latest five minute news bulletin from BBC World Service.

SUN 05:06 The Newsroom (w1730bqjzjn0645)
The world's Newsroom brings you global events as they happen

SUN 05:30 BBC News Summary (w1730nlhc6sc4e9)
The latest two minute news summary from BBC World Service.

SUN 05:32 The Documentary (w3ct9b96)
[Repeat of broadcast at 00:32 today]

SUN 06:00 BBC News (w1730nknxh5nvv1)
The latest five minute news bulletin from BBC World Service.

SUN 06:06 Weekend (w1730c5lf27p88j)
US-Iran talks to begin

The United States and Iran are due to hold direct talks in Switzerland today as they try to extend a ceasefire into a long-term peace deal. The American Vice President, JD Vance, has arrived for the talks. He said he hoped to make progress on "the nuclear issue" and on questions surrounding Lebanon.

Also in the programme: polarisation in Colombian elections; and Prime Minister Keir Starmer's future.

Presenter Paul Henley is joined by Anja Shortland, professor in political economy at King's College, London; and John Kampfner, broadcaster, journalist and writer.

(Photo: U.S. Vice President J.D. Vance speaks to reporters at Joint Base Andrews, Maryland, U.S., June 20, 2026. CREDIT: REUTERS/Elizabeth Frantz/Pool)

SUN 07:00 BBC News (w1730nknxh5p015)
The latest five minute news bulletin from BBC World Service.

SUN 07:06 Weekend (w1730c5lf27pd0n)
Delegations arrive in Switzerland for Iran-US talks

Direct talks between the US and Iran are set to begin in Switzerland despite the Iranian military saying it has closed the Strait of Hormuz again over Israel's attacks on southern Lebanon. The American Vice President, JD Vance, has arrived in Switzerland.

Also in the programme: a row between Poland and Ukraine; and the positive impact of becoming a father.

Presenter Paul Henley is joined by Anja Shortland, professor in political economy at King's College, London; and John Kampfner, broadcaster, journalist and writer.

(Photo: Iran's Speaker of the Islamic Parliament, Mohammed Bagher Ghalibaf (C), attends a meeting at the Bürgenstock resort in Obbürgen, near Lucerne, Switzerland, Sunday, 21 June 2026. CREDIT: URS FLUEELER/EPA/Shutterstock)

SUN 08:00 BBC News (w1730nknxh5p4b9)
The latest five minute news bulletin from BBC World Service.

SUN 08:06 Weekend (w1730c5lf27phrs)
US-Iran talks in Switzerland

Negotiators from Iran and the United States are in Switzerland for talks aimed at extending their ceasefire into a long-term peace deal. Vice President JD Vance is leading the American delegation.

Also in the programme: Brexit 10 years on; and foreign language brains.

Presenter Paul Henley is joined by Anja Shortland, professor in political economy at King's College, London; and John Kampfner, broadcaster, journalist and writer.

(Photo: A view of the Media Centre in the Tennis Hall of the Bürgenstock resort in Obbürgen, Switzerland. CREDIT: URS FLUEELER/EPA/Shutterstock)

SUN 09:00 BBC News (w1730nknxh5p82f)
The latest five minute news bulletin from BBC World Service.

SUN 09:06 From Our Own Correspondent (w3ct99c3)
[Repeat of broadcast at 04:06 today]

SUN 09:30 BBC News Summary (w1730nlhc6scmbt)
The latest two minute news summary from BBC World Service.

SUN 09:32 The Food Chain (w3ct8sw4)
Why do we love smoky flavours so much?

The history of smoking foods stretches back many years, but when did what began purely for preservation become a highly sought-after flavour? In this episode of The Food Chain, Ruth Alexander explores the origins of smoked foods and finds out why their flavours are so appealing to so many people around the world. She visits a smokehouse run by Michael Price in the port city of Lancaster in north-west England, where he explains the techniques used to flavour a variety of fish, as well as some of the more unusual demands he's received from chefs. We learn about the science behind smoked flavours from Professor Heather Smyth, a flavour chemist and sensory scientist at the University of Queensland in Brisbane, Australia. And food historian, Professor Ken Albala, walks us through thousands of years of history via a meal prepared using his own home smoker in Stockton, California. We also investigate the impact of EU legislation with the European Food Safety Authority, following a European ban on several smoke flavour additives, and ask what this might mean for the future of smoked foods.

If you would like to get in touch with the show, please email thefoodchain@bbc.co.uk

Producers: Sam Clack and Izzy Greenfield
Sound engineers: Jack Wilfan and Hal Haines

(Image description: racks of fish fillets inside a smoker)

SUN 10:00 BBC News (w1730nknxh5petk)
The latest five minute news bulletin from BBC World Service.

SUN 10:06 People Fixing The World (w3ct8t0w)
Snakebite solutions

Snakebite kills tens of thousands of people every year, many of them in rural communities where treatment can be delayed, expensive or difficult to reach. In southern Nepal, reporter Craig Langran joins a community organiser responding to snake rescue calls and teaching villagers what to do when snakes appear near their homes. And in a laboratory at Monash

University in Malaysia, researchers are working on broader antivenoms that could reduce the guesswork doctors face when a patient arrives after a bite.

People Fixing The World from the BBC is about brilliant solutions to the world's problems. We release a new edition every Tuesday. We'd love you to let us know what you think and to hear about your own solutions. You can contact us on WhatsApp by messaging +44 8000 321721 or email peoplefixingtheworld@bbc.co.uk. And please leave us a review on your chosen podcast provider.

Presenter: Myra Anubi
Reporter/producer: Craig Langran
Editor: Jon Bithrey
Sound mix: Andrew Mills

(Image: Subodh Acharya catches snakes in southern Nepal, Craig Langran/BBC)

SUN 10:30 BBC News Summary (w1730nlhc6scr2y)
The latest two minute news summary from BBC World Service.

SUN 10:32 The Fifth Floor (w3ct8sqm)
Everest tourism's toll on Sherpas

At the beginning of June a clean-up crew on Mount Everest were clearing abandoned tents and rubbish, when they saw a man in the distance, completely alone, sliding down the mountain towards base camp. The man was Hilary Dawa Sherpa. He had been missing for 6 days and his family, convinced that he had died, had already started doing last rites for him. Nearly every person who climbs Mount Everest depends on a member of the Sherpa community to guide them up the mountain, carry belongings and set up camps. So why was Hilary Dawa Sherpa left behind? Kamal Pariyar of BBC Nepali spoke to Hilary Dawa Sherpa about his miraculous survival. BBC World Service Global Environment correspondent Navin Singh Khadka is also from Nepal and has reported on many issues to do with tourism on Mount Everest.

In May, in a town north-western Peru, a group of Catholic priests knelt and publicly asked forgiveness from descendants of the indigenous Tallán community. The scene, captured on video, shows a group of priests in robes addressing the representatives of the community before stepping down to be among them and kneeling. Isabel Caro from BBC Mundo tells the story of the struggle behind this gesture.

The Fifth Floor is at the heart of global storytelling on the BBC World Service, bringing you the best stories from journalists in the BBC's 43 language services. We're here to help you make sense of the stories making headlines around the world; to excite your curiosity and to get to grips with the facts.

Recent episodes have investigated Russia's youth armies and how they make soldiers of Ukrainian children; featured the BBC team who were the first journalists to the site of the Nigerian school kidnappings and reflected the effects of internet blackouts in Iran, Uganda and India.

If you want to know more about Venezuela's acting president, Delcy Rodríguez, and the legacy of Hugo Chavez; or how Vladimir Putin's network of deep cover spies operates; or why Donald Trump signed an executive order granting white South Africans asylum in the US, we have all those stories and more.

Presented by Faranak Amidi.

Produced by Laura Thomas and Caroline Ferguson

(Photo: Faranak Amidi. Credit: Tricia Yourkevich)

SUN 11:00 BBC News (w1730nknxh5phkp)
The latest five minute news bulletin from BBC World Service.

SUN 11:06 The Newsroom (w1730bqjzn0xly)
The world's Newsroom brings you global events as they happen

SUN 11:30 BBC News Summary (w1730nlhc6scv2)
The latest two minute news summary from BBC World Service.

SUN 11:32 More than the Score (w3ct9bcs)
[Repeat of broadcast at 05:32 on Saturday]

SUN 11:50 More or Less (w3ct998v)
[Repeat of broadcast at 05:50 on Saturday]

SUN 12:00 BBC News (w1730nknxh5pm9t)
The latest five minute news bulletin from BBC World Service.

SUN 12:06 BBC Conversations (w3ct8m3r)
[Repeat of broadcast at 09:06 on Saturday]

SUN 12:30 BBC News Summary (w1730nlhc6sczl6)
The latest two minute news summary from BBC World Service.

SUN 12:32 Assignment (w3ct8h18)
Lebanon's abandoned lives

People who have had to abandon their homes because of the conflict between Israel and Hezbollah, explain what life is like in Lebanon, a country which has been repeatedly hit by war. A social worker describes how she thinks most Lebanese citizens now keep a bag of important belongings packed and ready to go by their front door in case they need to leave home at a moment's notice. A mother is close to tears talking about having to rearrange her daughter's fourth birthday party because of the imminent threat of missile strikes. Israel's military forces are currently occupying southern parts of Lebanon. They say they are there for the purposes of self-defence and to destroy Hezbollah's military capabilities. It is estimated a million people have had to move out of their homes as a result. It is not clear when or if those people will get to return or whether they will still have homes to go back to.

Presenter: Carine Torbey
Producer: Nick Holland
Sound engineer: Rod Farquhar
Editor Penny Murphy

(Photo: Makeshift tents for displaced Lebanese people. Credit: Anwar Amro/AFP)

SUN 13:00 BBC News (w1730nknxh5pr1y)
The latest five minute news bulletin from BBC World Service.

SUN 13:06 Newshour (w1730bn1xt7qk90)
Negotiators in talks on US-Iran peace deal

Negotiators from the United States and Iran are in Switzerland for talks aimed at turning their ceasefire into a lasting peace deal.

The talks are going on despite the Iranian military saying it has closed the Strait of Hormuz again over Israel's attacks on southern Lebanon.

Also in the programme: The stark choice facing voters in Colombia today; and why athletes are protesting against fossil fuel companies during the FIFA men's World Cup.

[Photo shows Iranian parliament speaker and negotiating team head Mohammad Bagher Ghalibaf and Iranian foreign minister Abbas Araghchi greeting Swiss officials at an airport in Zurich, Switzerland on 21 June 2026. Credit: Iranian parliament speaker's office via EPA]

SUN 14:00 BBC News (w1730nknxh5pvt2)
The latest five minute news bulletin from BBC World Service.

SUN 14:06 The Climate Question (w3ct99hm)
Is climate change ruining our sleep?

Parts of India have been facing extreme heat - with temperatures soaring past 46 degrees Celsius. But a less familiar story unfolds after dark. When temperatures stay high after sunset, an essential human need is threatened: sleep.

Scientific research suggests that hot nights are leading many of us around the world to lose shut-eye already. Our bodies need to cool down to fall asleep - but hotter nights make that much harder. And the impacts go way beyond just feeling tired; disrupted sleep has links to poor cardiovascular health and depression. Women, children, the elderly and those living in hot countries with less income are most affected.

As global temperatures rise due to climate change, experts warn that the impact on our sleep - and our health - will only worsen.

Presenter Graihagh Jackson speaks to sleep expert Dr Sophie Bostock and BBC Marathi reporter, Janhavee Moole. They explore how rising temperatures are disrupting sleep in India and beyond - and share practical tips on how to stay cool in a warming world.

Producer: Graihagh Jackson, Janhavee Moole and Grace Braddock
Sound engineer: Ben Andrews and Tom Brignell
Editor: Simon Watts

SUN 14:30 BBC News Summary (w1730nlhc6sd72g)
The latest two minute news summary from BBC World Service.

SUN 14:32 Happy News (w3ct8nwk)
[Repeat of broadcast at 19:32 on Saturday]

SUN 15:00 BBC News (w1730nknxh5pzk6)
The latest five minute news bulletin from BBC World Service.

SUN 15:06 Sportsworld (w1730c8w5zngkpvt)
Live Sporting Action

Lee James is in Toronto for the second stop of Sportsworld's World Cup tour, bringing you the colour and atmosphere the morning after Ivory Coast's game against four-time winners Germany in the Canadian city.

Lee will be joined by two of Canada's greatest sporting stars - football legend and Olympic champion Christine Sinclair and double Olympic champion and former men's 100m world record holder Donovan Bailey.

The big talking points from the World Cup will be covered by former Canada captain David Edgar and Canadian commentator Matt Cullen, including World Cup debutants Cape Verde who caused one of the shocks of the tournament so far when they held Spain to a goalless draw in their opening game. Former Cape Verde international Georges Santos speaks to Sportsworld ahead of their second match against Uruguay, and there's also insight from former Canada and Premier League striker Tomasz Radzinski.

As Sportsworld is in Toronto, there will be a look at the city and country's sporting heritage; from finding out more about Toronto's NBA and MLB teams with Canadian broadcaster Lindsay Dunn to hearing from Canada's sporting stars. Eleven years on from hosting the Women's World Cup, what was the legacy of Canada hosting the tournament? That is a talking point for Sportsworld, plus is Vancouver Whitecaps' future away from Canada?

John Bennett will be providing updates from Spain versus Saudi Arabia and there's previews to the rest of Sunday's games. Sportsworld also speaks to fans to find out about the fan experience at the World Cup.

Away from the World Cup, there will also be the latest from the world of sport including the men's US Open golf, Queen's tennis and the latest from the Women's T20 World Cup and the second Test between England and New Zealand.

Photo: A general view of the Toronto city skyline at Toronto Stadium on June 12, 2026 in Toronto, Ontario. (Credit: FIFA via Getty Images)

SUN 19:00 BBC News (w1730nknxh5qgjg)
The latest five minute news bulletin from BBC World Service.

SUN 19:06 The Newsroom (w1730bqjzn1wkz)
The world's Newsroom brings you global events as they happen

SUN 19:30 BBC News Summary (w1730nlhc6sdt3)
The latest two minute news summary from BBC World Service.

SUN 19:32 Over to You (w3ct99km)
Focus on Eastern Europe

The Russian invasion of Ukraine in February 2022 has and continues to impact the region of Eastern Europe dramatically. With correspondent Sarah Rainsford, Qasa looks at how reporting on the region has changed since the war. Are other stories being lost or sidelined as the war continues to dominate news agendas? Over to You also look at how the World Service is going about countering the spread of disinformation, going behind the scenes of BBC Monitoring, and looking at the launch of BBC News Magyarul and Romania. We also assess how BBC News Polska has fared a year on from its launch.

A Whistledown Production.

SUN 20:00 BBC News (w1730nknxh5ql8v)
The latest five minute news bulletin from BBC World Service.

SUN 20:06 Unexpected Elements (w3ct8kck)
[Repeat of broadcast at 00:06 on Saturday]

SUN 21:00 BBC News (w1730nknxh5qq0z)
The latest five minute news bulletin from BBC World Service.

SUN 21:06 Newshour (w1730bn1xt7rj81)

Colombians vote in a stark choice between left and right

Colombians are voting in a presidential run-off election. The vote pits a leftist reformer against a right-wing political newcomer who wants to use force to combat drug cartels and rebel groups. Abelardo de la Espriella, who's backed by President Trump, has vowed to wage a full-scale military campaign in contrast to Senator Ivan Cepeda who's promising to continue the less confrontational policies of the outgoing president, Gustavo Petro.

Also in the programme: US Vice-President JD Vance describes 'great progress' in talks with Iran in Switzerland; and research that suggests men with children have better performing brains.

(Photo: A man fills out a ballot as people vote in a presidential runoff election in Colombia, June 21, 2026. Credit: Reuters/Jair Coll)

SUN 22:00 BBC News (w1730nknxh5qts3)

The latest five minute news bulletin from BBC World Service.

SUN 22:06 The Climate Question (w3ct99hm)

[Repeat of broadcast at 14:06 today]

SUN 22:30 BBC News Summary (w1730nlh6csf61h)

The latest two minute news summary from BBC World Service.

SUN 22:32 Antarctic Midwinter Broadcast (w3ct9bnv)

Antarctic Midwinter Broadcast 2026

This unique BBC radio programme is aimed at just a few dozen listeners: The team of scientists and support staff isolated at British research stations in the Antarctic midwinter.

Hosted by Cerys Matthews, the show features messages from family and friends at home as well as music requests from Antarctica. For decades it has been part of the traditional midwinter celebrations and, since 2020, it's been enjoyed by listeners around the world.

Midwinter celebrations at the British research stations include a feast, exchange of presents, watching the 1982 horror film *The Thing* (where an alien monster terrorises an Antarctic base) and listening - on short wave - to the BBC's Midwinter Broadcast.

For those listeners wishing to listen on Shortwave on Sunday 21st June at **21:30 GMT** the programme will be available on these frequencies, 9510 kHz, 9460 kHz & 12070 kHz

A Boffin Media Production for BBC World Service

SUN 23:00 BBC News (w1730nknxh5qyj7)

The latest five minute news bulletin from BBC World Service.

SUN 23:06 The Newsroom (w1730bqjzjn2ckh)

The world's Newsroom brings you global events as they happen

SUN 23:30 BBC News Summary (w1730nlh6csf9sm)

The latest two minute news summary from BBC World Service.

SUN 23:32 The Fifth Floor (w3ct8sqm)

[Repeat of broadcast at 10:32 today]

MONDAY 22 JUNE 2026**MON 00:00 BBC News (w1730nknxh5r28c)**

The latest five minute news bulletin from BBC World Service.

MON 00:06 From Our Own Correspondent (w3ct99c3)

[Repeat of broadcast at 04:06 on Sunday]

MON 00:30 BBC News Summary (w1730nlh6csffjr)

The latest two minute news summary from BBC World Service.

MON 00:32 BBC Inside Science (w3ct977r)

Finding the evidence for the social media ban

After this week's announcement that under-16s will be banned from major social media platforms, we delve into the evidence behind the ban with Professor Amy Orben, Programme Leader of the Digital Mental Health Group at the University of Cambridge, and Dr Catherine Sebastian, Head of Evidence at Wellcome.

Also on the show, what can penalty shoot-outs teach us about international diplomacy? And how does the valuation of a football player impact the number of crashes seen after their team plays? Professor of Mathematical Sciences at Bath and football fan, Kit Yates, joins Tom to assemble their very own World Cup squad of science.

Presenter: Tom Whipple

Producers: Kate White, Katie Tomsett, Keiran Manetta-Jones

Editor: Martin Smith

Production Co-ordinator: Jana Bennett-Holesworth

MON 01:00 BBC News (w1730nkp8rgw18n)

The latest five minute news bulletin from BBC World Service.

MON 01:06 The Newsroom (w1730bqkbsy6g9x)

The world's Newsroom brings you global events as they happen

MON 01:30 BBC News Summary (w1730nlh6kdk1)

The latest two minute news summary from BBC World Service.

MON 01:32 Discovery (w3ct8jsh)

The Life Scientific: Dean Lomax

Have you ever been told you aren't good enough to do something, then gone ahead and proved the naysayers wrong by doing it anyway - in glorious, headline-grabbing style?

That is the satisfying story of Dr Dean Lomax. Dean grew up in Doncaster with a passion for fossils but after failing various school exams, was told by teachers that he'd never make it as a palaeontologist. Undeterred by leaving school with no qualifications, Dean sold his childhood *Star Wars* collection to fund a fossil-hunting trip to America that changed his life - after which a chance discovery led to him publishing his first ever scientific paper at the age of just 20.

Today, he's an expert on ichthyosaurs - the massive marine reptiles that once inhabited our seas - and has discovered and named several new species, written books for both adults and children, and brought the prehistoric world to life on TV. Talking to Professor Jim Al-Khalili, Dean discusses dinosaurs as a 'gateway science', discovering the Rutland Sea Dragon and the importance of cutting out noise from nay-sayers to follow your dreams...

MON 02:00 BBC News (w1730nkp8rgw50s)

The latest five minute news bulletin from BBC World Service.

MON 02:06 The Newsroom (w1730bqkbsy6l21)

The world's Newsroom brings you global events as they happen

MON 02:30 BBC News Summary (w1730nlh6k2kj95)

The latest two minute news summary from BBC World Service.

MON 02:32 CrowdScience (w3ct8k71)

How does Bluetooth work?

CrowdScience listener Rachel uses Bluetooth headphones on her cycle to work, seamlessly playing music from her phone without using wires. But how does this technology send information through the air?

To find out, Rachel and presenter Caroline Steel travel to Cambridge in the UK to meet telecommunications expert William Webb. He explains why their Bluetooth signals actually are - and demonstrates why their properties are linked to the invention of leaky microwave ovens.

Caroline speaks to Jaap Haartsen, the inventor of Bluetooth, who reveals the hidden meaning of its logo, and what the name has to do with an ancient Viking king.

And she learns how a new flavour of "low energy" Bluetooth is having an unexpected application: helping ecologists like Damien Farine understand animal behaviour. Which leads her to an old tobacco barn in Switzerland, to meet researcher Bettina Almási and her team - along with some very cute baby barn owls.

Presenter: Caroline Steel

Producer: Anand Jagatia

Editors: Ben Motley & Ilan Goodman

(Photo: Composite photo collage of hands hold phone device internet antenna connection technology bluetooth - stock photo Credit: Deagreetz via Getty Images)

MON 03:00 BBC News (w1730nkp8rgw8rx)

The latest five minute news bulletin from BBC World Service.

MON 03:06 People Fixing The World (w3ct8t0w)

[Repeat of broadcast at 10:06 on Sunday]

MON 03:30 BBC News Summary (w1730nlh6k2kn19)

The latest two minute news summary from BBC World Service.

MON 03:32 The Fifth Floor (w3ct8sqm)

[Repeat of broadcast at 10:32 on Sunday]

MON 04:00 BBC News (w1730nkp8rgwdj1)

The latest five minute news bulletin from BBC World Service.

MON 04:06 The Newsroom (w1730bqkbsy6tk9)

The world's Newsroom brings you global events as they happen

MON 04:30 BBC News Summary (w1730nlh6k2krsf)

The latest two minute news summary from BBC World Service.

MON 04:32 The Conversation (w3ct99nl)

Helping women deal with trauma

Traumatic events can leave an enduring psychological impact. Datshiane Navanayagam talks to two psychologists about how they help women heal from trauma.

Jane Abatoni Gatete heads the Rwanda Organization of Trauma Counsellors (ARCT- Ruhuka). She has over 25 years of expertise and practical experience in mental health support. As well as working as a psychiatrist in individual and group settings she has trained hundreds of others to support a nation recovering from the trauma of war and genocide.

Dr Adshead is one of Britain's leading forensic psychiatrists with 30 years' experience working in some of London's first trauma clinics and Broadmoor prison. She says that traumatic events, experiences that change your identity, can happen not only acutely and suddenly but take place slowly over time. While many people will recover naturally, some have long-term impacts that require treatment. Her latest book is called *Unspeakable: Stories of Survival and Transformation After Trauma*.

Produced by Jane Thurlow

(Image: (L) Gwen Adshead, credit Richard Ansett BBC. (R) Jane Abatoni Gatete, courtesy Jane Abatoni Gatete.)

MON 05:00 BBC News (w1730nkp8rgwj85)

The latest five minute news bulletin from BBC World Service.

MON 05:06 Newsday (w1730c1dnk5glfx)

The right-wing candidate wins Colombia's presidential election

The winner, Abelardo de la Espriella has pledged a military crackdown on illegal armed groups, drug trafficking and crime. His left wing opponent, Ivan Cepeda, has not yet conceded, saying the initial count was "not yet official."

First round of US-Iran talks end with 'encouraging progress' according to mediators. We bring you the latest.

Isaac Fanin is in Vancouver, where after 92 years, Egypt finally won a World Cup match -- plus Cape Verde held Uruguay to a two-all draw.

(Picture: A supporter of Colombia's right-wing presidential candidate Abelardo De La Espriella reacts after the preliminary runoff results; Credit: Charlie Cordero/Reuters)

MON 06:00 BBC News (w1730nkp8rgwn09)

The latest five minute news bulletin from BBC World Service.

MON 06:06 Newsday (w1730c1dnk5gq61)

Trump-backed political outsider wins Colombia election

The hard-right candidate in Colombia's presidential election appears to have won according to preliminary results. We get reactions from Colombia

We'll get the latest on the talks between the United States and Iran that are taking place in Switzerland as the mediating countries - Qatar and Pakistan - tout what they called 'encouraging progress' -

Egypt beat New Zealand and Cape Verde gets a well deserved point. For all the latest results at the World Cup we go live to Vancouver. Our own Isaac Fanin is there.

And Toy Story 5 scores Hollywood's best opening weekend of 2026.

(Photo: Colombia's right-wing presidential candidate Abeloardo De La Esprilla gestures, as he addresses supporters; Credit: Jair Coll/Reuters)

MON 07:00 BBC News (w1730nkp8rgwrrf)

The latest five minute news bulletin from BBC World Service.

MON 07:06 Newsday (w1730c1dnk5gty5)

Preliminary results show Colombia has a new President

With over 99% of votes counted, de la Esprilla had won nearly 49.7% of the vote, while Cepeda won 48.7%, according to an initial count of the runoff election in Colombia.

Cepeda has not conceded, saying the preliminary count was "not yet official or binding". We speak to a supporter of de la Esprilla.

We'll get the latest on the talks between the United States and Iran that are taking place in Switzerland as the mediating countries - Qatar and Pakistan - tout what they called 'encouraging progress'.

And Isaac Fanin is in Vancouver bringing you the latest from the world cup. One of World Cup's great stories - Cape Verde on the cusp of progressing further. While Mohamed Salah scored one goal and created another as Egypt secure their first-ever World Cup win.

(Photo: Supporters of Colombia's right-wing presidential candidate Abelardo De La Esprilla gather after the preliminary runoff results; Credit: Charlie Cordero/ Reuters)

MON 08:00 BBC News (w1730nkp8rgwwhk)

The latest five minute news bulletin from BBC World Service.

MON 08:06 The Interview (w3ct8klc)

Catherine Russell, Unicef: War is the worst thing for children

Nada Tawfik speaks to Catherine Russell, executive director of Unicef, the United Nations agency responsible for protecting and supporting children.

Before taking up the role in 2022, she spent decades in government and diplomacy, including as assistant to President Joe Biden as well as serving in senior roles at the US State Department focused on global women's issues and international development.

Now leading Unicef at a time of unprecedented conflict, displacement and humanitarian need, she talks about the impact of aid cuts and the challenges facing children around the world.

The Interview brings you conversations with people shaping our world, from all over the world. The best interviews from the BBC, including episodes with the World Health Organisation's Hanan Balkhy, former Sudanese leader Aisha Musa and musical icon Sir Paul McCartney. You can listen on the BBC World Service on Mondays, Wednesdays and Fridays at 0800 GMT. Or you can listen to The Interview as a podcast, out three times a week on BBC Sounds or wherever you get your podcasts.

Presenter: Nada Tawfik
Producer: Cordelia Hemming and Farhana Haider
Editor: Justine Lang

Get in touch with us on email TheInterview@bbc.co.uk and use the hashtag #TheInterviewBBC on social media.

(Image: Catherine Russell. Credit: Unicef/UN0795033/Deeb)

MON 08:30 BBC News Summary (w1730nlqh2l7ry)

The latest two minute news summary from BBC World Service.

MON 08:32 Business Daily (w3ct8gfy)

The growing business of prepping

Preparing for the worst might sound a little paranoid, but more people are embracing the prepper mindset and buying emergency supplies. As preparedness becomes a growing business, we visit a survival demonstration, speak to a supplier of emergency kit, and hear from a Swedish Civil Defence official. What's behind the rise of prepping, and why are so many people getting ready for the unexpected?

Presenter: David Harper
Producer: Victoria Hastings

You can email the team: businessdaily@bbc.co.uk

MON 08:50 Witness History (w3ct8r3g)

China detains Hong Kong booksellers

It's 10 years since a Hong Kong bookseller who was detained for selling material critical of China's leaders, was released and went public.

In 2015, Lam Wing-kee and four other men who published and sold books went missing. The case of the booksellers raised international concerns that Hong Kong's judicial independence and freedom of speech were being eroded. Protests followed.

On 21 June 2016, Mr Lam was released after eight months in detention on the Chinese mainland and he returned to Hong Kong. He tells Josephine McDermott that he took the decision to hold a press conference because "If I didn't speak out, Hong Kong's freedoms of speech and press would suffer in silence".

Lam Wing-kee left Hong Kong in 2019 fearing new extradition rules. In Taiwan, he reopened Causeway Bay bookstore.

Eye-witness accounts brought to life by archive. Witness History is for those fascinated by and curious about the past. We take you to the events that have shaped our world through the eyes of the people who were there.

For nine minutes every day, we take you back in time and all over the world, to examine wars, coups, scientific discoveries, cultural moments and much more.

Recent episodes explore everything from how the Excel spreadsheet was developed, the creation of cartoon rabbit Miffy and how the sound barrier was broken.

We look at the lives of some of the most famous leaders, artists, scientists and personalities in history, including: the moment Reagan and Gorbachev met in Geneva, Haitian singer Emerante de Pradines' life and Omar Sharif's legendary movie entrance in Lawrence of Arabia.

You can learn all about fascinating and surprising stories, like the invention of a stent which has saved lives around the world; the birth of the G7; and the meeting of Maldives' ministers underwater. We cover everything from World War Two and Cold War stories to Black History Month and our journeys into space.

(Photo: Lam Wing-kee at a rally after his release. Credit: Isaac Lawrence/AFP via Getty Images)

MON 09:00 BBC News (w1730nkp8rgx07p)

The latest five minute news bulletin from BBC World Service.

MON 09:06 The Newsroom (w1730bqkbsy7f8y)

The world's Newsroom brings you global events as they happen

MON 09:30 BBC News Summary (w1730nlqh2lcj2)

The latest two minute news summary from BBC World Service.

MON 09:32 The Newsroom (w1730bqkbsy7gy7)

The world's Newsroom brings you global events as they happen

MON 10:00 BBC News (w1730nkp8rgx3zt)

The latest five minute news bulletin from BBC World Service.

MON 10:06 The History Hour (w3ct9919)

An uprising in South Africa and an exodus in the Caucasus

Max Pearson presents a collection of the week's Witness History interviews from the BBC World Service. Our guest is Professor Rachel E. Johnson, Professor of Modern African History at Durham University in the UK.

We begin with the 50th anniversary of the Soweto Uprising, which became a defining symbol of youth resistance to apartheid. We hear from one of the students who took part in the protest, which was violently suppressed by South African security forces in June 1976.

Then we have the harrowing account of an ethnic Georgian poet who fled his home in Abkhazia when the breakaway region was engulfed in war in 1993.

We also hear from one of the Greek Cypriot women who, in 1987, marched towards the ceasefire line dividing Cyprus to protest against the island's partition.

Next, the scientist who identified Lyme disease in 1976.

Plus, the discovery of the remains known as "Mungo Man", a 42,000-year-old skeleton that transformed understanding of Australia's ancient past.

And Brazil's heaviest defeat in a World Cup, which happened on home soil in 2014.

Contributors:

Professor Rachel E. Johnson – Professor of Modern African History, Durham University

Bongi Mkhabela – Soweto Uprising participant

Guram Odisharia – Georgian poet from Abkhazia

Niki Katsaouni – Greek Cypriot peace activist

Dr Jim Bowler – geologist

Prof Allen Steere – rheumatologist

Thomas Müller – German footballer

(Photo: Black students protesting against the compulsory teaching of Dutch-based Afrikaans in schools. Credit: Getty Images)

MON 11:00 BBC News (w1730nkp8rgx7qy)

The latest five minute news bulletin from BBC World Service.

MON 11:06 The Newsroom (w1730bqkbsy7ns6)

The world's Newsroom brings you global events as they happen

MON 11:30 BBC News Summary (w1730nlqh2lm0b)

The latest two minute news summary from BBC World Service.

MON 11:32 The Global Story (w3ct8mc5)

Why aren't more people quitting their jobs?

During the pandemic, for the first time in most of our living memories, the balance of power shifted from employer to employee. By 2021, the percentage of people in the US quitting their jobs was the highest it had been in decades, with tens of millions of people quitting in a single year, confident that they could find something better elsewhere - a trend dubbed 'The Great Resignation'.

Five years on, and the quitting rates are way down. People are staying in jobs longer, if they are lucky enough to have one. Why?

On today's show, Tristan is joined by Anthony Klotz, a professor of organisational behaviour at University College London and author, who coined the term 'The Great Resignation' and Sarah O'Connor, a columnist for the Financial Times and author of *We Are Not Machines: The Fight for the Future of Work*, to explore how the world of work has been changed by AI, political and economic instability, and to consider how we can better enjoy the jobs we are in.

Producer: Hannah Moore

Mix: Travis Evans

Executive producer: James Shield

Senior news editor: China Collins

(Photo: Woman working on laptop at home)

MON 12:00 BBC News (w1730nkp8rgxch2)

The latest five minute news bulletin from BBC World Service.

MON 12:06 Outlook (w3ct8hxf)

I had a baby – then lost my memory, part 1

When Samina Ali gave birth to her first child in California in 1999, what should have been a joyful moment quickly turned into a medical emergency.

An undiagnosed case of the pregnancy disorder pre-eclampsia led to multiple organ failure, strokes, a brain haemorrhage and grand mal seizure. Within hours of delivering her son, Samina fell into a coma. When she woke five days later, she had no memory of what had happened – or of large parts of her life.

She didn't recognise her husband, and she had no idea she had just become a mother.

Samina, who grew up between India and the United States, had

built a life around language. A budding novelist, she had always turned to writing as a way to navigate a sense of dislocation between cultures. But now her ability to communicate was also affected – her English fractured, her memories gone, her sense of self profoundly altered.

As doctors tried to understand the extent of the damage, her newborn son was being treated in intensive care nearby. Meanwhile, her family responded in different ways – placing their faith in both medical treatment and long-held spiritual beliefs.

In the first part of her story, Samina describes the events surrounding the birth of her son, the severity of her illness, and what it meant to wake up without recognising her own life. In part two, she begins the long process of recovery – relearning how to live, and reconnecting with the child she could barely recognise. Samina has written about her experience in her memoir, *Pieces You'll Never Get Back*.

Presenter: Asya Fouks
Producer: Maryam Maruf
Research: Hetal Bapodra
Editor: Munazza Khan

Get in touch: outlook@bbc.com or WhatsApp +44 330 678 2707

(Photo: Samina Ali holding her baby son Ishmael in a hospital bed in the neuro ICU. Credit: Samina Ali)

MON 12:50 Witness History (w3ct8r3g)
[Repeat of broadcast at 08:50 today]

MON 13:00 BBC News (w1730nkp8rgxh76)
The latest five minute news bulletin from BBC World Service.

MON 13:06 The Newsroom (w1730bqkbsy7x8g)
The world's Newsroom brings you global events as they happen

MON 13:30 BBC News Summary (w1730nlhqh2lvhl)
The latest two minute news summary from BBC World Service.

MON 13:32 The Conversation (w3ct99nl)
[Repeat of broadcast at 04:32 today]

MON 14:00 BBC News (w1730nkp8rgxlzb)
The latest five minute news bulletin from BBC World Service.

MON 14:06 Newshour (w1730bn292jyfd)
Britain's Prime Minister Keir Starmer resigns

He has said he will stay on as UK prime minister until his successor is in place.

Also on the programme: Colombia's new president promises to take a tough stance on drug traffickers and armed gangs; and Cape Verde's World Cup fairytale continues.

(Photo: Prime Minister Sir Keir Starmer and his wife Lady Victoria Starmer on the steps of 10 Downing Street, London, after his speech where he said he will resign as leader of the Labour Party Credit: Andrew Matthews/PA Wire)

MON 15:00 BBC News (w1730nkp8rgxqqg)
The latest five minute news bulletin from BBC World Service.

MON 15:06 The Interview (w3ct8klc)
[Repeat of broadcast at 08:06 today]

MON 15:30 BBC News Summary (w1730nlhqh2m2zv)
The latest two minute news summary from BBC World Service.

MON 15:32 Business Daily (w3ct8gfy)
[Repeat of broadcast at 08:32 today]

MON 15:50 World Business Express (w3ct8d3f)
UK PM Resigns: What Business Wants Now

Keir Starmer announces he is stepping down as Britain's Prime Minister, triggering a Labour leadership contest at a crucial moment for the UK economy. We hear from Rain Newton-Smith, CEO of CBI on what businesses will be looking for next.

Plus, how SK Hynix overtook Samsung to become South Korea's most valuable company, and a look back at the life and legacy of former US Federal Reserve Chair Alan Greenspan,

who has died aged 100.

Presenter: Bisi Adebayo
Producer: Amber Mehmood

(Image: Andrew Matthews/PA Wire)

MON 16:00 BBC News (w1730nkp8rgxvgl)
The latest five minute news bulletin from BBC World Service.

MON 16:06 Outside Source (w1730c6f724mjbc)
British Prime Minister Keir Starmer resigns

The British Prime Minister Keir Starmer has resigned, ending months of speculation about his future, just two years after his landslide election victory. He remains as caretaker until a new Labour Party leader is chosen by early September. His main rival, Andy Burnham, has confirmed he will stand for the party leadership. We head outside Parliament to speak to voters and foreign correspondents. Our political correspondent explains what happens next.

We also hear from people in Manchester about Andy Burnham's time as mayor there.

We go to Cape Verde for reaction to the national team's draw with Uruguay in the World Cup.

Right- wing leaders from across Latin America have congratulated Abelardo de la Espiella for his narrow win in Colombia's presidential election. Our reporter gives more information.

Russian troops have infiltrated the strategic city of Kostyantynivka in eastern Ukraine and are now trying to surround it. We have the latest.

Presenter: Rahul Tandon

(Photo: British Prime Minister Keir Starmer makes a statement in Downing Street, London, Britain, 22 June 2026. Credit Neil Hall/EPA)

MON 17:00 BBC News (w1730nkp8rgxz6g)
The latest five minute news bulletin from BBC World Service.

MON 17:06 Outside Source (w1730c6f724mn2h)
More than half of France under red heat alerts

Highs of more than 40C (104F) are expected across parts of western France on Monday, with temperatures expected to hit 42C in Bordeaux, forecaster Météo-France said. We speak to BBC Weather and our reporter in France.

The British Prime Minister Keir Starmer has resigned, ending months of speculation about his future, just two years after his landslide election victory. We look at what happens next, and get reaction from foreign correspondents in London.

And we get an update on the World Cup from our sports correspondent.

Presenter: Rahul Tandon.

(Photo: A person cools off at a water mister on a street in Paris as temperatures rise during a heatwave affecting a large part of France, June 22, 2026. Credit: Alice Sacco/Reuters)

MON 18:00 BBC News (w1730nkp8rgy2yv)
The latest five minute news bulletin from BBC World Service.

MON 18:06 Outlook (w3ct8hxf)
[Repeat of broadcast at 12:06 today]

MON 18:50 Witness History (w3ct8r3g)
[Repeat of broadcast at 08:50 today]

MON 19:00 BBC News (w1730nkp8rgy6pz)
The latest five minute news bulletin from BBC World Service.

MON 19:06 The Newsroom (w1730bqkbsy8mr7)
The world's Newsroom brings you global events as they happen

MON 19:30 BBC News Summary (w1730nlhqh2mkzc)
The latest two minute news summary from BBC World Service.

MON 19:32 Sport Today (w3ct8rk0)
2026/06/22 GMT

BBC sports correspondents tell the story behind today's top sporting news, with interviews and reports from across the world.

MON 20:00 BBC News (w1730nkp8rgybg3)
The latest five minute news bulletin from BBC World Service.

MON 20:06 From Our Own Correspondent (w3ct99c3)
[Repeat of broadcast at 04:06 on Sunday]

MON 20:30 BBC News Summary (w1730nlhqh2mpqh)
The latest two minute news summary from BBC World Service.

MON 20:32 Discovery (w3ct8jsj)
The friendly virus

Our antibiotics are failing us. In 2025, the UK Government said antibiotic resistance (AMR) contributes to more than 35,000 deaths each year in the UK. Emergency doctors say they are losing patients on a regular basis when they run out of ways to treat them.

Antibiotics have saved countless lives, but alongside them, there is another unlikely sounding ally in this fight: viruses, so small that they can attack and kill the bacteria causing these devastating infections. They are called bacteriophages, or phages for short. There are more of them than any other commonly occurring natural entity on the planet. And we could be about to see doctors using them on very ill patients in the UK. The thing is scientists have studied bacteriophages for nearly a century. They are used routinely in other countries, and science journalist Marnie Chesterton, who has been following this story for nearly a decade, asks why, suddenly, is phage all the rage?

MON 21:00 BBC News (w1730nkp8rgyg67)
The latest five minute news bulletin from BBC World Service.

MON 21:06 Newshour (w1730bn292jz8f9)
Favourite to replace Starmer as British PM sworn in to Parliament

As British Prime Ministerial hopeful Andy Burnham is sworn in as a Member of Parliament, we ask one of his supporters in the government when she decided Keir Starmer should go.

Also in the programme: Former Chairman of the US Federal Reserve Alan Greenspan dies aged 100; and we hear about the "ballista spider" that sets an elasticated trap is discovered in the Australian rainforest.

Photo: Andy Burnham is sworn in as a Member of Parliament in London, UK. Credit: HOUSE OF COMMONS HANDOUT/EPA/Shutterstock

MON 22:00 BBC News (w1730nkp8rgykyc)
The latest five minute news bulletin from BBC World Service.

MON 22:06 The Interview (w3ct8klc)
[Repeat of broadcast at 08:06 today]

MON 22:30 BBC News Summary (w1730nlhqh2my6r)
The latest two minute news summary from BBC World Service.

MON 22:32 The Conversation (w3ct99nl)
[Repeat of broadcast at 04:32 today]

MON 23:00 BBC News (w1730nkp8rgypph)
The latest five minute news bulletin from BBC World Service.

MON 23:06 The Newsroom (w1730bqkbsy93qr)
The world's Newsroom brings you global events as they happen

MON 23:30 BBC News Summary (w1730nlhqh2n1yw)
The latest two minute news summary from BBC World Service.

MON 23:32 World Business Report (w3ct8fn3)
UK PM announces resignation

Sir Keir Starmer says he will step down as Labour leader and UK prime minister. What does the political uncertainty mean for the British economy?

Cape Verde has become one of the stories of the FIFA World Cup - what impact is the tournament having on its economy?

And Alan Greenspan, the longtime chair of the US Federal Reserve, has died aged 100. We'll hear from the former Bank of England governor, Mervyn King, on Greenspan's impact on the American economy.

Presenter: Andrew Peach
Producer: Rob Cave and Haider Saleem

(Picture: Starmer reacts as he announces the timeline for his resignation, outside 10 Downing Street. Credit: Reuters).

TUESDAY 23 JUNE 2026

TUE 00:00 BBC News (w1730nkp8rgytfm)
The latest five minute news bulletin from BBC World Service.

TUE 00:06 The History Hour (w3ct9919)
[Repeat of broadcast at 10:06 on Monday]

TUE 01:00 BBC News (w1730nkp8rgyy5r)
The latest five minute news bulletin from BBC World Service.

TUE 01:06 The Newsroom (w1730bqkbsy9c70)
The world's Newsroom brings you global events as they happen

TUE 01:30 BBC News Summary (w1730nlhqh2n9g4)
The latest two minute news summary from BBC World Service.

TUE 01:32 The Global Story (w3ct8mc5)
[Repeat of broadcast at 11:32 on Monday]

TUE 02:00 BBC News (w1730nkp8rgz1xw)
The latest five minute news bulletin from BBC World Service.

TUE 02:06 The Newsroom (w1730bqkbsy9gz4)
The world's Newsroom brings you global events as they happen

TUE 02:30 BBC News Summary (w1730nlhqh2nf68)
The latest two minute news summary from BBC World Service.

TUE 02:32 Assignment (w3ct8h19)
How Germany fails disabled people

Disabled people are the most unfairly treated minority in Germany, according to one former member of parliament. This is especially true in the world of work. The unemployment rate among disabled people is twice that of people with no disability. When they do find work, it's often in an institution where they are paid less than the minimum wage and where they do not have the usual rights and protections enjoyed by most employed people. Yet they are often producing goods for big companies with well-known brand names. Amy Zayed, one of very few disabled journalists working in Germany, asks what can be done to make Germany more inclusive.

Presenter: Amy Zayed
Producer: Tim Mansel
Sound engineer: James Beard
Editor: Penny Murphy

(Photo: Eduard Edel, who works as a graphic designer in Lippspringe, Germany. Credit: Tim Mansel)

TUE 03:00 BBC News (w1730nkp8rgz5p0)
The latest five minute news bulletin from BBC World Service.

TUE 03:06 Outlook (w3ct8hxf)
[Repeat of broadcast at 12:06 on Monday]

TUE 03:50 Witness History (w3ct8r3g)
[Repeat of broadcast at 08:50 on Monday]

TUE 04:00 BBC News (w1730nkp8rgz9f4)
The latest five minute news bulletin from BBC World Service.

TUE 04:06 The Newsroom (w1730bqkbsy9qgd)
The world's Newsroom brings you global events as they happen

TUE 04:30 BBC News Summary (w1730nlhqh2nnpj)
The latest two minute news summary from BBC World Service.

TUE 04:32 In the Studio (w3ct815f)
Sean Cooney, singer and dog lover

Sean Cooney is a powerful voice in British folk music and theatre. Winner of 3 BBC Radio 2 Folk Awards with his band The Young'uns, the singer, songwriter, composer, and author has made 9 albums, recorded a number of radio programmes and is behind the acclaimed theatre show, The Ballad of Johnny Longstaff. His work brings untold working-class stories to life by blending folk song, historical testimony, archival recordings, and spoken word.

Tom Raine follows his creative process as he works on a brand new album, this time not inspired by amazing people, but amazing dogs. Having just retired his wife's guide dog Nessie after 8 and a half years of service, Sean has been inspired to craft a new set of songs about history's heroic hounds - the dogs that have been more than just companions, but life savers.

Across a day in northern England, Sean invites Tom into his creative world, beginning on a cold morning in the Peak District to visit the memorial of Tip the Sheepdog, whose extraordinary story inspired one of the album's newest songs. From there, they head to Sean's home in Sheffield, where dog books, newspaper cuttings and research reveal how Sean transforms remarkable stories into song. The day ends at a local folk pub singing session in the heart of Sheffield, the type of communal setting where Sean feels most at home.

Presenter / producer - Tom Raine

TUE 05:00 BBC News (w1730nkp8rgzf58)
The latest five minute news bulletin from BBC World Service.

TUE 05:06 Newsday (w1730c1dnk5khe0)
Trump's views on UK Prime Minister

President Trump has again criticised the outgoing British Prime Minister, Keir Starmer saying he'd "really hurt himself" with his policies on immigration and crime. We get a view from the US.

We speak to the head of medical staff for the Curaçao national football team at the Football World Cup, a rare post to be held by a woman.

Leading Kenyan lawyer and former Justice Minister Martha Karua has been blocked from entering Uganda and ordered to return home. She had been leading a team of lawyers representing the detained Ugandan opposition leader Kizza Besigye who is on trial for treason.

Presenters: Rob Young and Anne Soy.

(Photo: British Prime Minister Keir Starmer makes his resignation statement in Downing Street, London. Credit: Tolga Akmen/EPA).

TUE 06:00 BBC News (w1730nkp8rgzjxd)
The latest five minute news bulletin from BBC World Service.

TUE 06:06 Newsday (w1730c1dnk5km34)
Extreme heat in Europe

Red heat alerts have been issued in France, Spain and other nations across western and central Europe as heatwave conditions are forecast to intensify in the coming days with highs of more than 40C.

Sir Keir Starmer has said he will quit as Labour Party leader, paving the way for a contest to decide a new prime minister.

And we speak to Curacao's Goalkeeper Eloy Room. He made a record-breaking 15 saves as Curacao kept Ecuador out to earn a 0-0 draw.

Presenters: Rob Young and Anne Soy.

(Photo: A man cools off in a fountain in Cordoba, Spain. Credit: Salas/EPA).

TUE 07:00 BBC News (w1730nkp8rgznj)
The latest five minute news bulletin from BBC World Service.

TUE 07:06 Newsday (w1730c1dnk5kqv8)
European extreme weather

Extreme hot weather is set to hit many countries in Europe today. We hear how Europe is becoming the fastest warming continent with temperatures rising at twice the global average.

We look back at the resignation of the British Prime Minister Keir Starmer - why was he deemed so unpopular and given no option but to quit.

And we bring you the highlights from the latest matches at the World Cup tournament. Lionel Messi delivers again for Argentina and makes history by breaking the World Cup goals record.

Presenters: Rob Young and Anne Soy.

(Photo: A person cools off by a water fountain near the Eiffel Tower. Credit: Tom Nicholson/Reuters).

TUE 08:00 BBC News (w1730nkp8rgzsdn)
The latest five minute news bulletin from BBC World Service.

TUE 08:06 People Fixing The World (w3ct8t0x)
Freeing modern slaves

People trafficking is a crime that often takes place in plain sight - victims are often exploited and controlled in everyday situations. It's also a crime that touches all of us - the food we eat, the phones we use, the clothes we wear, may all have been produced using slave labour. We'll hear about ways to break the cycle of trafficking. In the US we take a ride with Truckers Against Trafficking, an NGO that trains truck drivers to look out for vulnerable people who may be being trafficked for forced labour, including sex work. And in Nepal we meet SASANE, the organisation training survivors of trafficking to become paralegals - to provide them with a new career and also help encourage others to pursue justice through these fellow legally-trained survivors.

People Fixing The World from the BBC is about brilliant solutions to the world's problems. We release a new edition every Tuesday. We'd love you to let us know what you think and to hear about your own solutions. You can contact us on WhatsApp by messaging +44 8000 321721 or email peoplefixingtheworld@bbc.co.uk. And please leave us a review on your chosen podcast provider.

Presenter: Myra Anubi
Producer/reporter: Claire Bowes
US reporter: Frank Morris
Nepal reporter: Chhavi Sachdev
Editor: Jon Bithrey
Sound mix: Hal Haines

(Image: Truck driver Bob Bramwell of ABF Freight, Frank Morris/BBC)

TUE 08:30 BBC News Summary (w1730nlhqh2p4p1)
The latest two minute news summary from BBC World Service.

TUE 08:32 Business Daily (w3ct8gqz)
Follow the money: The chips powering AI

Artificial intelligence is transforming industries and creating vast new fortunes. But behind every chatbot, image generator and AI model is a physical product: a semiconductor chip.

We trace the global supply chain powering the AI revolution. From the companies designing the world's most advanced chips, to the factories manufacturing them, and the specialist machines needed to produce them, we examine who is profiting from the surge in demand.

We also explore why so much of the world's most advanced chip production is concentrated in one place, Taiwan, and what that means for the global economy at a time of growing tensions between China and the West.

As governments compete for technological leadership and businesses spend billions on AI infrastructure, we ask a simple question: who is getting rich from the AI boom, and what happens if the supply chain breaks?

Presenter: Sam Fenwick
Producer: David Cann

(Photo: Holographic robot arms making semiconductor Credit: Yuichiro Chino / Getty Images)

TUE 08:50 Witness History (w3ct9860)
Brexit: Ireland watches the vote unfold

In June 2016, voters in the UK were asked whether they wanted to remain in the European Union or leave. It was a decision that would divide the country and reshape relations with its closest neighbours.

As the result emerged overnight, Rory Montgomery was one of the officials responsible for preparing Ireland's response.

The former diplomat remembers watching the night unfold from Dublin and tells Helen Ledwick why it mattered so much for Ireland.

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For nine minutes every day, we take you back in time and all over the world, to examine wars, coups, scientific discoveries, cultural moments and much more.

Recent episodes explore everything from how the Excel spreadsheet was developed, the creation of cartoon rabbit Miffy and how the sound barrier was broken.

We look at the lives of some of the most famous leaders, artists, scientists and personalities in history, including: the moment Reagan and Gorbachev met in Geneva, Haitian singer Emerante de Pradines' life and Omar Sharif's legendary movie entrance in Lawrence of Arabia.

You can learn all about fascinating and surprising stories, like the invention of a stent which has saved lives around the world; the birth of the G7; and the meeting of Maldives' ministers underwater. We cover everything from World War Two and Cold War stories to Black History Month and our journeys into space.

(Photo: European Union and Union flags flying together. Credit: Chris Ratcliffe/Bloomberg via Getty Images)

TUE 09:00 BBC News (w1730nkp8rgzx4s)

The latest five minute news bulletin from BBC World Service.

TUE 09:06 The Newsroom (w1730bqkbsybb61)

The world's Newsroom brings you global events as they happen

TUE 09:30 BBC News Summary (w1730nlhgh2p8f5)

The latest two minute news summary from BBC World Service.

TUE 09:32 Assignment (w3ct8h19)

[Repeat of broadcast at 02:32 today]

TUE 10:00 BBC News (w1730nkp8rh00wx)

The latest five minute news bulletin from BBC World Service.

TUE 10:06 The Arts Hour (w3ct8h82)

[Repeat of broadcast at 20:06 on Saturday]

TUE 11:00 BBC News (w1730nkp8rh04n1)

The latest five minute news bulletin from BBC World Service.

TUE 11:06 The Newsroom (w1730bqkbsybkp9)

The world's Newsroom brings you global events as they happen

TUE 11:30 BBC News Summary (w1730nlhgh2phxf)

The latest two minute news summary from BBC World Service.

TUE 11:32 The Global Story (w3ct8mhp)

Britain's decade of political chaos

Britain has had six prime ministers in the past decade. It's about to get a seventh after Keir Starmer announced his resignation on Monday. The country used to be seen as a bastion of political stability. But this latest resignation comes ten years - almost to the day - that Britain voted to leave the European Union.

In this episode we speak to The BBC's Adam Fleming, Brexit expert, and host of the BBC podcast Newscast. And we ask if Britain is still experiencing the same political forces that produced Brexit.

Why Britain keeps losing prime ministers:
bbc.co.uk/programmes/w3ct8mk5

Producer: Sam Chantarasak and Lucy Pawle

Sound engineer: Travis Evans

Editor: James Shield

Senior news editor: China Collins

(Photo: British Prime Minister Keir Starmer announces his resignation outside 10 Downing Street, in London, Britain, June 22, 2026. Credit: Jaimi Joy/Reuters)

TUE 12:00 BBC News (w1730nkp8rh08d5)

The latest five minute news bulletin from BBC World Service.

TUE 12:06 Outlook (w3ct8jzbz)

I had a baby – then lost my memory, part 2

After an undiagnosed case of pre-eclampsia caused catastrophic brain damage and amnesia, Samina Ali returned home from hospital to begin a long recovery.

At 29, she found herself relearning the basics of daily life – how to walk, speak and make sense of the world around her. She could still communicate in Urdu, the language of her childhood partly spent in India, but much of her recent life in California felt unreachable. Her husband was a stranger, and her newborn son Ishmael someone she struggled to recognise. The part of her that had once been a writer also seemed out of reach.

In those early months, Samina and Ishmael's lives unfolded in parallel, each navigating the same early milestones in very different ways. At first, she felt disconnected from him, even in competition for care. But over time, as she rebuilt her understanding of the world, a bond began to form – shaped by the fact that they were, in many ways, learning side by side.

Gradually, fragments of Samina's memory began to return but the process was uneven and with it came a growing awareness that the life she was returning to no longer felt entirely her own. Her sense of self had shifted, and her relationship with her husband had changed in ways neither of them could undo.

Against this backdrop, Samina began working again on the novel she had started during her pregnancy. At first, the words didn't hold together. But soon, writing became central to her recovery – helping her rebuild language and imagination, and slowly re-establish a sense of coherence and confidence.

In this second episode, Samina traces her recovery: the return of memory, the changing dynamics within her family, and the challenge of rebuilding a life after profound loss. Samina has written about her experience in her memoir, Pieces You'll Never Get Back.

Presenter: Asya Fouks
Producer: Maryam Maruf
Editor: Munazza Khan
Research: Hetal Bapodra

Get in touch: outlook@bbc.com or WhatsApp +44 330 678 2707

(Photo: A portrait photo of Samina Ali. She is smiling at the camera and is wearing a black blazer, silver jhumka earrings and a necklace with freshwater pearls and a pendant. Credit: Courtesy of Samina Ali)

TUE 12:50 Witness History (w3ct9860)

[Repeat of broadcast at 08:50 today]

TUE 13:00 BBC News (w1730nkp8rh04d9)

The latest five minute news bulletin from BBC World Service.

TUE 13:06 The Newsroom (w1730bqkbsybt5k)

The world's Newsroom brings you global events as they happen

TUE 13:30 BBC News Summary (w1730nlhgh2prdp)

The latest two minute news summary from BBC World Service.

TUE 13:32 In the Studio (w3ct8f5f)

[Repeat of broadcast at 04:32 today]

TUE 14:00 BBC News (w1730nkp8rh0hwf)

The latest five minute news bulletin from BBC World Service.

TUE 14:06 Newshour (w1730bn292k1b3h)

Record high temperatures across Western Europe

Schools have closed in France. A nuclear power plant near Toulouse has been forced to switch off a reactor. Nuclear power plants cannot operate correctly without enough water of the right temperature to cool down reactors. When these temperatures climb too high, the reactors need to be shut down to avoid environmental damage caused by hot water being discharged into local water courses.

Also on the programme: the newly discovered manuscript containing composition lessons by Mozart; and the continuing woes of the Lincoln Memorial Reflecting Pool in Washington DC.

(Photo: Young people cool off in the Fontaine de l'Observatoire fountain as temperatures rise in Paris Credit: Reuters/Abdul Saboor)

TUE 15:00 BBC News (w1730nkp8rh0mmk)

The latest five minute news bulletin from BBC World Service.

TUE 15:06 People Fixing The World (w3ct8t0x)

[Repeat of broadcast at 08:06 today]

TUE 15:30 BBC News Summary (w1730nlhgh2pzwy)

The latest two minute news summary from BBC World Service.

TUE 15:32 Business Daily (w3ct8gqz)

[Repeat of broadcast at 08:32 today]

TUE 15:50 World Business Express (w3ct8d7y)

Russia's economy is hurting

Ukrainian drone attacks are causing fuel headaches for Russian motorists. Fuel purchases are restricted in much of Russia, with petrol pumps running dry in occupied Crimea.

Tech stocks around the world have fallen sharply, led by Elon Musk's rocket and AI firm SpaceX.

And it's exactly ten years since the United Kingdom voted to exit the European Union.

TUE 16:00 BBC News (w1730nkp8rh0rcp)

The latest five minute news bulletin from BBC World Service.

TUE 16:06 Outside Source (w1730c6f724qf7g)

Europe in extreme heatwave

As the heatwave reaches a peak in several European countries, we take a walk in Oxford Street to find out how people are coping in London. We also speak to our reporters in France and Spain.

The head of the United Nations has called on the world to act with far greater urgency to limit global warming. Antonio Guterres warned fossil fuels were driving a simultaneous climate and energy crisis. Our climate expert explains.

It was 10 years ago since the UK voted for the country to leave the European Union. We speak to our UK political correspondent and hear from British voters.

Presenter: Rahul Tandon

(Photo: A woman uses an umbrella to shield herself from the sun as she walks near the Houses of Parliament, amid hot weather in London, Britain, 23 June, 2026. Credit: Guglielmo Mangiapane/Reuters)

TUE 17:00 BBC News (w1730nkp8rh0w3t)

The latest five minute news bulletin from BBC World Service.

TUE 17:06 Outside Source (w1730c6f724qjzl)

Brexit 10 years on

It was 10 years ago since the UK voted for the country to leave the European Union. We speak to our Europe editor and hear from British voters.

Some of the World Cup's biggest stars have again demonstrated their goal-scoring prowess. We speak to sports journalists from Argentina, Norway and France about Lionel Messi, Erling Haaland and Kylian Mbappe.

Presenter: Rahul Tandon

(Photo: A Britain/European Union themed sand-castle on the beach in Southwold, Suffolk)

TUE 18:00 BBC News (w1730nkp8rh0zyv)

The latest five minute news bulletin from BBC World Service.

TUE 18:06 Outlook (w3ct8jzbz)

[Repeat of broadcast at 12:06 today]

TUE 18:50 Witness History (w3ct9860)

[Repeat of broadcast at 08:50 today]

TUE 19:00 BBC News (w1730nkp8rh13m2)

The latest five minute news bulletin from BBC World Service.

TUE 19:06 The Newsroom (w1730bqkbsycjnb)

The world's Newsroom brings you global events as they happen

TUE 19:30 BBC News Summary (w1730nlhgh2qgwg)

The latest two minute news summary from BBC World Service.

TUE 19:32 Sport Today (w3ct8rpj)

2026/06/23 GMT

BBC sports correspondents tell the story behind today's top sporting news, with interviews and reports from across the world.

TUE 20:00 BBC News (w1730nkp8rh17c6)

The latest five minute news bulletin from BBC World Service.

TUE 20:06 Assignment (w3ct8h19)

[Repeat of broadcast at 02:32 today]

TUE 20:30 BBC News Summary (w1730nlhgh2qlml)

The latest two minute news summary from BBC World Service.

TUE 20:32 Tech Life (w3ct8jy1)

Viva technology!

Shiona McCallum visits a huge technology show in Paris. There, she finds some of the latest kit that could be in your home or workplace before too long. And we're talking about data centres. They are central to our modern online lives. But not everyone thinks they are great. Shiona speaks to the head of a big global data centre company about some of the challenges facing the industry.

Presenter: Shiona McCallum

Producer: Tom Quinn

(Photo: Shiona McCallum tries on some wearable tech at VivaTech in Paris. Credit: BBC)

TUE 21:00 BBC News (w1730nkp8rh1c3b)

The latest five minute news bulletin from BBC World Service.

TUE 21:06 Newshour (w1730bn292k25bd)

Europe heatwave: Drowning deaths soar in France

A searing heatwave in western Europe is continuing to break records, with France registering its hottest-ever average daily temperature. Forty people have drowned in heatwave-related deaths there since Thursday, Prime Minister Sébastien Lecornu has said.

Also on the programme: Afghanistan's Taliban government says a delegation has met European Union officials in Brussels, to discuss migration; and the Reflecting Pool in Washington DC is set to be drained as US President Donald Trump again blamed vandals for bright green algae and peeling paint that has appeared just weeks after a multi-million-dollar renovation.

(Photo: France's sports minister Marina Ferrari warned that too many people were heading for reservoirs and rivers without taking the risks into account. Credit: Getty)

TUE 22:00 BBC News (w1730nkp8rh1gvg)

The latest five minute news bulletin from BBC World Service.

TUE 22:06 People Fixing The World (w3ct8t0x)

[Repeat of broadcast at 08:06 today]

TUE 22:30 BBC News Summary (w1730nlhgh2qv3v)

The latest two minute news summary from BBC World Service.

TUE 22:32 In the Studio (w3ct8t5f)

[Repeat of broadcast at 04:32 today]

TUE 23:00 BBC News (w1730nkp8rh1lll)

The latest five minute news bulletin from BBC World Service.

TUE 23:06 The Newsroom (w1730bqkbsyd0mv)

The world's Newsroom brings you global events as they happen

TUE 23:30 BBC News Summary (w1730nlhgh2qyvz)

The latest two minute news summary from BBC World Service.

TUE 23:32 World Business Report (w3ct8fsm)

Farming during Europe's intense heatwave

Farmers across Europe are trying to protect their crops as an

intense heatwave grips the continent. Several countries have issued red weather alerts as temperatures soar.

Meanwhile, an operation is under way to evacuate thousands of seafarers stranded in the Strait of Hormuz.

Why have fuel sales to the public been suspended in Russian occupied Crimea?

We also look at how trade between the UK and the EU has evolved a decade after Brexit

And what's going on with Space-X shares now?

Presenter: Leanna Byrne

Producers: Rob Cave and Niamh Mc Dermott

(Picture: Combine harvester cutting wheat at a farm. Credit: NEIL HALL/EPA-EFE/REX/Shutterstock).

WEDNESDAY 24 JUNE 2026**WED 00:00 BBC News (w1730nkp8rh1qbq)**

The latest five minute news bulletin from BBC World Service.

WED 00:06 The Arts Hour (w3ct8h82)

[Repeat of broadcast at 20:06 on Saturday]

WED 01:00 BBC News (w1730nkp8rh1v2v)

The latest five minute news bulletin from BBC World Service.

WED 01:06 The Newsroom (w1730bqkbsyd843)

The world's Newsroom brings you global events as they happen

WED 01:30 BBC News Summary (w1730nlhgh2r6c7)

The latest two minute news summary from BBC World Service.

WED 01:32 The Global Story (w3ct8mhp)

[Repeat of broadcast at 11:32 on Tuesday]

WED 02:00 BBC News (w1730nkp8rh1ytz)

The latest five minute news bulletin from BBC World Service.

WED 02:06 The Newsroom (w1730bqkbsydcw7)

The world's Newsroom brings you global events as they happen

WED 02:30 BBC News Summary (w1730nlhgh2rb3c)

The latest two minute news summary from BBC World Service.

WED 02:32 The Climate Question (w3ct99hm)

[Repeat of broadcast at 14:06 on Sunday]

WED 03:00 BBC News (w1730nkp8rh12t3)

The latest five minute news bulletin from BBC World Service.

WED 03:06 Outlook (w3ct8jzb)

[Repeat of broadcast at 12:06 on Tuesday]

WED 03:50 Witness History (w3ct9860)

[Repeat of broadcast at 08:50 on Tuesday]

WED 04:00 BBC News (w1730nkp8rh26b7)

The latest five minute news bulletin from BBC World Service.

WED 04:06 The Newsroom (w1730bqkbsydmch)

The world's Newsroom brings you global events as they happen

WED 04:30 BBC News Summary (w1730nlhgh2rkml)

The latest two minute news summary from BBC World Service.

WED 04:32 The Documentary (w3ct9bzc)

How did we get here? 1. Israel and the Palestinians

In the first of 10 programmes examining the origins and tracing the history of the Middle East conflict, presenter Jonny Dymond is joined by Lloyd Llewellyn-Jones, professor in ancient history at Cardiff University, and historian and author Simon Sebag Montefiore, author of Jerusalem: The Biography. They discuss the value of the Bible as a guide to history, the concept of a "promised land", the archaeological record of the various peoples who lived in the region in ancient times, the

coming of the Romans, and the Jewish revolts against them in the first and second centuries AD.

(Photo: A map of Palestine, taken from The Public Schools Atlas of Modern Geography, published by Longmans, Green, and Co., 1905)

WED 05:00 BBC News (w1730nkp8rh2b2c)

The latest five minute news bulletin from BBC World Service.

WED 05:06 Newsday (w1730c1dnk5nd83)

US Senate votes to pass Iran war powers

The US Senate has approved a measure requiring Donald Trump to halt the war in Iran or seek congressional approval to continue military action. The US House of Representatives passed the same measure earlier this month.

We report from the World Cup tournament where in the latest matches, England drew with Ghana and Cristiano Ronaldo tells his critics "I'm back" as Portugal beats Uzbekistan 5-0.

And in Democratic House primaries in New York, candidates backed by New York Mayor Zohran Mandani have won.

Presenters: James Copnall and Anne Soy.

(Photo: A veiled Iranian woman walks past a wall painting of Iran's national flag on a street in Tehran. Credit: Abedin Taherkenareh/EPA).

WED 06:00 BBC News (w1730nkp8rh2fth)

The latest five minute news bulletin from BBC World Service.

WED 06:06 Newsday (w1730c1dnk5nj07)

US senate passes war power resolution on Iran

The US senate has approved a measure requiring Donald Trump to halt the war in Iran or seek congressional approval to continue military action. The US House of Representatives passed the same measure earlier this month.

We report from the World Cup tournament where in the latest matches we saw England draw with Ghana and Cristiano Ronaldo tells his critics "I'm back" as Portugal beat Uzbekistan 5-0.

And as extreme temperatures hit European countries we look at how we plan our environment for this kind of climate change.

Presenter: James Copnall and Anne Soy

(Photo: Iranians walk past a billboard of the late Iranian supreme leaders Ayatollah Ruhollah Khomeini and Ayatollah Ali Khamenei on a street in Tehran. Credit: Abedin Taherkenareh/EPA)

WED 07:00 BBC News (w1730nkp8rh2kkm)

The latest five minute news bulletin from BBC World Service.

WED 07:06 Newsday (w1730c1dnk5nmrc)

UN set to evacuate sailors stranded in the Gulf

We speak to the UN's International Maritime Organisation. The organisation is set to evacuate more than eleven thousand sailors who have been stuck in the Gulf because of the US-Israel war against Iran.

We report on the World Cup tournament where 41-year-old Cristiano Ronaldo has hit back at critics as Portugal beats Uzbekistan 5-0.

And we look at how western European countries are bracing themselves for record heatwaves.

Presenters: James Copnall and Anne Soy.

(Photo: Vessels are anchored in the Strait of Hormuz, as seen from Musandam, Oman. Credit: Reuters).

WED 08:00 BBC News (w1730nkp8rh2p9r)

The latest five minute news bulletin from BBC World Service.

WED 08:06 The Interview (w3ct98h1)

Patricia Cornwell, novelist: Imagination saved me

Jamie Coomarasamy speaks to Patricia Cornwell, one of the world's best-selling crime writers, whose books have sold more than 120 million copies worldwide.

She reflects on a childhood marked by trauma, instability and

family mental illness, and the lasting impact those experiences have had on her life.

Her imagination became a refuge during difficult years, shaping the stories and characters she would later create.

The Interview brings you conversations with people shaping our world, from all over the world. The best interviews coming from the BBC, including episodes with Google CEO Sundar Pichai and author Sir Salman Rushdie.

You can listen on the BBC World Service on Mondays, Wednesdays and Fridays at 0800 GMT. Or you can listen to The Interview as a podcast, out three times a week on BBC Sounds or wherever you get your podcasts.

Presenter: Jamie Coomarasamy
Producer: Osman Iqbal and Nigel Doran
Editor: Damon Rose

Get in touch with us on email TheInterview@bbc.co.uk and use the hashtag #TheInterviewBBC on social media.

(Image: Patricia Cornwell. Credit: Getty Images)

WED 08:30 BBC News Summary (w1730nlhgh2s114)
The latest two minute news summary from BBC World Service.

WED 08:32 Business Daily (w3ct98s2)
Founders: Duolingo's billionaire boss on rejecting Bill Gates

We hear how a childhood in Guatemala, a fascination with computers and a belief that education should be accessible to everyone helped inspire the world's most popular learning apps. Luis von Ahn tells us how he went from creating CAPTCHA and selling reCAPTCHA to Google, to building Duolingo into a multi-billion-dollar education technology company used by millions around the world. He reflects on his mother's sacrifices to fund his education, the lessons he learned as an entrepreneur, and why he struggles with conflict in his life as a tech CEO.

Presenter: Leanna Byrne
Producer: Amber Mehmood

If you'd like to get in touch with the team, our email address is businessdaily@bbc.co.uk

WED 08:50 Witness History (w3ct9888)
How Aussies taught kids to stay safe in the sun

In 1981, Australia launched a fight against skin cancer with help from a yellow cartoon seagull and a catchy jingle.

The Slip Slop Slap campaign was created by an advertising team of Phillip Adams, Peter Best and Alex Stitt. The three men gave their services for free to help the Cancer Council Victoria charity spread the message.

Soon, Australians began to slip on a shirt, slop on sunscreen and slap on a hat in response to a warning by Sid the seagull.

Today, the campaign is widely credited in helping change attitudes to sun protection. Professor David Hill, former head of the charity, talks to Jane Wilkinson about how it happened.

Eye-witness accounts brought to life by archive. Witness History is for those fascinated by and curious about the past. We take you to the events that have shaped our world through the eyes of the people who were there.

For nine minutes every day, we take you back in time and all over the world, to examine wars, coups, scientific discoveries, cultural moments and much more.

Recent episodes explore everything from how the Excel spreadsheet was developed, the creation of cartoon rabbit Miffy and how the sound barrier was broken.

We look at the lives of some of the most famous leaders, artists, scientists and personalities in history, including: the moment Reagan and Gorbachev met in Geneva, Haitian singer Emerante de Pradines' life and Omar Sharif's legendary movie entrance in Lawrence of Arabia.

You can learn all about fascinating and surprising stories, like the invention of a stent which has saved lives around the world; the birth of the G7; and the meeting of Maldives' ministers underwater. We cover everything from World War Two and Cold War stories to Black History Month and our journeys into space.

(Photo: Sid the seagull, 1981. Credit: Cancer Council Victoria)

WED 09:00 BBC News (w1730nkp8rh2t1w)

The latest five minute news bulletin from BBC World Service.

WED 09:06 The Newsroom (w1730bqkbsyf734)
The world's Newsroom brings you global events as they happen

WED 09:30 BBC News Summary (w1730nlhgh2s5b8)
The latest two minute news summary from BBC World Service.

WED 09:32 The Climate Question (w3ct99hm)
[Repeat of broadcast at 14:06 on Sunday]

WED 10:00 BBC News (w1730nkp8rh2xt0)
The latest five minute news bulletin from BBC World Service.

WED 10:06 In Our Time (w3ct9765)
[Repeat of broadcast at 12:06 on Saturday]

WED 11:00 BBC News (w1730nkp8rh31k4)
The latest five minute news bulletin from BBC World Service.

WED 11:06 The Newsroom (w1730bqkbsyfgld)
The world's Newsroom brings you global events as they happen

WED 11:30 BBC News Summary (w1730nlhgh2sdtj)
The latest two minute news summary from BBC World Service.

WED 11:32 The Global Story (w3ct8mkty)
The kid-fluencers selling younger looking skin

Growing concerns over young people using anti-ageing products, have prompted industry regulators in Italy to investigate claims that some brands are using young influencers to promote skincare products to other children.

Investigators say that the practice is linked to the broader issue of 'cosmeticorexia' - a new term coined by some healthcare professionals to describe an obsession with skincare.

Asma speaks to the BBC's health and wellbeing reporter Ruth Clegg, about how harmful skincare is for the social media generation.

Producer: Sam Chantarasak

Sound engineer: Travis Evans

Digital producer: Tom Bage

Senior news editor: China Collins

(Photo: Young content creator Ellie-May. Credit: Sophie/BBC)

WED 12:00 BBC News (w1730nkp8rh3598)
The latest five minute news bulletin from BBC World Service.

WED 12:06 Outlook (w3ct8jkr)
I promised I'd fight for the art my mum hid from the Nazis

Judy King always knew her mother Helga Wolfenstein once loved a man called Peter Kien. Helga and Peter were Jewish artists who had met and fallen in love in the Terezin concentration camp in Czechoslovakia during the World War Two. Peter was an established artist before the war and when he was imprisoned at Terezin Peter was forced, alongside Helga, to draw up designs for the camp for the Nazis. But in secret, Peter also sketched life around him. Knowing the Nazis would confiscate the personal artworks, Helga hid them in a suitcase which she stored in the infectious diseases ward of the hospital. Peter entrusted Helga with the suitcase before he was taken to Auschwitz where he died. Helga had lost the man she loved, and keeping hold of his artwork became paramount. But after liberation in 1945 the suitcase was seized by the Communist authorities and Helga would spend the rest of her life trying to get it back. Her daughter Judy would eventually succeed.

Sheena Wellington is a renowned Scottish folk singer who told Outlook's May Cameron how music has shaped her life. Growing up in Dundee, Sheena was surrounded by music and song that told stories about the city and its people. The women in her family worked in the jute weaving mills where singing was a way to pass the time. Sheena began singing in folk clubs, embedded herself in the scene and eventually hosted a folk music show on the radio. What followed was a career that has spanned decades with performances around the world and at home, including at the opening of Scotland's Parliament.

Presenter: Asya Fouks
Producer: May Cameron

Get in touch: outlook@bbc.com or WhatsApp +44 330 678 2707

****Correction:** In the interview we now say that Sheena grew up in a Scots-speaking household, not Gaelic, as wrongly stated at first broadcast**

(Photo: Two separate portraits of Helga Wolfenstein, left, and her daughter Judy King, right, both in sepia tone. Helga Wolfenstein has tilted her head to the left and is looking directly into the camera with a neutral expression. Her dark hair blends into the black background of the photo. Her white shoulders are bare and contrast against the background. Judy King also looks directly into the camera. She is smiling, wears glasses and has shoulder length hair. One earring is visible under her hair and she wears a necklace and V-neck top. Credit: Judy King)

WED 12:50 Witness History (w3ct9888)
[Repeat of broadcast at 08:50 today]

WED 13:00 BBC News (w1730nkp8rh391d)
The latest five minute news bulletin from BBC World Service.

WED 13:06 The Newsroom (w1730bqkbsyfq2n)
The world's Newsroom brings you global events as they happen

WED 13:30 BBC News Summary (w1730nlhgh2sn9s)
The latest two minute news summary from BBC World Service.

WED 13:32 The Documentary (w3ct9bcz)
[Repeat of broadcast at 04:32 today]

WED 14:00 BBC News (w1730nkp8rh3dsj)
The latest five minute news bulletin from BBC World Service.

WED 14:06 Newshour (w1730bn292k470l)
Ukraine hits energy facilities in Crimea

Ukraine has been intensifying attacks across Crimea as it attempts to cut off the peninsula annexed by Russia in 2014. The authorities have been forced to suspend fuel sales to the public.

Also on the programme: hundreds of schools in the UK are closed as temperatures in Western Europe hit new highs; and why sperm whales use different dialects depending on where they swim in the Mediterranean Sea.

(Photo: A satellite image shows burning oil storage tanks and smoke rising from the Crimea Bridge amid the Russia-Ukraine conflict Credit: Vantor/Reuters)

WED 15:00 BBC News (w1730nkp8rh3jjn)
The latest five minute news bulletin from BBC World Service.

WED 15:06 The Interview (w3ct98h1)
[Repeat of broadcast at 08:06 today]

WED 15:30 BBC News Summary (w1730nlhgh2swt1)
The latest two minute news summary from BBC World Service.

WED 15:32 Business Daily (w3ct98s2)
[Repeat of broadcast at 08:32 today]

WED 15:50 World Business Express (w3ct8db6)
Heatwave blasts western Europe

Record June temperatures have been recorded in several countries, with highs of 44C. As the continent swelters, workers struggle in the heat.

Power failure in Russian occupied Crimea after more overnight drone raids by Ukraine.

And prices for Grand Theft Auto 6 have been revealed.

WED 16:00 BBC News (w1730nkp8rh3n8s)
The latest five minute news bulletin from BBC World Service.

WED 16:06 Outside Source (w1730c6f724tb4k)
Europe hit by record-breaking temperatures

Red alerts are in place across a number of countries as a blistering heatwave continues to scorch much of Western

Europe. We walk to BBC Weather to get the latest and hear messages from around the world about how the heat impacts people.

The World Health Organization says preparations are complete for the trial to begin next week of two Ebola medications that could help fight the outbreak in the Democratic Republic of Congo. We speak to our global affairs reporter.

Conjoined twin sisters have been successfully separated by a team of surgeons after a series of groundbreaking operations using AI. We hear what it is like to live as a conjoined twin and to care for one.

Grand Theft Auto 6, the latest instalment of Rockstar Games' biggest ever franchise, will cost **\$79.99** - with a more premium edition costing **\$99.99**. Our gaming expert explains.

Presenter: James Reynolds

(Photo: People protect themselves from the sun under an umbrella near the Eiffel Tower as temperatures rise in Paris during a second heatwave affecting France, 20 June, 2026. Credit: Sarah Meyssonnier/Reuters)

WED 17:00 BBC News (w1730nkp8rh3s0x)
The latest five minute news bulletin from BBC World Service.

WED 17:06 Outside Source (w1730c6f724fwp)
How is Europe coping with the heat?

Much of western Europe is grappling with an unprecedented heatwave with over 90 million people facing temperatures exceeding 35C. We speak to our environment correspondent and hear reports and messages from around the world.

Our North America Correspondent Anthony Zurcher joins from Washington to explain the Senate resolution calling on President Trump to halt the war on Iran or seek congressional approval to continue it.

The head of the World Health Organization has warned of a humanitarian disaster in the Sudanese city of El-Obeid unless aid can reach people in need. Our global affairs reporter gives more information.

Conjoined twin sisters have been successfully separated by a team of surgeons after a series of groundbreaking operations using AI. We hear what it is like to live as a conjoined twin and to care for one.

Our sports reporter has the summary of today's headlines.

Presenter: James Reynolds

(Photo: Joana cools her dog Oli in a fountain as temperatures rise, during a heatwave affecting a large part of Spain, in Barcelona, Spain, 21 June, 2026. Credit: Nacho Doce/Reuters)

WED 18:00 BBC News (w1730nkp8rh3ws1)
The latest five minute news bulletin from BBC World Service.

WED 18:06 Outlook (w3ct8jkr)
[Repeat of broadcast at 12:06 today]

WED 18:50 Witness History (w3ct9888)
[Repeat of broadcast at 08:50 today]

WED 19:00 BBC News (w1730nkp8rh40j5)
The latest five minute news bulletin from BBC World Service.

WED 19:06 The Newsroom (w1730bqkbsygfkf)
The world's Newsroom brings you global events as they happen

WED 19:30 BBC News Summary (w1730nlhqh2tcsk)
The latest two minute news summary from BBC World Service.

WED 19:32 Sport Today (w3ct8rrs)
2026/06/24 GMT

BBC sports correspondents tell the story behind today's top sporting news, with interviews and reports from across the world.

WED 20:00 BBC News (w1730nkp8rh4489)
The latest five minute news bulletin from BBC World Service.

WED 20:06 The Climate Question (w3ct99hm)

[Repeat of broadcast at 14:06 on Sunday]

WED 20:30 BBC News Summary (w1730nlhqh2thjp)
The latest two minute news summary from BBC World Service.

WED 20:32 Health Check (w3ct8k2k)
Lack of evidence most IVF 'add-ons' improve fertility

Many people with infertility use in vitro fertilisation (IVF), however the probability of having a baby following IVF is only approximately 30-40% per cycle and decreases significantly with age. It can be a lengthy and expensive process. Providers sometimes offer 'add-ons', additional treatments that they claim could help patients conceive, which are themselves also usually expensive. In Australia, New Zealand and the United Kingdom more than 70% of patients pay for at least one of these add-ons. A new review published in The Lancet Obstetrics, Gynaecology, & Women's Health journal has found that evidence on the benefits of these add-on treatments is unclear. Claudia Hammond speaks to Dr Sarah Lensen, Senior Research Fellow in the Department of Obstetrics, Gynaecology and Newborn Health at the University of Melbourne.

Joining Claudia from Ghana is genito-urinary consultant and HIV expert, Vanessa Apea. Claudia and Vanessa discuss a draft African Charter on Family, Sovereignty and Values, which claims that comprehensive sex education, as well as a range of sexual and reproductive health rights, are a threat to African families from foreign ideologies.

They also discuss a report from the Office of Inspector General of US Agency for International Development (USAID) which reveals that President Donald Trump's administration has spent hundreds of thousands of dollars in storage and transportation costs for \$9.7 million worth of contraceptives that are being stored in Belgium rather than distributed to the various low-income countries they were intended for. Many of the withheld contraceptives are now expired or unusable due to their removal from temperature-controlled storage.

We also hear from Health Check reporter Jane Chambers in the Chilean city of Valdivia, where wetlands are part of everyday life—and increasingly, part of people's health. And we hear how faecal-microbiome transplants could improve the efficacy of some antidepressants in patients with major depressive disorder.

Presenter: Claudia Hammond
Producers: Jonathan Blackwell & Georgia Christie

WED 21:00 BBC News (w1730nkp8rh480f)
The latest five minute news bulletin from BBC World Service.

WED 21:06 Newshour (w1730bn292k527h)
Europe heatwave: UK breaks June temperature record

The UK today broke its June temperature record as a heatwave continues to engulf Europe. In Finistere in north-west France, 68, 000 people are without power, after the heat knocked out generating equipment

We hear how the heat is affecting people across Europe - and how it compares with the most recent major heatwave in August 2003. Also on the programme: US officials say America has supplied doses of an experimental antibody to help fight the growing outbreak of Ebola in the Democratic Republic of Congo; and why astronomers are excited about new images of the Milky Way.

(Photo: A young man jumps from a bridge to cool off in the Canal Saint-Martin, in Paris, France, 20 June 2026. Credit: Yoan Valat/EPA/Shutterstock)

WED 22:00 BBC News (w1730nkp8rh4crk)
The latest five minute news bulletin from BBC World Service.

WED 22:06 The Interview (w3ct98h1)
[Repeat of broadcast at 08:06 today]

WED 22:30 BBC News Summary (w1730nlhqh2tr0y)
The latest two minute news summary from BBC World Service.

WED 22:32 The Documentary (w3ct9bzc)
[Repeat of broadcast at 04:32 today]

WED 23:00 BBC News (w1730nkp8rh4hnp)
The latest five minute news bulletin from BBC World Service.

WED 23:06 The Newsroom (w1730bqkbsygyjy)

The world's Newsroom brings you global events as they happen

WED 23:30 BBC News Summary (w1730nlhqh2tvs2)
The latest two minute news summary from BBC World Service.

WED 23:32 World Business Report (w3ct8fww)
Europe's heatwave: Too hot to tour?

Tourism is taking a hit as an intense heatwave grips Europe. Several countries have issued red weather alerts as temperatures soar. We hear from tourists and a tour guide sweating it out in Paris.

Oil prices have fallen to their lowest point since the war began. But when will consumers feel it?

Around the world, gamers are bracing to spend \$80 on Grand Theft Auto VI.

And we speak to the COO of Patreon on why the creator economy is booming and who's actually making money from it?

Presenter: Leanna Byrne
Producers: Rob Cave and Niamh Mc Dermott

(Picture: People use umbrellas to shade from the sun in front of the Eiffel Tower. Credit: REUTERS/Abdul Saboor)

THURSDAY 25 JUNE 2026

THU 00:00 BBC News (w1730nkp8rh4m7t)
The latest five minute news bulletin from BBC World Service.

THU 00:06 In Our Time (w3ct9765)
[Repeat of broadcast at 12:06 on Saturday]

THU 01:00 BBC News (w1730nkp8rh4qzy)
The latest five minute news bulletin from BBC World Service.

THU 01:06 The Newsroom (w1730bqkbsyh516)
The world's Newsroom brings you global events as they happen

THU 01:30 BBC News Summary (w1730nlhqh2v38b)
The latest two minute news summary from BBC World Service.

THU 01:32 The Global Story (w3ct8mky)
[Repeat of broadcast at 11:32 on Wednesday]

THU 02:00 BBC News (w1730nkp8rh4vr2)
The latest five minute news bulletin from BBC World Service.

THU 02:06 The Newsroom (w1730bqkbsyh8sb)
The world's Newsroom brings you global events as they happen

THU 02:30 BBC News Summary (w1730nlhqh2v70g)
The latest two minute news summary from BBC World Service.

THU 02:32 The Documentary (w3ct9b97)
Agony and ecstasy: A history of penalty shootouts

As the knockout stage of the men's World Cup in Canada, Mexico and the USA draws closer, so too does the dreaded penalty shootout. Why do penalties bring so much drama and anxiety to both players and fans when they are used to decide tied games in knockout football?

Former South African captain Amanda Dlamini looks back at the history of the shootout with penalty expert and author Ben Lyttleton. South African internationals Nomathemba Ntsibande and Gabriela Moodaly-Salgado take us through their penalty routines, while West Ham United Women's sport psychologist Dr Adrienn Szabadics explains the psychology behind the penalty shootout.

We hear from 1999 Women's World Cup winner Brandi Chastain about her winning penalty at that tournament, and the coach of Amanda's former club in Johannesburg, Alexia Cassar, tells us about the role coaches play in preparing for shootouts.

Finally, commentator Andrés Cantor reminisces about the 2022 World Cup final, while South Africa goalkeeper and captain Ronwen Williams, who is playing in this year's World Cup, gives us an insight into how he once saved four out of five penalties in a single shootout.

Presenter: Amanda Dlamini

Producer: Tim O'Callaghan
Sound engineer: Cameron Ward
Production co-ordinator: Phoebe Lomas
Editor: Tom Bigwood

(Photo: Lionel Messi of Argentina scores a penalty past Hugo Lloris of France during the FIFA World Cup 2022 final between Argentina and France at Lusail Iconic Stadium in Doha, Qatar. Credit: Tom Jenkins/Getty Images)

THU 03:00 BBC News (w1730nkp8rh4zh6)

The latest five minute news bulletin from BBC World Service.

THU 03:06 Outlook (w3ct8jkr)

[Repeat of broadcast at 12:06 on Wednesday]

THU 03:50 Witness History (w3ct9888)

[Repeat of broadcast at 08:50 on Wednesday]

THU 04:00 BBC News (w1730nkp8rh537b)

The latest five minute news bulletin from BBC World Service.

THU 04:06 The Newsroom (w1730bqkbsyhj8l)

The world's Newsroom brings you global events as they happen

THU 04:30 BBC News Summary (w1730nlhqh2vghq)

The latest two minute news summary from BBC World Service.

THU 04:32 The Food Chain (w3ct8sw5)

What to eat for a better night's sleep

Many of us have our own theories about sleep. Perhaps it's avoiding coffee after lunch, drinking chamomile tea before bed, or having a warm glass of milk. But what does the science actually say?

In this episode of The Food Chain, Ruth Alexander explores the relationship between food and sleep, asking whether changing what we eat and drink can help us get a better night's rest.

Professor Marie-Pierre St-Onge, Director of the Center of Excellence for Sleep & Circadian Research at Columbia University, explains what decades of research have revealed about the links between diet and sleep quality. She discusses why poor sleep can change our food choices, how certain dietary patterns are associated with better sleep, and why scientists are increasingly interested in nutrients such as fibre and tryptophan.

Sleep physician Dr Allie Hare, President of the British Sleep Society, brings the perspective of the clinic. She explains the questions patients ask most often, from caffeine and alcohol to herbal remedies and sleep supplements, and discusses some of the biggest misconceptions people have about improving their sleep.

Together, they discuss whether there really are "sleep foods", what role meal timing might play, and how social media trends and expensive supplements can distract us from the basics.

Along the way, they answer listeners' questions and share practical, evidence-based advice on the changes you can make today to improve your chance of a good night's sleep tonight.

If you'd like to get in touch with the programme, please email: thefoodchain@bbc.co.uk

Producer: Izzy Greenfield
Sound engineer: Hal Haines

(Image: A woman with brown hair, holding an orange cushion, yawns while standing next to an open fridge full of food. Credit: Getty Images)

THU 05:00 BBC News (w1730nkp8rh56zg)

The latest five minute news bulletin from BBC World Service.

THU 05:06 Newsday (w1730c1dnk5r956)

Powerful earthquakes strike Venezuela

A state of emergency has been declared in Venezuela after twin earthquakes hit the country. The interim President has offered her condolences to the families of those killed without giving any causality figures.

An unprecedented heatwave affecting much of western Europe in the last couple of days has seen a series of all time temperature highs. More than ninety million people are grappling with the punishing temperatures, with records being broken in France, Spain and Britain.

And we report on the World Cup Football tournament. Scotland now wait nervously to see if they qualify to the next round and South Africa won against South Korea.

Presenters: James Copnall and Anne Soy.

(Photo: Emergency responders conduct rescue operations in Caracas, Venezuela, 24 June 2026. Two powerful earthquakes struck Venezuela, including a magnitude 7.5 earthquake, causing buildings to collapse. Credit: Rayner Pena/EPA).

THU 06:00 BBC News (w1730nkp8rh5bql)

The latest five minute news bulletin from BBC World Service.

THU 06:06 Newsday (w1730c1dnk5rdxh)

Twin earthquakes hit Venezuela

A state of emergency has been declared in Venezuela after twin earthquakes hit the country. The interim President has offered her condolences to the families of those killed without giving any causality figures.

An unprecedented heatwave affecting much of western Europe in the last couple of days has seen a series of all time temperature highs. More than ninety million people are grappling with the punishing temperatures. We go to France where they recorded the hottest day in history.

And we report on the World Cup Football tournament. Scotland now wait nervously to see if they qualify to the next round and South Africa won against South Korea.

Presenters: James Copnall and Anne Soy.

(Photo: Emergency services work at the site of a collapsed building after an earthquake, in Caracas, Venezuela. Credit: Gaby Orúa/Reuters).

THU 07:00 BBC News (w1730nkp8rh5ggq)

The latest five minute news bulletin from BBC World Service.

THU 07:06 Newsday (w1730c1dnk5rjng)

Venezuela twin earthquakes

A state of emergency has been declared in Venezuela after twin earthquakes hit the country. The interim President has offered her condolences to the families of those killed without giving any causality figures.

An unprecedented heatwave affecting much of western Europe in the last couple of days has seen a series of all time temperature highs. More than ninety million people are grappling with the punishing temperatures, with records being broken in France, Spain and Britain.

And we report on the World Cup Football tournament. Scotland now wait nervously to see if they qualify to the next round and South Africa won against South Korea.

Presenters: James Copnall and Anne Soy.

(Photo: People remove rubble from a damaged house after a strong earthquake, in Valencia, Venezuela. Credit: Juan Carlos Hernández/Reuters).

THU 08:00 BBC News (w1730nkp8rh5l6v)

The latest five minute news bulletin from BBC World Service.

THU 08:06 The Inquiry (w3ct98pt)

Is technology ruining sport?

This year, technology has more influence in officiating sports than ever before.

At the men's World Cup, the role of virtual assistant referee technology (VAR) has been extended to include two more on-pitch scenarios while in tennis, umpires use electric line calling systems (ELC) to make final decisions.

Both bits of kit aim to improve the accuracy. It's become easier to consider match-defining moments through these tracking and review systems' specialised cameras. But, this information takes human officials valuable time to analyse.

Football fans criticise VAR for this reason, saying it delays match momentum. Top ranking tennis players Aryna Sabalenka and Alexander Zverev have also complained as these systems are not yet infallible. If technology is as imperfect as a human referee or umpire and can interrupt the fan experience too, why do elite sports rely on it?

We speak to Carlo de Marchis, independent adviser in sports and media technology in Italy; Dr Otto Koblinger, former sports

scientist, Munich Technical University, Germany and senior data manager, Saudi Pro League; Professor Odilon Roble, sport philosopher and psychoanalyst, University of Campinas (UNICAMP), Brazil and Matt Moore, associate dean, University of Kentucky's college of social work, US.

Presenter: Tanya Beckett
Producer: Evie Yabsley
Researcher: Amelia Cox
Sound engineer: Nicky Edwards
Production co-ordinator: Phoebe Lomas and Liam Morrey
Editor: Tom Bigwood

(Photo: VAR check. Credit: Dan Mullan/Getty Images)

THU 08:30 BBC News Summary (w1730nlhqh2vyh7)

The latest two minute news summary from BBC World Service.

THU 08:32 Business Daily (w3ct8ggl)

Can Toy Story help Disney's new CEO get the magic back?

Toy Story 5 broke opening weekend box office records, handing Josh D'Amaro a welcome gift as he settles in to the top role at Disney. But he inherits many challenges at the global media company as well - theme park attendance has dipped, overall cinema sales are down compared with pre-pandemic box office takings, while its streaming service Disney+ faces strong competition from Netflix, Amazon and HBO Max. And while Toy Story 5 recreated the magic of the original animated adventure, recent releases linked to Marvel or Star Wars have bombed.

This is the latest episode of our weekly Power Players show, hosted by Rahul Tandon and Will Bain in the UK, and North America Business Correspondent Michelle Fleury in New York.

Producer: Rebecca Smyllie

You can email the team: businessdaily@bbc.co.uk

(Picture: A general ambiance of atmosphere during the "Toy Story 5" Paris Premiere at Le Cirque d'Hiver Boulogne on June 14, 2026 in Paris, France. Credit Julien Hekimian/Getty Images)

THU 08:50 Witness History (w3ct98bj)

WW1: The Battle of the Somme

In July 1916, Britain led an Allied offensive against German positions on the Western Front near the Somme river in France. The British army suffered 60,000 casualties on the first day. By the end of the battle in November, one million men had been killed or wounded. The Somme became synonymous with the horrors of war.

We hear BBC archive recordings of veterans who fought in one of the bloodiest battles in history.

This programme, first broadcast in 2016, was presented by Alex Last.

Eye-witness accounts brought to life by archive. Witness History is for those fascinated by and curious about the past. We take you to the events that have shaped our world through the eyes of the people who were there.

For nine minutes every day, we take you back in time and all over the world, to examine wars, coups, scientific discoveries, cultural moments and much more.

Recent episodes explore everything from how the Excel spreadsheet was developed, the creation of cartoon rabbit Miffy and how the sound barrier was broken.

We look at the lives of some of the most famous leaders, artists, scientists and personalities in history, including: the moment Reagan and Gorbachev met in Geneva, Haitian singer Emerante de Pradines' life and Omar Sharif's legendary movie entrance in Lawrence of Arabia.

You can learn all about fascinating and surprising stories, like the invention of a stent which has saved lives around the world; the birth of the G7; and the meeting of Maldives' ministers underwater. We cover everything from World War Two and Cold War stories to Black History Month and our journeys into space.

(Photo: British troops go forward in 'No Man's Land', August 1916. Credit: IWM/Getty Images)

THU 09:00 BBC News (w1730nkp8rh5pyz)

The latest five minute news bulletin from BBC World Service.

THU 09:06 The Newsroom (w1730bqkbsyj407)

The world's Newsroom brings you global events as they happen

THU 09:30 BBC News Summary (w1730nlhgh2w27c)

The latest two minute news summary from BBC World Service.

THU 09:32 The Documentary (w3ct9b97)

[Repeat of broadcast at 02:32 today]

THU 10:00 BBC News (w1730nkp8rh5tq3)

The latest five minute news bulletin from BBC World Service.

THU 10:06 The Explanation (w3ct98mk)

The Media Show: How Shop workers became content

The shop workers union USDAW says the filming of retail staff by customers for social media has become increasingly common, with concerns about videos being uploaded without workers' consent. The issue is highlighted by the experience of a shop worker who appeared in content created by former television presenter Michael Barrymore, now a social media creator with millions of followers across TikTok and YouTube. Jayne Allport, National Officer at USDAW, outlines the union's concerns.

The resignation of Sir Keir Starmer has intensified scrutiny of Labour's relationship with the media, with attention turning to Andy Burnham as a potential future leader. Burnham's years as Mayor of Greater Manchester have provided a public record of his dealings with journalists. Joshi Herrmann, founder and editor of The Mill, reflects on Burnham's approach to media engagement.

Online romance fraud continues to affect victims around the world, with organised groups in Nigeria responsible for many high-profile scams. A new book traces the origins and evolution of the so-called Yahoo Boys, named after an early generation of fraudsters who relied on Yahoo email accounts. Carlos Barragán, a New York Times reporter, recounts his reporting from Lagos.

BBC Radio 4 Long Wave closes this month, bringing to an end a century of long-wave broadcasting in the UK. The network's transmitters at Droitwich, Westerglen and Burghhead are due to cease operation as listening habits continue to shift towards digital platforms. Jeffrey Borinsky, broadcasting historian, reflects on the history and legacy of Long Wave radio.

Production team

Presenters: Katie Razall and Ros Atkins

Producer: Lisa Jenkinson

Content Producer: Lucy Wai

Apprentice researcher: Cameron Taylor

Technical Coordinator: Luke Sweeney

Sound: Mark Pickett

THU 10:30 BBC News Summary (w1730nlhgh2w5zh)

The latest two minute news summary from BBC World Service.

THU 10:32 Happy News (w3ct8nwk)

[Repeat of broadcast at 19:32 on Saturday]

THU 11:00 BBC News (w1730nkp8rh5yg7)

The latest five minute news bulletin from BBC World Service.

THU 11:06 The Newsroom (w1730bqkbsyjchh)

The world's Newsroom brings you global events as they happen

THU 11:30 BBC News Summary (w1730nlhgh2w9qm)

The latest two minute news summary from BBC World Service.

THU 11:32 The Global Story (w3ct8mff)

Is the US falling out of love with Israel?

The United States has been a staunch ally of Israel for decades, and Americans used to be steadfast in their support for the country. But in recent years - and recent weeks - the special relationship between the two countries has come under fire.

Several polls indicate that Americans have increasingly negative views of Israel and its prime minister, Benjamin Netanyahu. And as the midterms approach, support for Israel is on the ballot in some races.

Asma briefs Tristan on shifting US public and political opinion on Israel. And Jon Donnison discusses how fluctuating US sentiment on Israel is affecting domestic Israeli politics.

(Photo: President Donald Trump (R) gestures with an extended index finger at Prime Minister Benjamin Netanyahu (L) as they stand face to face in front of an Israeli flag. Credit: Jonathan Ernst/Reuters)

THU 12:00 BBC News (w1730nkp8rh626c)

The latest five minute news bulletin from BBC World Service.

THU 12:06 Outlook (w3ct8j46)

How I helped create the biggest World Cup song Waka Waka

Zolani Mahola grew up on the eastern cape of South Africa during the 1980s. The racial separatist system of Apartheid was in effect, which her family actively shielded her from. After her mother's early death Zolani found refuge in acting and singing and discovered her calling on stage performing. At university in Capetown, she became the lead singer of pioneering multi-racial and genre bending band, Freshlyground. A chance encounter led to them creating the most streamed Fifa World Cup song, Waka Waka, with Colombian music icon Shakira. It was selected as the official song for the first and only African World Cup, hosted by South Africa.

Presenter: Asya Fouks

Producer: Tommy Dixon

Get in touch: outlook@bbc.com or WhatsApp 44 330 678 2707

(Photo: Zolani Mahola is on stage wearing a geometric patterned hat and dressed in a white dress with black designs of different shapes and patterns. She is leaning forwards and holding a black microphone in her left hand while singing. In the blurred background there is a lady filming on her phone and another looking downwards. Credit: Armand Hough/Independent Newspapers)

THU 12:50 Witness History (w3ct98bj)

[Repeat of broadcast at 08:50 today]

THU 13:00 BBC News (w1730nkp8rh65yh)

The latest five minute news bulletin from BBC World Service.

THU 13:06 The Newsroom (w1730bqkbsyjizr)

The world's Newsroom brings you global events as they happen

THU 13:30 BBC News Summary (w1730nlhgh2wk6w)

The latest two minute news summary from BBC World Service.

THU 13:32 The Food Chain (w3ct8sw5)

[Repeat of broadcast at 04:32 today]

THU 14:00 BBC News (w1730nkp8rh69pm)

The latest five minute news bulletin from BBC World Service.

THU 14:06 Newshour (w1730bn292k73xp)

Two powerful earthquakes in Venezuela

A huge rescue and recovery operation is underway across northern Venezuela after two back-to-back earthquakes struck overnight. At least 164 people have died, but experts say the number could well rise to thousands as the extent of the damage becomes clear.

Also in the programme: The French government's response to the heatwave; and how Canadian football fans are trying to be cheerful about moving to the US.

(Photo: A firefighter looks for his sister and nephew in the earthquake rubble of a building in La Guaira, Venezuela. Credit: Reuters/Gaby Oraa)

THU 15:00 BBC News (w1730nkp8rh6ffr)

The latest five minute news bulletin from BBC World Service.

THU 15:06 The Inquiry (w3ct98pt)

[Repeat of broadcast at 08:06 today]

THU 15:30 BBC News Summary (w1730nlhgh2wsq4)

The latest two minute news summary from BBC World Service.

THU 15:32 Business Daily (w3ct8glg)

[Repeat of broadcast at 08:32 today]

THU 15:50 World Business Express (w3ct8d5p)

Oil price back to pre-war levels

The price of oil has fallen back to levels not seen since before the conflict between Iran, Israel and the United States, as traffic through the Strait of Hormuz continues to recover.

Apple has increased the price of MacBooks and iPads by about

20 per cent worldwide, as the iPhone maker blamed memory chip shortages caused by the AI infrastructure boom.

And Ferrari's marketing chief has resigned after sixteen years at the company, just weeks after a backlash surrounding the launch of the luxury carmaker's first fully electric vehicle, the Luce.

THU 16:00 BBC News (w1730nkp8rh6k5w)

The latest five minute news bulletin from BBC World Service.

THU 16:06 Outside Source (w1730c6f724x71n)

Search for survivors after Venezuela earthquakes

A rescue and recovery operation is underway across northern Venezuela after two back to back earthquakes struck overnight. We hear from eyewitnesses and speak to our reporter.

Much of Europe is experiencing another day of soaring temperatures. We speak to climate experts from across the continent.

South Africa has qualified for the knockout stage of a World Cup for the first time. We hear from fans.

Presenter: James Reynolds.

(Photo: A woman reacts amid the rubble of a building after earthquakes hit the country, in La Guaira, Venezuela, June 25, 2026. Credit: Gaby Oraa/Reuters)

THU 17:00 BBC News (w1730nkp8rh6ny0)

The latest five minute news bulletin from BBC World Service.

THU 17:06 Outside Source (w1730c6f724xbss)

World responds after Venezuela earthquake

A rescue and recovery operation is underway across northern Venezuela after two back to back earthquakes struck overnight. We hear from eyewitnesses and speak to our reporters. We also hear a conversation with Venezuelans abroad.

Much of Europe is experiencing another day of soaring temperatures. We speak to climate experts from across the continent.

Our sports reporter has the latest on the World Cup.

Presenter: James Reynolds.

(Photo: Two major earthquakes strike Venezuela, Catia La Mar - 25 Jun 2026. Credit: RONALD PENA R/EPA)

THU 18:00 BBC News (w1730nkp8rh6sp4)

The latest five minute news bulletin from BBC World Service.

THU 18:06 Outlook (w3ct8j46)

[Repeat of broadcast at 12:06 today]

THU 18:50 Witness History (w3ct98bj)

[Repeat of broadcast at 08:50 today]

THU 19:00 BBC News (w1730nkp8rh6xf8)

The latest five minute news bulletin from BBC World Service.

THU 19:06 The Newsroom (w1730bqkbsykbgi)

The world's Newsroom brings you global events as they happen

THU 19:30 BBC News Summary (w1730nlhgh2x8pn)

The latest two minute news summary from BBC World Service.

THU 19:32 Sport Today (w3ct8rm8)

2026/06/25 GMT

BBC sports correspondents tell the story behind today's top sporting news, with interviews and reports from across the world.

THU 20:00 BBC News (w1730nkp8rh715d)

The latest five minute news bulletin from BBC World Service.

THU 20:06 The Documentary (w3ct9b97)

[Repeat of broadcast at 02:32 today]

THU 20:30 BBC News Summary (w1730nlhgh2xdf)

The latest two minute news summary from BBC World Service.

THU 20:32 BBC Inside Science (w3ct977s)
Can we engineer ourselves out of a heatwave?

As the UK and Europe battles with extreme weather warnings, is it time for us to consider some more extreme tactics to tackle the heat? Tom Whipple is joined by Mark Maslin, Professor of Earth System Science at University College London, to explore if solar geoengineering can help.

Also on the show, science journalist Lizzie Gibney discusses the "Salah effect", when exposure to celebrities from stigmatised groups can help increase tolerance. She also examines new research into how the atom nucleus contain energy which can be used for telling the time.

Plus, how laughter in great apes may have paved the way for the evolution of complex human language.

Presenter: Tom Whipple
Producer: Katie Tomsett, Alex Mansfield & Kate White
Editor: Martin Smith
Production Co-ordinator: Jana Bennett-Holesworth

THU 21:00 BBC News (w1730nkp8rh74xj)
The latest five minute news bulletin from BBC World Service.

THU 21:06 Newshour (w1730bn292k7z4l)
Rescuers search for thousands trapped after Venezuela quake

At least 180 people are now confirmed to have died in northern Venezuela after two powerful back-to-back earthquakes. Thousands are still unaccounted for. We hear from two people whose homes have been destroyed.

Also in the programme; the owners of Hong Kong's last independent bookshop are arrested; and how scientists have managed to read ancient papyrus scrolls burned to a cinder when Vesuvius erupted in 79 AD.

Photo: People on motorbikes drive past damaged buildings following the twin earthquakes that struck Venezuela Credit: RONALD PENA R/EPA/Shutterstock

THU 22:00 BBC News (w1730nkp8rh78nn)
The latest five minute news bulletin from BBC World Service.

THU 22:06 The Inquiry (w3ct98pt)
[Repeat of broadcast at 08:06 today]

THU 22:30 BBC News Summary (w1730nlhqh2xmy1)
The latest two minute news summary from BBC World Service.

THU 22:32 The Food Chain (w3ct8sw5)
[Repeat of broadcast at 04:32 today]

THU 23:00 BBC News (w1730nkp8rh7dds)
The latest five minute news bulletin from BBC World Service.

THU 23:06 The Newsroom (w1730bqkbsyktg1)
The world's Newsroom brings you global events as they happen

THU 23:30 BBC News Summary (w1730nlhqh2xrp5)
The latest two minute news summary from BBC World Service.

THU 23:32 World Business Report (w3ct8fqc)
What does the World Cup, Barbra Streisand, Levi's, and Heinz have in common?

FIFA is blocking logos from brands like Levi's, Heinz, and Beats at the World Cup. We find out why, and how the banned brands are turning the ban into a viral marketing moment.

Micron Technology has overtaken Meta, Tesla, and Apple in market valuation, but most people have never heard of it. So what does this chipmaker actually do, and how much is it cashing in on the AI boom?

The International Maritime Organization has "temporarily" paused its sailor evacuation plan in the Strait of Hormuz after a cargo ship was attacked. So what does this mean for the 11,000 seafarers still stranded?

Plus, can Toy Story help Disney's new CEO get the magic back?

Presenter: Leanna Byrne

Producers: Rob Cave and Niamh Mc Dermott

(Picture: Levi's logo covered at the World Cup. Credit: BENJAMIN FANJOY/EPA/Shutterstock)

FRIDAY 26 JUNE 2026

FRI 00:00 BBC News (w1730nkp8rh7j4x)
The latest five minute news bulletin from BBC World Service.

FRI 00:06 The Explanation (w3ct98mk)
[Repeat of broadcast at 10:06 on Thursday]

FRI 00:30 BBC News Summary (w1730nlhqh2xwf9)
The latest two minute news summary from BBC World Service.

FRI 00:32 Unspun World with John Simpson (w3ct8tw9)
Has Britain become ungovernable?

This week John Simpson, in discussion with the BBC's unparalleled range of experts across the world, examines the factors behind the latest resignation of a British prime minister, explores the state of US politics and society on the eve of the country's 250th birthday, and analyses the results of the Colombian presidential election.

Producer: Kate Cornell
Executive Producer: Benedict Watt
Commissioning Editors: Silvia Costeloe and Paul Royall

FRI 01:00 BBC News (w1730nkp8rh7mx1)
The latest five minute news bulletin from BBC World Service.

FRI 01:06 The Newsroom (w1730bqkbsyl1y9)
The world's Newsroom brings you global events as they happen

FRI 01:30 BBC News Summary (w1730nlhqh2y05f)
The latest two minute news summary from BBC World Service.

FRI 01:32 The Global Story (w3ct8mff)
[Repeat of broadcast at 11:32 on Thursday]

FRI 02:00 BBC News (w1730nkp8rh7rn5)
The latest five minute news bulletin from BBC World Service.

FRI 02:06 The Newsroom (w1730bqkbsyl5pf)
The world's Newsroom brings you global events as they happen

FRI 02:30 BBC News Summary (w1730nlhqh2y3xk)
The latest two minute news summary from BBC World Service.

FRI 02:32 Tech Life (w3ct8jy1)
[Repeat of broadcast at 20:32 on Tuesday]

FRI 03:00 BBC News (w1730nkp8rh7wd9)
The latest five minute news bulletin from BBC World Service.

FRI 03:06 Outlook (w3ct8j46)
[Repeat of broadcast at 12:06 on Thursday]

FRI 03:50 Witness History (w3ct98bj)
[Repeat of broadcast at 08:50 on Thursday]

FRI 04:00 BBC News (w1730nkp8rh804f)
The latest five minute news bulletin from BBC World Service.

FRI 04:06 The Newsroom (w1730bqkbsylf5p)
The world's Newsroom brings you global events as they happen

FRI 04:30 BBC News Summary (w1730nlhqh2yedt)
The latest two minute news summary from BBC World Service.

FRI 04:32 Heart and Soul (w3ct983r)
Musician on a mission to keep bhajans alive

Bhajans - Hindu devotional songs - have been sung for over a thousand years with the aim of bringing normal people closer to God. Many of those who emigrated from India and settled around the world saw bhajans as not just a connection to their

faith, but a link to their cultural homeland. But has that link gone missing for later generations?

Two young musicians from opposite sides of the Atlantic are making it their mission to keep bhajans alive amongst young Hindus and Jains across the world. Bhavik Haria from England and Gauri Madhurie Dhanrajh from Canada have different perspectives on how to practise their faiths, but are united in trying to make ancient bhajans appealing, with a modern sound.

Raj Kaur Bilkhu finds out why they're so passionate about bhajans, how they became a part of their lives and why, so-called, 'bhajan jams' have become a global trend in the last few years.

[Photo Description: Bhavik Haria (left) and Gauri Madhurie Dhanrajh (right). Photo Credit: Meheer Shah.]

Producer/Presenter: Raj Bilkhu
Series Producer: Rajeev Gupta
Editor: Chloe Walker
Production Coordinator: Mica Nepomuceno

FRI 05:00 BBC News (w1730nkp8rh83wk)
The latest five minute news bulletin from BBC World Service.

FRI 05:06 Newsday (w1730c1dnk5v629)
Search continues for Venezuela earthquake survivors

Within the space of two minutes on Wednesday, Venezuela suffered a double earthquake of immense intensity. Thousands are still unaccounted for, as rescue services, neighbours and volunteers search the rubble of levelled buildings to search for survivors. We hear from one of the survivors.

As Europe is sweltering in temperatures as high as 40 degrees Celsius, we look at why Europe is the fastest warming continent.

And we look at the latest matches to have been played at the World Cup Football tournament.

Presenters: James Copnall and Anne Soy.

(Photo: An injured man rests on a stretcher in the aftermath of earthquakes in La Guaira, Venezuela. Credit: Maxwell Briceno/Reuters).

FRI 06:00 BBC News (w1730nkp8rh87mp)
The latest five minute news bulletin from BBC World Service.

FRI 06:06 Newsday (w1730c1dnk5v9tf)
Thousands missing in Venezuela earthquake

The authorities in Venezuela now say at least 235 people are known to have died in Wednesday's earthquakes. International rescue and relief efforts are being ramped up.

In the World Cup Football tournament, the Ivory Coast are through to the last 32 for the first time.

And we look at how scientists are predicting extreme weather conditions as they occur.

Presenters: James Copnall and Anne Soy

(Photo: Rescue efforts continue after deadly Venezuelan earthquakes, Caracas, Venezuela. Credit: Boris Vergara/EPA).

FRI 07:00 BBC News (w1730nkp8rh8cct)
The latest five minute news bulletin from BBC World Service.

FRI 07:06 Newsday (w1730c1dnk5vfkk)
Venezuela earthquake death toll continues to rise

The authorities in Venezuela now say at least 235 people are known to have died in Wednesday's earthquakes. International rescue and relief efforts are being ramped up.

Concerns are growing that Sudan's strategic city of El Obeid faces a humanitarian disaster as fighting intensifies between the Sudanese army and the Rapid Support Forces, or RSF.

And scientists say the record breaking heatwave engulfing Western Europe would have been "virtually impossible" without human caused climate change.

Presenters: James Copnall and Anne Soy.

(Photo: A man involved in rescue efforts in Guaira, Venezuela. Credit: Maxwell Briceno).

FRI 08:00 BBC News (w1730nkp8rh8h3y)

The latest five minute news bulletin from BBC World Service.

FRI 08:06 The Interview (w3ct98k9)

Michel Barnier, chief EU Brexit negotiator: We need to be together in a fragile world

Katya Adler speaks to Michel Barnier who served as the EU's chief Brexit negotiator, on the 10th anniversary of the highly consequential referendum.

On 23 June 2016, the British public went to the polls to decide its future with the European Union. An unusually high number of people voted, and by 52% to 48%, the decision was to leave the bloc.

Barnier, then a European Commissioner who had served as a minister in a number of French governments, represented the EU at negotiations to help agree the terms of the UK's departure and future relationship.

It was a long, hard process, with the UK seeing three different prime ministers from 10 Downing Street before formally leaving the Union in January 2020.

Monsieur Barnier reflects on the UK's decision and how both European and international politics have changed since.

The Interview brings you conversations with people shaping our world, from all over the world. The best interviews from the BBC, including episodes with European Investment Bank President Nadia Calviño, and Vitali Klitschko, Mayor of Kyiv. You can listen on the BBC World Service on Mondays, Wednesdays and Fridays at 0800 GMT. Or you can listen to The Interview as a podcast, out three times a week on BBC Sounds or wherever you get your podcasts.

Presenter: Katya Adler

Producer: Ben Cooper and Kathy Long

Editor: Damon Rose

Get in touch with us on email TheInterview@bbc.co.uk and use the hashtag #TheInterviewBBC on social media.

(Image: Michel Barnier. Credit: PA.)

FRI 08:30 BBC News Summary (w1730nlhgh2yvdh)

The latest two minute news summary from BBC World Service.

FRI 08:32 Business Daily (w3ct8g9f)

Taking Stock: Heatwaves, Pensions and Tech Turbulence

Will Bain is joined by Nga Pham in Jakarta and Carsten Brzeski in Frankfurt to take stock of the week's business stories.

They discuss the economic impact of heatwaves around the world, as extreme temperatures affect productivity, energy demand, and economic growth. The panel also examines Germany's plans to reform its pension system and what they could mean for Europe's largest economy.

Plus, a dispute over fruit imports is raising fresh tensions between China and Taiwan, as Beijing's purchases of custard apples spark concerns on the island. And after a volatile week for technology shares, including sharp movements in SpaceX stock, the panel asks whether investors are becoming more nervous about the future of the tech sector.

Presenter: Will Bain

Producer: David Cann

Executive Producer: Justin Bones

You can email the team: businessdaily@bbc.co.uk

Photo: People cool off in the Trocadero fountain in front of the Eiffel Tower as temperatures rise in Paris during a heatwave affecting a large part of France, June 23, 2026. Credit: REUTERS/Abdul Saboor)

FRI 08:50 Witness History (w3ct98ds)

Rata de dos patas: Mexico's famous insult song

For more than 25 years, Rata de dos patas has been one of Mexico's most recognisable - and unusual - songs. A relentless string of insults, it was made famous by the singer Paquita la del Barrio.

Composer Manuel Eduardo Toscano recalls the moment in 2000 that convinced him the song was right for Paquita, and reveals how it almost never saw the light of day. He speaks to Helen Ledwick about the song's true inspiration and how it went on to become a huge hit.

Eye-witness accounts brought to life by archive. Witness History is for those fascinated by and curious about the past. We take you to the events that have shaped our world through the eyes of the people who were there.

For nine minutes every day, we take you back in time and all over the world, to examine wars, coups, scientific discoveries, cultural moments and much more.

Recent episodes explore everything from how the Excel spreadsheet was developed, the creation of cartoon rabbit Miffy and how the sound barrier was broken.

We look at the lives of some of the most famous leaders, artists, scientists and personalities in history, including: the moment Reagan and Gorbachev met in Geneva, Haitian singer Emerante de Pradines' life and Omar Sharif's legendary movie entrance in Lawrence of Arabia.

You can learn all about fascinating and surprising stories, like the invention of a stent which has saved lives around the world; the birth of the G7; and the meeting of Maldives' ministers underwater. We cover everything from World War Two and Cold War stories to Black History Month and our journeys into space.

(Photo: Paquita la del Barrio. Credit: John Medina/WireImage/Getty Images)

FRI 09:00 BBC News (w1730nkp8rh8lw2)

The latest five minute news bulletin from BBC World Service.

FRI 09:06 The Newsroom (w1730bqkbsym0xb)

The world's Newsroom brings you global events as they happen

FRI 09:30 BBC News Summary (w1730nlhgh2yz4g)

The latest two minute news summary from BBC World Service.

FRI 09:32 BBC Inside Science (w3ct977s)

[Repeat of broadcast at 20:32 on Thursday]

FRI 10:00 BBC News (w1730nkp8rh8qm6)

The latest five minute news bulletin from BBC World Service.

FRI 10:06 Unexpected Elements (w3ct8kcl)

Dividing lines

This week South Korea announced they will be adjusting the Civilian Controlled Zone that borders the demilitarised area between North and South Korea. The reshuffle will allow thousands of civilians to be able to move with more freedoms, but for the Unexpected Elements team, it's sparked a conversation about scientific borders, boundaries, lines and barriers.

First up, a look at the Wallace Line, an obscure ecological border in Indonesia that marks the boundary between Asian tigers and Australian kangaroos with Dr Ian McFadden from Queen Mary University. We learn about the blood-brain barrier, could new 'shuttle' technologies help deliver vital new medicines that could help with Alzheimer's?

Plus, why conflict causes the cost of flights to rise, and one scientist's attempt to map underground fungi networks.

All that, plus many more Unexpected Elements.

Presenter: Marnie Chesterton, with Candice Bailey and Paul Adepoju
Producers: Margaret Sessa Hawkins, with Sophie Ormiston, Lucy Davies and Robbie Wojciechowski

FRI 11:00 BBC News (w1730nkp8rh8vch)

The latest five minute news bulletin from BBC World Service.

FRI 11:06 The Newsroom (w1730bqkbsym8dl)

The world's Newsroom brings you global events as they happen

FRI 11:30 BBC News Summary (w1730nlhgh2z6mq)

The latest two minute news summary from BBC World Service.

FRI 11:32 The Global Story (w3ct8m8x)

Why is the US ending AIDS funding for South Africa?

For two decades, PEPFAR, the US program to curb AIDS/HIV, enjoyed support and financial backing from both Republicans and Democrats, saving an estimated 26 million lives in what is described as the largest ever commitment by any nation to address a single disease.

Previous presidents - including Donald Trump in his first term - continued to praise and support the effort. But last week, the State Department announced that it would be ending its support for PEPFAR in South Africa. The UN has warned the decision could end up costing lives.

US officials told the BBC that the funding cut was in part a response to South Africa's alleged failure to protect the white-minority Afrikaner community, an accusation Pretoria rejects.

Asma speaks to the BBC's Senior Africa Producer Ed Habershon about what drove this decision and what the impact could be.

Producers: Cat Farnsworth, Valerio Esposito and Aron Keller

Executive producer: Bridget Harney

Sound engineer: Travis Evans

Digital producer: Richard Kenny

Senior news editor: China Collins

Photo: Bottles of antiretroviral ARV drugs used to prevent HIV. Credit: Thomas Mukoya/Reuters

FRI 12:00 BBC News (w1730nkp8rh8z3g)

The latest five minute news bulletin from BBC World Service.

FRI 12:06 Outlook (w3ct8hpn)

Outlook Mixtape: How does your garden grow?

Three tales exploring the wonder of gardening.

"You've gone viral with your spuds!" A social media post about his potato crop turned Gerald Stratford into a gardening superstar, as he told Outlook in 2021. The British gardening enthusiast earned the nickname "the undisputed king of giant veg" when he started sharing his garden bounty during the pandemic.

Spanish botanist Carlos Magdalena is known as "the Plant Messiah" because of his ability to save plants that are at risk of extinction. While working at The Royal Botanic Gardens in Kew, he successfully protected a rare Rwandan water lily. The tiny plant is the smallest water lily in the world - and it was so precious that one specimen was stolen. He spoke to Outlook in 2017.

British pianist and composer Helen Anahita Wilson has long been fascinated by making music with everyday objects - turning books, bowls of water, and reclaimed materials into tools for music-making. Classically trained as a pianist, Helen built a career exploring experimental and minimalist music, influenced by composers like Steve Reich as well as by rhythmic traditions from South Asia. But when she was in her mid-30s, her life was abruptly derailed by a diagnosis of breast cancer. Helen went into intensive treatment, coinciding with the start of the Covid pandemic. During long, isolating periods in hospital, she noticed new rhythms all around her and turned that medical data into sound. When Helen discovered that many chemotherapy drugs are derived from plants, she travelled to London's Chelsea Physic Garden, and in the oncology section she recorded the bioelectrical activity of medicinal plants. She translated those readings into music, treating the garden like an orchestra, with each plant playing a distinct role or specific instrument: a periwinkle became a harp, the bark of a yew tree became a viola. She called the composition Linea Naturalis.

Presenter: Jo Fidgeon

Producer: Vibeke Venema

Get in touch: outlook@bbc.com or WhatsApp +44 330 678 2707

(Photo: A transparent 60-minute cassette tape with a white label with the words: The Outlook Mixtape. Credit: Getty Images)

FRI 12:50 Witness History (w3ct98ds)

[Repeat of broadcast at 08:50 today]

FRI 13:00 BBC News (w1730nkp8rh92vl)

The latest five minute news bulletin from BBC World Service.

FRI 13:06 The Newsroom (w1730bqkbsymhwv)

The world's Newsroom brings you global events as they happen

FRI 13:30 BBC News Summary (w1730nlhqb2zg3z)

The latest two minute news summary from BBC World Service.

FRI 13:32 Heart and Soul (w3ct983r)

[Repeat of broadcast at 04:32 today]

FRI 14:00 BBC News (w1730nkp8rh96lq)

The latest five minute news bulletin from BBC World Service.

FRI 14:06 Newshour (w1730bn292kb0ts)

Hundreds dead in Venezuela earthquakes

With many believed to still be buried beneath rubble, Venezuela's interim president, Delcy Rodríguez, has said UN-certified rescuers would be joining the search for survivors. The United States is deploying two warships, along with transport planes and helicopters. Specialists from Turkey, Spain, France, Germany, the Netherlands and the UK will also be involved.

Also on the programme: a World Cup match between Iran and Egypt in Seattle causes friction as it coincides with the city's Pride celebrations; the discovery that Mars once had Earth-like magma systems beneath its surface raises the possibility of life on the red planet.

(Photo: People inspect the rubble of a collapsed building in La Guaira, Venezuela, 25 June, 2026. Credit: Gaby Oraa/Reuters)

FRI 15:00 BBC News (w1730nkp8rh9bbv)

The latest five minute news bulletin from BBC World Service.

FRI 15:06 The Interview (w3ct98k9)

[Repeat of broadcast at 08:06 today]

FRI 15:30 BBC News Summary (w1730nlhqb2zpm7)

The latest two minute news summary from BBC World Service.

FRI 15:32 Business Daily (w3ct8g9f)

[Repeat of broadcast at 08:32 today]

FRI 15:50 World Business Express (w3ct8d15)

Asia leads tech stock sell-off

Asia is bearing the brunt of the latest technology stock sell-off, as concerns that the excitement around artificial intelligence may have pushed prices too high.

The late arrival of India's monsoon and below-average rainfall are causing concern for the country's 300 billion dollar agriculture sector.

And King Charles's property management firm, the Crown Estate, has made a profit of more than £1bn for the third year running.

FRI 16:00 BBC News (w1730nkp8rh9g2z)

The latest five minute news bulletin from BBC World Service.

FRI 16:06 Outside Source (w1730c6f72503yr)

Venezuela earthquake deaths rise to 589

Venezuela's acting President Delcy Rodríguez says the number of people killed in two earthquakes on Wednesday has doubled to 589, with 2,980 injured. We speak to people affected.

Rumours continue to swirl about whether pop queen Taylor Swift will marry NFL star Travis Kelce at New York City's Madison Square Garden over the 4 July Independence Day weekend, after city officials confirmed someone applied for a street closure permit nearby. We speak to our Taylor Swift experts.

And many international fans visiting the US for the World Cup have become frustrated by the culture of tipping there. We speak to restaurant workers in the US and hear views on tipping from around the world.

(Photo: A man stands on the rubble of a damaged building in Catia la Mar, Venezuela, 26 June 2026. Credit: Ronald Pena R/EPA/Shutterstock)

FRI 17:00 BBC News (w1730nkp8rh9kv3)

The latest five minute news bulletin from BBC World Service.

FRI 17:06 Outside Source (w1730c6f72507pw)

Rescue operations continue after Venezuelan earthquakes

Venezuela's acting President Delcy Rodríguez says the number of people killed in two earthquakes on Wednesday has doubled to 589, with 2,980 injured. It comes as international rescue teams join the search for survivors, with 80 Swiss rescuers and a team of Mexican aid workers among those helping. We speak to people affected.

A former high ranking official in Ukraine's security service has been convicted of treason and sentenced to life in prison for passing information to Russia. Our global affairs reporter explains more.

And many international fans visiting the US for the World Cup have become frustrated by the culture of tipping there. We speak restaurant workers in the US and hear views on tipping from around the world.

(Photo: Rescue workers work at a building damaged by an earthquake in the Altamira area of Caracas, Venezuela, 25 June 2026. Credit: Boris Vergara/EPA/Shutterstock)

FRI 18:00 BBC News (w1730nkp8rh9p17)

The latest five minute news bulletin from BBC World Service.

FRI 18:06 Outlook (w3ct8hpn)

[Repeat of broadcast at 12:06 today]

FRI 18:50 Witness History (w3ct98ds)

[Repeat of broadcast at 08:50 today]

FRI 19:00 BBC News (w1730nkp8rh9tbc)

The latest five minute news bulletin from BBC World Service.

FRI 19:06 The Newsroom (w1730bqkbsyn7cm)

The world's Newsroom brings you global events as they happen

FRI 19:30 BBC News Summary (w1730nlhqb305lr)

The latest two minute news summary from BBC World Service.

FRI 19:32 Sport Today (w3ct8rgr)

2026/06/26 GMT

BBC sports correspondents tell the story behind today's top sporting news, with interviews and reports from across the world.

FRI 20:00 BBC News (w1730nkp8rh9y2h)

The latest five minute news bulletin from BBC World Service.

FRI 20:06 BBC Conversations (w3ct8m3s)

What is it like to have a lung transplant?

As Norway's crown princess, Mette-Marit, convalesces from lung transplant surgery, we bring together patients and doctors to share their experiences of this major life-saving procedure.

Since the 1980s, lung transplantations have become increasingly routine, but as every operation relies on suitable donor organs becoming available, the timing is always uncertain.

"Everything was so quick, everything was so scary," says Aimee Morrison, who received her new lungs last year, only months after being told she had a chronic degenerative condition. "You don't really get an opportunity to think about what's happening ... 10-12 hr surgery, unknown results, what's going to happen afterwards..." As we hear, Aimee's story was particularly dramatic as only a week before her operation she had given birth to her daughter.

Lung transplant patients require life-long aftercare from physicians like Dr Vicky Gerovasili, as their condition will always eventually deteriorate. "That can be very emotionally stressful," she says, "but it's also very rewarding because we are becoming part of their life and their family. I sign off patients to go scuba diving, travel the world and that's fantastic to see."

Presenter: James Reynolds
BBC producers: Ryan Keane and Lindsay Brown
Boffin Media producer: Anne McNaught
Editor: Arja Haikonen and Harriet Oliver

A Boffin Media production in partnership with the BBC World Service Outside Source team

(Photo: Norway's crown princess, Mette-Marit before her operation. Credit: Getty)

FRI 20:32 BBC News Summary (w1730nlhqb309bw)

The latest two minute news summary from BBC World Service.

FRI 20:32 CrowdScience (w3ct8k72)

Do animals care about the past?

"What separates humans from animals, is an interest in the past". That's a 900-year-old quote from a textbook that Nigerian listener Taiwo came across, and he wrote to CrowdScience to ask if modern science would agree.

Most of us spend time thinking about the past, whether it is nostalgia for a bygone age or just wondering where we put the house keys yesterday. But is that just a human activity or do other animals also ruminate on their history and use it to make decisions? Taiwo wants to know if there is any evidence to show that animals have an interest in the past and if it matters to them.

Presenter Caroline Steel has a history of answering questions like this, so she sets out to find an answer. She meets researchers who have found evidence that animals not only remember past events, but use their memory for planning.

She talks to neuroscientist Dr Freyja Olafsdottir and discovers that some animals, including rats and mice, have the same brain structure for memory as humans.

She meets baby magpies in Professor Nicola Clayton's laboratory in the UK and finds out about some of the very smart tactics jays use to hide their food from rivals, evidence that they're using their memory to protect their interests.

She talks to psychologist Dr Gema Martin-Ordas whose research has shown that chimpanzees not only remember past events, but use what they've learnt in the future.

And she tests the memory of her own cat Oli, wondering if his ability to remember dinner time suggests that he is interested in the past too.

Ultimately it comes down to questions of consciousness, so as Caroline grapples with the idea that we can't even be certain that other humans are genuinely conscious, what hope do we have of finding an answer for Taiwo?

Presenter: Caroline Steel

Producer: Jo Glanville

Editor: Ben Motley

(Photo: Cute clever cat with glasses reading a book. The cat lies on a stack of old books on a blue background. Credit: vvivita/Getty Images)

FRI 21:00 BBC News (w1730nkp8rhb1tm)

The latest five minute news bulletin from BBC World Service.

FRI 21:06 Newshour (w1730bn292kbw1p)

Nearly 1,000 people are confirmed dead in Venezuela and many still missing

Venezuela's government has promised that aid will reach affected areas- but already criticism of their response is growing. We speak with a professor of politics in Caracas to find out what she thinks of the response.

A crucial World Cup match between Egypt and Iran in Seattle later today will unfold against the backdrop of the city's annual Pride celebrations, Homosexuality and any symbols of pride are criminalized in both Iran and Egypt. We take you there to hear what it sounds like.

And movie music instead of Bach? Symphony orchestras across the United States - and in Europe - are increasingly offering film score performances. We speak with a conductor at the Pittsburgh Symphony Orchestra on what he thinks about it.

(Photo: A view of the donations received from locals in Caracas, Venezuela, June 26, 2026. Credit: REUTERS/Fausto Torrealba)

FRI 22:00 BBC News (w1730nkp8rhb5kr)

The latest five minute news bulletin from BBC World Service.

FRI 22:06 The Interview (w3ct98k9)

[Repeat of broadcast at 08:06 today]

FRI 22:30 BBC News Summary (w1730nlhqb30jv4)

The latest two minute news summary from BBC World Service.

FRI 22:32 Heart and Soul (w3ct983r)

[Repeat of broadcast at 04:32 today]

World Service Listings for 20 – 26 June 2026		Page 19 of 19
FRI 23:00 BBC News (w1730nkp8rhb99w) The latest five minute news bulletin from BBC World Service. FRI 23:06 The Newsroom (w1730bqkbsynqc4) The world's Newsroom brings you global events as they happen FRI 23:30 BBC News Summary (w1730nlhqh30nl8) The latest two minute news summary from BBC World Service. FRI 23:32 World Business Report (w3ct8fkv) New York rent freeze: What next? New Yorkers breathed a sigh of relief at the news of a rent-price freeze for a million apartments. In a recent win for Mayor Zohran Mamdani, a housing board approved his pledge to prevent leases from going up and we hear about what this means for both the landlords and tenants. Our market expert also explains the potential pros and cons of this. And, as Europe's heatwave persists with temperatures reaching highs of 40C, we find out whether the region's infrastructure is prepared for this kind of weather, and what we can learn from other countries with naturally warmer climates. We also speak with a dairy farmer on how this has affected their business.		
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