

SATURDAY 18 JULY 2026**SAT 00:00 BBC News (w1730nkqckfnvwj)**

The latest five minute news bulletin from BBC World Service.

SAT 00:06 Unexpected Elements (w3ct8kcp)

A scientific odyssey

As the film adaptation of the Odyssey bursts onto screens around the world this week, here at Unexpected Elements we're undertaking our own epic journey through science – all inspired by the ancient Greek epic.

First, we discover the tiny virus that's using its own Trojan Horse to sneak into cells it wouldn't usually be able to infect. Then, we hear about the daring 8000km voyage undertaken by iguanas 30 million years ago.

Next, we're joined by Professor Steve Simpson from the University of Bristol in the UK. He tells us how he's been using sounds to lure fish back to coral reefs around the world – much like how the Sirens in the Odyssey used their enticing songs to lure sailors to shore. Except in Steve's work, rather than being lured to their deaths, the fish are helping corals recover from the devastating effects of climate change.

Also, the fake medicine that still makes you feel better and why some smells might make you sleepy.

All that, plus many more Unexpected Elements.

Presenter: Marnie Chesterton, with Emmanuel Samani and Chhavi Sachdev
Producers: Sophie Ormiston, with Dan Welsh, Alice McKee and Nada Soufi

SAT 01:00 BBC News (w1730nkqckfnzmn)

The latest five minute news bulletin from BBC World Service.

SAT 01:06 The Newsroom (w1730bqlflx0dnx)

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

SAT 01:30 BBC News Summary (w1730nljt91chx1)

The latest two minute news summary from BBC World Service.

SAT 01:32 The Global Story (w3ct8m90)

America's World Cup awakening

Spain or Argentina? These two teams will face each other in the 2026 World Cup final. Only one team can emerge eternal. For the rest, it's over.

But this tournament's not just been about victory.

For this special episode, we've been speaking with people across the US to hear about their tournament experiences, and asking what trace the World Cup will leave behind.

We hear from: Roger Bennett, founder of the Men in Blazers media company; from the BBC's sports editor Dan Roan; from the co-host of Morning Joe on MS NOW Jonathan Lemire; from Ruth DeWitt, director of community relations at Lawrence's tourism bureau in Kansas; and from life long US soccer fan Marcus Cranston.

Producers: Lucy Pawle and Cat Farnsworth

Executive producer: Bridget Harney

Mix: Travis Evans

Senior news editor: China Collins

Photo: USA fans cheer ahead of the FIFA World Cup 2026 group stage match Turkey against USA, in Los Angeles, 25 June 2026. Credit: Christopher Torres/EPA/Shutterstock

SAT 02:00 BBC News (w1730nkqckfp3cs)

The latest five minute news bulletin from BBC World Service.

SAT 02:06 The Newsroom (w1730bqlflx0jfl1)

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

SAT 02:30 BBC News Summary (w1730nljt91cgn5)

The latest two minute news summary from BBC World Service.

SAT 02:32 Stumped (w3ct99fh)

Christian Fuchs: From Premier League winner to hitting sixes

Premier League winner Christian Fuchs tells Alison Mitchell, Jim Maxwell and Charu Sharma about his new love for cricket, hitting sixes into the river Derwent and sledging. The former Leicester City and Austria defender has signed up for his village team Grindleford CC in Derbyshire and is enjoying the switch to a new sport.

Is the "Bazball" era coming to an end as Brendon McCullum is sacked as England men's Test coach? He's apologised for results under his leadership but will remain in charge of the white ball sides till the end of next year's 50-over World Cup. The trio discuss the potential contenders to take over the role.

And some good news for Afghanistan women's refugee cricketers who have had their funding extended by the ICC. It's hoped the support will help the team towards development for ICC qualification events by 2030. Clare Connor, the Managing Director of England Women, tells Stumped what this means for the team.

Photo: Christian Fuchs of Leicester City kisses the Premier League Trophy as players and staffs celebrate the season champions after the Barclays Premier League match between Leicester City and Everton at The King Power Stadium on May 7, 2016 in Leicester, United Kingdom. (Credit: Michael Regan/Getty Images)

SAT 03:00 BBC News (w1730nkqckfp73s)

The latest five minute news bulletin from BBC World Service.

SAT 03:06 Outlook (w3ct8hpr)

Outlook Mixtape: Shall We Dance?

Three lives shaped by movement and music in the US, Ireland and Mexico.

The late American Norma Miller always loved to dance. She became a member of one of the most celebrated and famous American dance groups of the 1930s and '40s, Whitey's Lindy Hoppers. When she was 95 years old, in 2015, she spoke to Nicky Barranger about her impressive career, which spanned decades.

Michael Keegan-Dolan is an award-winning dancer and choreographer from Dublin whose work is influenced by old Irish legends of mythical transformation and enchantment. He told Jo Fidgen in 2016 about why stories matter – not only for choreography, but for human connection itself.

Mexican Irene García Hernández always had a rebellious streak. It led her to become one of the few women to perform the pre-Hispanic ceremonial tradition of the Danza de los Voladores (Dance of the Flyers), a ritual performed 36 metres above the ground around a pole. In 2023, Louise Morris followed her extraordinary journey into the sky.

Presenter: Mobeen Azhar

Producer: Emily Naylor

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 (w3ct98dw)

A child's return to Franco's Spain

During the Spanish Civil War, the fascist dictator Francisco Franco rose to power.

Around half a million people fled the fighting, but some chose to return even as the conflict continued.

One of them was eight-year-old Felisa Umbon San Vicente. In 1937, her mother brought the family back from France to their village near Bilbao, in Spain's northern Basque Country, close to the French border.

Felisa tells Ivana Davidovic about starting school and growing up during the war, as her region fell to Franco's forces.

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: Felisa with her mother. Credit: Felisa Umbon San Vicente)

SAT 04:00 BBC News (w1730nkqckfpbw1)

The latest five minute news bulletin from BBC World Service.

SAT 04:06 Unexpected Elements (w3ct8kcp)

[Repeat of broadcast at 00:06 today]

SAT 05:00 BBC News (w1730nkqckfpgm5)

The latest five minute news bulletin from BBC World Service.

SAT 05:06 The Newsroom (w1730bqlflx0wnf)

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

SAT 05:30 BBC News Summary (w1730nljt91ctwk)

The latest two minute news summary from BBC World Service.

SAT 05:32 More than the Score (w3ct9bcx)

Alex Rose: The engineer making athletics history for Samoa

Last September, Alex Rose made athletics history by winning bronze in the men's discus at the World Athletics Championships. It was the first-ever medal at the championships for the Pacific island of Samoa.

What made the feat even more remarkable is that Alex isn't a full-time athlete. He has to fit training around working and travelling as a sales engineer in his native Michigan – meaning he often has to train on his lunch breaks, or before or after work, trying to find facilities wherever he can.

In March of this year, Alex Rose talked to More than the Score's Ade Adedoyin about his long road to making history for Samoa, and why he decided to compete for his father's native land rather than the US. He also talks about the realities of raising two young sons while competing as a world-class athlete, and why his wife Samantha is his "rock".

Unexpected questions and beyond the scoresheet chat. More than the Score tells stories from all over the world of sport. From Formula One to netball, MMA to figure skating, and Grand Slam tennis to Diamond League athletics. We've got interviews with extraordinary athletes, as well as the experts working behind the scenes, from football super-agents to the coaches keeping athletes in peak form. Plus, we've got the expertise of the BBC's top journalists, who share their insights from decades of covering sport at all levels.

And if you've got your own take on the stories we cover, we'd love to hear from you. Email morethanscore@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/morethanscore

SAT 05:50 More or Less (w3ct998z)

How much luck do you need to win the World Cup?

As the 2026 World Cup approaches its end, what is the biggest factor in who wins? Is it extraordinary moments of attacking magic? Gritty defensive organisation? Or is it all just a question of luck and random chance?

We look at how mathematicians and analysts make sense of chaos, xG and unpredictability in the beautiful game.

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

CONTRIBUTORS:

Ian Graham, former Head of Research at Liverpool FC
David Sumpter, Professor of Applied Mathematics at Uppsala University
Luis Nunes Vincente, Mathematician at Lehigh University

CREDITS:

Presenter: Lizzy McNeill
Producer: Josh McMinn

World Service Listings for 18 – 24 July 2026		Page 2 of 14
Series producer: Tom Colls Production co-ordinator: Brenda Brown Sound mix: Dave O'Neill Editor: Richard Vadon SAT 06:00 BBC News (w1730nkqckfplc9) The latest five minute news bulletin from BBC World Service. SAT 06:06 Weekend (w1730c5mw4hpyss) A review of the week with the latest news. SAT 07:00 BBC News (w1730nkqckfpq3f) The latest five minute news bulletin from BBC World Service. SAT 07:06 Weekend (w1730c5mw4hq2jx) A review of the week with the latest news. SAT 08:00 BBC News (w1730nkqckfptvk) The latest five minute news bulletin from BBC World Service. SAT 08:06 Weekend (w1730c5mw4hq691) A review of the week with the latest news. SAT 09:00 BBC News (w1730nkqckfpylp) The latest five minute news bulletin from BBC World Service. SAT 09:06 BBC Conversations (w3ct8m3w) Older women and the challenge of IVF Over the past five decades, it's estimated that around 13 million babies have been conceived thanks to IVF. The fertility treatment has helped families around the world have children. But new research suggests that older women face a significantly lower chance of conceiving, even when donor eggs are used from a younger woman. This challenges the idea that donor eggs can “reset” an individual's reproductive clock. In our conversations, we bring together three women to share their experiences of the physical challenges and heartbreak of unsuccessful IVF treatment. Dee remembers a sense of isolation, “You're surrounded by lots of people, family and friends. But there can also be a very lonely journey because a lot of people don't know what to do or say or how to support.” Lana experienced not just sadness, but guilt for other people in her life, “There's this feeling that I carried for a long time that I let my husband down, like because of me he couldn't become a dad... My in-laws, I was their hope for being grandparents.” We also hear from doctors on evolving attitudes to IVF treatment and the options available to fertility patients in their countries. (Photo: Lana Manikowski, author of So Now What? Create a Life You Love Without the Children You Always Dreamed Of. She has long brown hair with middle parting and stands smiling at the camera. She wears a short sleeved, green top and gold earrings. Credit: Eric Kleinberg) Presenter: James Reynolds BBC producers: Iqra Farooq and Ben Davis Boffin Media producer: Anne McNaught Editors: Arja Haikonen and Harriet Oliver A Boffin Media production in partnership with the BBC World Service Outside Source team. SAT 09:30 BBC News Summary (w1730nlj91d9w2) The latest two minute news summary from BBC World Service. SAT 09:32 Americast (w3ct8lzc) Will Trump's primetime speech help him challenge the midterm elections? Join Americast for insights and analysis on what's happening inside Trump's White House. SAT 10:00 BBC News (w1730nkqckfq2bt) The latest five minute news bulletin from BBC World Service. SAT 10:06 Not by the Playbook (w3ct996q) World Cup Winners “The World Cup is not just a great global sporting event, it is also inscribed with much deeper cultural and political	importance”. So said academic Martin Jacques, and so to mark the World Cup final we bring you stories from the very top echelons to the most basic grass roots of the game and everything in between. When Isha Johansen returned to Sierra Leone after the brutal civil war there she was determined to help heal and rebuild her country. Her tools, football. She set up her own team and started laying the foundations for a career in the governance of the game. Firstly by being elected president of the Sierra Leone Football Association and then, by election, on to the FIFA Council. But despite her success Isha was exposed to some of the very worst aspects of power and influence and what people are prepared to do for it. Isha has recently charted her life and pioneering career in a new book called “The Uncommon Enemy: A True Story of Football, Power and Betrayal”. Gundeeep Anand is a bundle of energy. A man with more than a decade of community engagement and working with young people, you might have thought he had been jaded by the drudgery of life. But he's the opposite and it's this verve and vibe he brings to his annual street soccer tournament, The Last Stand. A busy man (not least because he was organising the tournament) we spoke to Gundeeep as he travelled to his next meeting in a cab in Central London, and there's even a cameo from David Beckham! The American Outlaws are the largest soccer supporters group in the world. Nearly 20 years on from their founding we hear from Trevin Wurm, who runs the Lincoln, Nebraska branch about his highs and lows from the World Cup and what he expects the legacy to be for soccer in the USA Pickles the dog became an unlikely hero before the 1966 World Cup when he found the stolen Jules Rimet trophy on his daily walk. Stardom beckoned as he was honoured with a medal and a role in a film, even becoming part of England's celebrations when they won the tournament. Photo: A general interior view of Dallas Stadium in Dallas, United States, on June 27, 2026, ahead of the FIFA World Cup 2026 Group J match between Jordan and Argentina. (CREDIT: Ahmad Alameen/NurPhoto via Getty Images) SAT 11:00 BBC News (w1730nkqckfq62y) The latest five minute news bulletin from BBC World Service. SAT 11:06 The Newsroom (w1730bqlflx1m46) The world's Newsroom brings you global events as they happen SAT 11:30 BBC News Summary (w1730nlj91dkcb) The latest two minute news summary from BBC World Service. SAT 11:32 Health Check (w3ct8k2n) HIV fears due to Niger's anti-gay laws Organisations providing HIV services to gay men have had to close in Niger after a ban on same sex acts. Gay men there fear coming forward to be tested or treated and have lost access to condoms and medication protecting against HIV. Claudia Hammond and health journalist Camilla Mota discuss what this might mean for HIV rates in the country. We also hear about a US study looking at whether cancer screening rates differ across sexual orientation and gender identity, and discuss the return of a crisis hotline which aims to prevent suicide in LGBTQ+ in the US which had been closed a year ago. And little is known about how screen time impacts recovery after a concussion. Claudia speaks with Professor Ginger Yang from the Center for Injury, Research and Policy at the Nationwide Children's Hospital in the United States about her new research which found that for teens, the relationship may be more complicated than we thought. Then reporter Sen Nguyen takes us to Bangkok, where an intrepid group of cyclists are looking to change the city's road culture, and we hear how changes like these could fit into Thailand's proposed Clean Air Bill. And finally, we hear about how the smell of chocolate could help us to train harder in the gym. Presenter: Claudia Hammond Producers: Jonathan Blackwell and Georgia Christie SAT 12:00 BBC News (w1730nkqckfq9v2) The latest five minute news bulletin from BBC World Service. SAT 12:06 In Our Time (w3ct9766) Silicon	Misha Glenny and guests discuss the biology, physics, and chemistry of one of the most abundant elements in the Earth's crust, and its impact on our atmosphere and technology SAT 13:00 BBC News (w1730nkqckfq1f6) The latest five minute news bulletin from BBC World Service. SAT 13:06 Newshour (w1730bn3cwhr7t8) Interviews, news and analysis of the day's global events. SAT 14:00 BBC News (w1730nkqckfqkbb) The latest five minute news bulletin from BBC World Service. SAT 14:06 Sportsworld (w1730c8xn1xh4gz) Live Sporting Action Lee James presents Sportsworld live from the London Athletics Meet at the London Stadium, one of the highlights of the Diamond League season. Ed Harry and former World Championship silver medallist Hannah England bring you live commentary from a world-class filled afternoon of athletics and para-athletics. Those featuring include Mondo Duplantis, Julien Alfred, Keely Hodgkinson, Letsile Tobogo, Femke Broeders-Bol, Emmanuel Wanyonyi, as well as Salum Ageze Kashafali, Ben Sandilands and Sophie Hahn. As the World Cup reaches its conclusion, we'll be in New York to examine what the tournament's long-term legacy could be in the United States, Canada and Mexico. Delyth Lloyd will be joined by guests from all three host nations to hear how the competition has been received and discuss what impact it could have on football's future across North America. Plus, we'll explore the story of the New York Cosmos, one of the most iconic names in the game, following the club's latest relaunch and ambitions for the future. We'll hear from those involved with current club including former Manchester United and Italy striker Giuseppe Rossi and hear first-hand accounts from those connected to the 1976 team led by Pelé. Away from football and athletics, we'll bring you the latest from the third round of The Open Championship at Royal Birkdale, another demanding day in the mountains at the Tour de France, and all the key stories from Rugby Union's Nations Championship Photo: General view of the London Stadium during the Novuna London Athletics Meet, part of the 2025 Diamond League at London Stadium on July 19, 2025 in London, United Kingdom. (Credit: CameraSport via Getty Images) SAT 18:00 BBC News (w1730nkqckfr19v) The latest five minute news bulletin from BBC World Service. SAT 18:06 The Newsroom (w1730bqlflx2gc3) The world's Newsroom brings you global events as they happen SAT 18:30 BBC News Summary (w1730nlj9191fd7) The latest two minute news summary from BBC World Service. SAT 18:32 More than the Score (w3ct9bcx) [Repeat of broadcast at 05:32 today] SAT 18:50 Sporting Witness (w3ct8rxd) The start of the Mexican Wave On 15 October 1981, at a baseball game between the Oakland Athletics and the New York Yankees in the USA, American cheerleader Krazy George Henderson got fans to stand up and sit down in sections around the stadium. Over the next few years, the cheer spread to supporters of other sports around the country. When crowds at the 1986 FIFA World Cup in Mexico joined in, it went global, earning the nickname the Mexican Wave. Rachel Naylor speaks to Krazy George about why he'd prefer we call it the Krazy Wave. 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
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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: Cheerleader Krazy George Henderson at an Oakland A's baseball game in 1982 at the Oakland Coliseum in California. Credit: David Madison/Getty Images)

SAT 19:00 BBC News (w1730nkqckf51z)
The latest five minute news bulletin from BBC World Service.

SAT 19:06 The Inquiry (w3ct98px)
Are we closer to gene therapy for sickle cell disease being accessible?

Gene therapy has changed what is possible for people living with sickle cell disease. New treatments have shown that the condition can be successfully treated. But the therapy is costly and available to only a small number of patients.

Millions of people around the world still rely on early diagnosis and preventative medicines, with access to basic care remaining a challenge in many places, including sub-Saharan Africa, which has almost 80% of global sickle cell cases. Are we closer to gene therapy for sickle cell disease being accessible?

We speak to Dr Natasha Archer, director of the Sickle Cell Program at the Dana-Farber/Boston Children's Cancer and Blood Disorders Center, US; Dr Alexis Thompson, paediatric haematologist at the Children's Hospital of Philadelphia and a professor of paediatrics at the University of Pennsylvania, US; Dr Leon Tshilolo, professor of paediatrics and haematology at the University of Mbuji-Mayi, DR Congo and Prof Baba Inusa, consultant paediatrician in the School of Life Course & Population Sciences at King's College London, UK

(Photo: Cell lines are prepared in a laboratory in Maryland, US. Credit: Brendan Smialowski/Getty Images)

Presenter: Daniel Rosney
Producer: Matt Toulson
Researcher: Evie Yabsley
Sound engineer: Cameron Ward
Production co-ordinator: Phoebe Lomas and Liam Morrey
Editor: Tom Bigwood

SAT 19:30 BBC News Summary (w1730nljt91fjbc)
The latest two minute news summary from BBC World Service.

SAT 19:32 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)

SAT 20:00 BBC News (w1730nkqckfr8t3)
The latest five minute news bulletin from BBC World Service.

SAT 20:06 The Arts Hour (w3ct8h86)
Matt Damon on the summer's blockbuster, The Odyssey

Oscar-winning director Christopher Nolan and actor Matt Damon talk about one of the year's most anticipated blockbusters, their movie, The Odyssey

Nikki Bedi meets Chilean screenwriter and director Diego Cespedes whose film, The Mysterious Gaze of the Flamingo, takes us to an LGBTQ+ community in the Chilean desert and critic Leila Latif joins Nikki to reflect on other cultural highlights of the week:

Australian filmmaker Adrian Chiarella on his gay coming of age horror film, Leviticus

Indian born artist Anish Kapoor on the moment he knew what he wanted to be

US author Priya Parmar talks about her novel about the life of Katharine Hepburn and there's music from Algerian artist Souad Massi

Photo Credit: Ian West

SAT 21:00 BBC News (w1730nkqckfrdk7)
The latest five minute news bulletin from BBC World Service.

SAT 21:06 Newshour (w1730bn3cwhs6s9)
Interviews, news and analysis of the day's global events.

SAT 22:00 BBC News (w1730nkqckfrj9e)
The latest five minute news bulletin from BBC World Service.

SAT 22:06 Not by the Playbook (w3ct996q)
[Repeat of broadcast at 10:06 today]

SAT 23:00 BBC News (w1730nkqckfrn1h)
The latest five minute news bulletin from BBC World Service.

SAT 23:06 The Newsroom (w1730bqlflx322r)
The world's Newsroom brings you global events as they happen

SAT 23:30 BBC News Summary (w1730nljt91g09w)
The latest two minute news summary from BBC World Service.

SAT 23:32 This Is Africa (w3ct8td9)
Stonebwoy

Stonebwoy is a legend in Ghana and beyond. He and fellow Ghanaian Shatta Wale are often described as the kings of Afro dancehall, combining Jamaican and African vibes to the delight of thousands of loyal fans.

Stonebwoy won the BET award for best international act, Africa in 2015, and since then the accolades have kept coming, including Billboard plaques and Grammy nominations.

What is not so well known is that Stonebwoy has achieved these heights after overcoming a life-changing car accident. As a 13-year-old, Stonebwoy's leg was so badly damaged that for years he had to use a crutch to get around and it was only relatively recently that he got major reconstructive surgery to allow him to bend his knee. Despite the pain and the logistical challenges, Stonebwoy climbed stairs to radio stations to perform his first clashes and went on to be a highly entertaining performer on stage, and to go on grueling world tours.

Stonebwoy explains to DJ Edu his belief that enduring the injury has made him into the artist he now is, able to communicate in ways that resonate with his fans. His most recent album, Torch II, exemplifies this, says Stonebwoy: The songs are intended to be motivating and uplifting, shining a torch to light the way ahead.

SUNDAY 19 JULY 2026

SUN 00:00 BBC News (w1730nkqckfrfrrsm)
The latest five minute news bulletin from BBC World Service.

SUN 00:06 BBC Conversations (w3ct8m3w)
[Repeat of broadcast at 09:06 on Saturday]

SUN 00:30 BBC News Summary (w1730nljt91g420)
The latest two minute news summary from BBC World Service.

SUN 00:32 The Documentary (w3ct9chf)
The Chinese Fentanyl King

Zhang Zhidong was, by every account, brilliant. He graduated from China's most elite university and spoke fluent Spanish. He arrived in Mexico in his mid-twenties to work in mining, and quickly learnt to establish relationships with the whoever the top dog was — whether from the local government, or the underworld.

He's accused of building a criminal empire that made him a critical link between Chinese chemical factories and the cartels flooding the United States with fentanyl. Cartel members in Mexico called him "El Rey", the king of fentanyl, or "numero uno", or his alias "Brother Wang". He is now imprisoned in the US facing drug trafficking charges.

BBC investigates his rise and fall — speaking to a former friend who worked with him in Mexico, to drug cartel members who say they witnessed his influence first-hand, and to the researchers who have spent years untangling the network he allegedly ran.

SUN 01:00 BBC News (w1730nkqckfrwj)
The latest five minute news bulletin from BBC World Service.

SUN 01:06 The Newsroom (w1730bqlflx3910)
The world's Newsroom brings you global events as they happen

SUN 01:30 BBC News Summary (w1730nljt91g7t4)
The latest two minute news summary from BBC World Service.

SUN 01:32 More than the Score (w3ct9bcx)
[Repeat of broadcast at 05:32 on Saturday]

SUN 01:50 Sporting Witness (w3ct8rxd)
[Repeat of broadcast at 18:50 on Saturday]

SUN 02:00 BBC News (w1730nkqckfs08w)
The latest five minute news bulletin from BBC World Service.

SUN 02:06 The Newsroom (w1730bqlflx3fb4)
The world's Newsroom brings you global events as they happen

SUN 02:30 BBC News Summary (w1730nljt91gck8)
The latest two minute news summary from BBC World Service.

SUN 02:32 Health Check (w3ct8k2n)
[Repeat of broadcast at 11:32 on Saturday]

SUN 03:00 BBC News (w1730nkqckfs410)
The latest five minute news bulletin from BBC World Service.

SUN 03:06 In Our Time (w3ct9766)
[Repeat of broadcast at 12:06 on Saturday]

SUN 04:00 BBC News (w1730nkqckfs7s4)
The latest five minute news bulletin from BBC World Service.

SUN 04:06 From Our Own Correspondent (w3ct99c7)
Bangladesh's deadly measles outbreak

James Coomarasamy introduces reports from Bangladesh, Albania, the Turkmenistan/Uzbekistan border and Italy.

Bangladesh was once held up as an immunisation success story - a case study of a country which had drastically improved public health, and reduced child mortality, by ensuring infants were vaccinated against many dangerous diseases. But in recent months it's seen a new surge in cases of measles, and hundreds have died. In Dhaka and Mymensingh, Azadeh Moshiri saw the consequences.

In recent weeks huge crowds of protesters have gathered in Albania to signal their concern over plans to develop a natural beauty spot - and to demand Prime Minister Edi Rama resign. Perhaps prematurely, it's been called the "flamingo revolution" - after the birds which might be put in peril by the proposed development, and the effigies the demonstrators have carried. As Guy Delauney heard in Tirana, worry about the possible impact on wildlife isn't the only source of public anger.

After the breakup of the Soviet Union, many families across its vast territory suddenly found themselves divided by new national frontiers. One such border was the dividing line between the newly independent republics of Turkmenistan and Uzbekistan. With tighter visa regimes, and stricter surveillance, it could be hard to keep up lifelong relationships. The BBC's Ibrat Safo, who was born in the USSR, then raised in Uzbekistan, lost touch with his favourite cousin for decades. But at a newly-opened bazaar on the border, they recently met up again.

For more than fifty years, the BBC's correspondent David Willey worked all over the world - from China and Vietnam to Libya and Italy. But he really found his niche reporting on the affairs and intrigues of the Vatican, from his base at the Rome bureau. Last weekend, he died at the age of 93. Joanne Cayford, who was his producer during many a Papal world tour, describes what it was like to work with him.

Producer: Polly Hope
Editor: Richard Fenton-Smith
Production Co-ordinator: Katie Morrison
(Image: Children suffering from measles receive treatment in Dhaka, Bangladesh. Credit: MD Abu Sufian Jewel /Drik/Getty Images)

SUN 04:30 BBC News Summary (w1730nlj91gm1j)
The latest two minute news summary from BBC World Service.

SUN 04:32 BBC Inside Science (w3ct977w)
How might we spot nukes in space?

A few years ago a satellite speeding through the Van Allen belt in earth orbit raised concerns that it may include a nuclear weapon. An explosion in that orbit would take out much of our global space infrastructure. The Outer Space Treaty of 1967 specifically prohibits such a thing, but it has proven technologically impossible to verify and monitor over the decades. Tom Whipple is joined by Prof Areg Danagoulain, Associate Professor of Nuclear Science and Engineering at MIT to explore a clever concept to spot such a thermonuclear device in orbit that he has published in this month's Nature journal.

Also on the show, Professor of Science Communications Gareth Mitchell discusses how the way toddlers waddle can teach robots how to play football, and how to win. He also examines a new global database on food consumption which aims to help answer some of the world's most pressing questions on our diets and the environment.

Presenter: Tom Whipple
Producer: Alex Mansfield & Tabitha Taylor Buck
Editor: Martin Smith
Production Co-ordinator: Jana Bennett-Holesworth

SUN 05:00 BBC News (w1730nkqkfscj8)
The latest five minute news bulletin from BBC World Service.

SUN 05:06 The Newsroom (w1730bqlflx3skj)
The world's Newsroom brings you global events as they happen

SUN 05:30 BBC News Summary (w1730nlj91gqsn)
The latest two minute news summary from BBC World Service.

SUN 05:32 Asia Specific (w3ct9byq)
Inside a major baby trafficking trial in Indonesia

Multiple families in Singapore are facing an unimaginable possibility that the children they legally adopted from Indonesia may have been victims of an alleged baby trafficking network.

A major trial is underway in Indonesia involving 19 defendants accused of buying babies, forging documents, and arranging adoptions of the children, including at least 12 babies who were brought to Singapore. The defendants deny the allegations.

The case has raised difficult questions about international adoption, how trafficking networks operate and why vulnerable parents give up their babies.

On this episode of Asia Specific, host Mariko Oi speaks to BBC journalists Tessa Wong in Singapore and Astudestra Ajengrastrri in Jakarta about the ongoing trial, the families caught up in the case, and what could happen to the children.

SUN 05:50 Sporting Witness (w3ct8rxd)
[Repeat of broadcast at 18:50 on Saturday]

SUN 06:00 BBC News (w1730nkqkcfsh8d)
The latest five minute news bulletin from BBC World Service.

SUN 06:06 Weekend (w1730c5mw4hsvpw)
A review of the week with the latest news.

SUN 07:00 BBC News (w1730nkqkcfsm0j)
The latest five minute news bulletin from BBC World Service.

SUN 07:06 Weekend (w1730c5mw4hszg0)
A review of the week with the latest news.

SUN 08:00 BBC News (w1730nkqkcfsqrn)
The latest five minute news bulletin from BBC World Service.

SUN 08:06 Weekend (w1730c5mw4ht364)
A review of the week with the latest news.

SUN 09:00 BBC News (w1730nkqkcfsvhs)
The latest five minute news bulletin from BBC World Service.

SUN 09:06 From Our Own Correspondent (w3ct99c7)
[Repeat of broadcast at 04:06 today]

SUN 09:30 BBC News Summary (w1730nlj91h6s5)
The latest two minute news summary from BBC World Service.

SUN 09:32 The Food Chain (w3ct8sw8)
The rise of eating alone

Listener Melanie wrote into The Food Chain to ask us to make a programme about the rising numbers of people who eat alone. She told us she often dines solo and sometimes finds the experience daunting. So today Ruth Alexander hears from Melanie and from other solo diners – some who find peace and joy in a table for one, and others who would much rather not be alone.

With the help of Sociologist Professor Eric Klinenberg from New York University, Ruth looks at what's behind the global rise in single-person households.

And she hears how another Food Chain listener, Malvina from California, brought her friends together around the table, over a video call and how Nishi Singh, determined to enjoy a solo dining experience in Delhi, has turned it into a social media phenomenon.

(Photo: A woman holds a spoon up to her mouth as she eats from a bowl. She is sitting at a sunlit table next to a window, with large, leafy indoor plants behind her. She has long brown hair and wears a blue, ribbed, jumper and a silver necklace. Credit: Getty Images)

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

Producer: Lexy O'Connor
Sound engineer: Andrew Mills

SUN 10:00 BBC News (w1730nkqkcfisz7x)
The latest five minute news bulletin from BBC World Service.

SUN 10:06 People Fixing The World (w3ct8t10)
How to reuse and repair

Across the world, everyday products — from kitchen appliances to electronics — are often thrown away rather than repaired. The latest UN estimates suggest people generate around 2 billion tonnes of household and everyday waste each year. This week we travel to Argentina to meet people finding new ways to keep old things in use. We visit Club de Reparadores, where people are learning how to fix everything from toasters to microwaves, meet the women behind Lindor who transform old blankets into coats, and join the group Cybercirujas as they find new uses for discarded computers.

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: Jane Chambers
Executive Producer: Richard Kenny
Editor: Jon Bithrey
Sound mix: Gareth Jones

SUN 10:30 BBC News Summary (w1730nlj91hb9j)
The latest two minute news summary from BBC World Service.

SUN 10:32 The Fifth Floor (w3ct8sqsr)
Belarus's university in exile

In Belarus, new legislation from the government of President Alexander Lukashenko targets anyone who might be regarded as an opponent with charges of being 'extremist'. Dozens of independent media outlets including the BBC have recently been designated as 'extremist organisation' in the country, as the government cracks down on dissent. But the Belarus government isn't only targeting media outlets. It's taking aim at a wide variety of groups and organisations, including a well-respected Belarus university, the European Humanities University, which since 2005 has been based in the apparent safety of Lithuania. But recently, students, staff and their families have begun to be visited by Belarus's security service, the KGB. BBC Russian's Alina Isachenka has been investigating.

The custom of men being married to more than one person at the same time, known as polygamy, is practiced in many parts of the world, particularly across the African continent. It's traditionally rooted in cultural, social, and economic values across various tribes in different regions, such as the Zulu in South Africa, a country where polygamous marriage is legally recognised. Now, a new hit Zulu language TV series, The Polygamist, has got people discussing the topic. BBC Africa reporter Khanisile Nkobho has been following the issue.

This episode of The Documentary comes to you from The Fifth Floor, the show at the heart of global storytelling, with BBC journalists from all around the world.

Presented by Faranak Amidi.

Produced by Laura Thomas, Caroline Ferguson and Hannah Dean.

(Photo: Faranak Amidi. Credit: Tricia Yourkevich.)

SUN 11:00 BBC News (w1730nkqkcf301)
The latest five minute news bulletin from BBC World Service.

SUN 11:06 The Newsroom (w1730bqlflx4j19)
The world's Newsroom brings you global events as they happen

SUN 11:30 BBC News Summary (w1730nlj91hg8f)
The latest two minute news summary from BBC World Service.

SUN 11:32 More than the Score (w3ct9bcx)
[Repeat of broadcast at 05:32 on Saturday]

SUN 11:50 More or Less (w3ct998z)
[Repeat of broadcast at 05:50 on Saturday]

SUN 12:00 BBC News (w1730nkqkcf6r5)
The latest five minute news bulletin from BBC World Service.

SUN 12:06 BBC Conversations (w3ct8m3w)
[Repeat of broadcast at 09:06 on Saturday]

SUN 12:30 BBC News Summary (w1730nlj91h10k)
The latest two minute news summary from BBC World Service.

SUN 12:32 The Documentary (w3ct9b97)
[Repeat of broadcast at 19:32 on Saturday]

SUN 13:00 BBC News (w1730nkqkcfth9)
The latest five minute news bulletin from BBC World Service.

SUN 13:06 Newshour (w1730bn3cwhv4qc)
Interviews, news and analysis of the day's global events.

SUN 14:00 BBC News (w1730nkqkcf7f)
The latest five minute news bulletin from BBC World Service.

SUN 14:06 Sportsworld (w1730c8xn1x11d2)

Live Sporting Action

Delyth Lloyd presents extensive build up to the 2026 FIFA World Cup final between Spain and Argentina live from New York.

Plus, we'll have the latest from the final round of golf' Open Championship at Royal Birkdale, the Belgium Formula One Grand Prix, stage 15 of cycling's Tour De France and the third and deciding One Day International between England and India at Lord's.

Photo: The Argentina and Spain badges with the official World Cup 2026 match ball on July 16, 2026 in Manchester, England. (Credit: Visionhaus/Getty Images)

SUN 18:00 BBC News (w1730nkqckf6y)
The latest five minute news bulletin from BBC World Service.

SUN 18:06 The Climate Question (w3ct99hr)
The Climate Question

Stories on why we find it so hard to save our own planet, and how we might change that.

SUN 18:30 BBC News Summary (w1730nljt91j9hb)
The latest two minute news summary from BBC World Service.

SUN 18:32 In the Studio (w3ct815j)
Zain Duraie

Jordanian director Zain Duraie talks about her debut film Sink, an intense family drama about a mother coping with her son's mental health issues. Zain reveals the severe difficulties she faced to get the film financed, why she sought out the advice of other directors and how the film Titanic changed her life. And she offers her own tips for would-be film-makers.

Produced and presented by Stephen Hughes

If you've been affected by issues raised in this programme, you may want to speak to a health professional or an organisation that offers support

SUN 19:00 BBC News (w1730nkqckfv1z2)
The latest five minute news bulletin from BBC World Service.

SUN 19:06 The Newsroom (w1730bqlfx5h0b)
The world's Newsroom brings you global events as they happen

SUN 19:30 BBC News Summary (w1730nljt91jf7g)
The latest two minute news summary from BBC World Service.

SUN 19:32 Over to You (w3ct99kn)
BBC World Service cuts: What is being lost?

The BBC's recent announcement of substantial cuts across the organisation will affect World Service listeners, as three programmes face closure. We put your questions to Jon Zilkha, controller of BBC World Service English, and explore what the changes mean for audiences.

We also go behind the scenes at the Wimbledon Championships to discover how the World Service's flagship sports programme, Sportsworld, prepares for an action-packed month of live sport.

Not by the Playbook explores the inspiring stories of athletes who have overcome adversity and achieved success in unconventional ways. Presenter Qasa Alom speaks to its presenter, Katie Smith, about how the programme reveals the human stories behind sporting achievements.

Presenter: Qasa Alom
Producer: Simon Jarvis
A Whistledown production for BBC World Service

SUN 20:00 BBC News (w1730nkqckfv5q6)
The latest five minute news bulletin from BBC World Service.

SUN 20:06 Unexpected Elements (w3ct8kcp)
[Repeat of broadcast at 00:06 on Saturday]

SUN 21:00 BBC News (w1730nkqckfv9gb)
The latest five minute news bulletin from BBC World Service.

SUN 21:06 Newshour (w1730bn3cwhw3pd)
Interviews, news and analysis of the day's global events.

SUN 22:00 BBC News (w1730nkqckfvf6g)
The latest five minute news bulletin from BBC World Service.

SUN 22:06 The Climate Question (w3ct99hr)
[Repeat of broadcast at 18:06 today]

SUN 22:30 BBC News Summary (w1730nljt91jsgv)
The latest two minute news summary from BBC World Service.

SUN 22:32 Assignment (w3ct8h1d)
Euthanasia in Spain: Whose life is it anyway?

In March this year, 25-year-old Noelia Castillo died by lethal injection. Her father had fought in the courts for nearly 2 years to stop her euthanasia, but failed in the attempt. And the debate about who has the right to challenge an adult's decision to have euthanasia hasn't gone away. In May, the Supreme Court ruled that those with, 'a particularly close connection' to the person wanting to die may have the right to contest an application for euthanasia.

Of the 565 people who died by euthanasia in 2025 in Spain, 73 chose to donate their organs. Noelia Castillo wasn't an organ donor, but there are claims she was pressured to become one. And now the lawyers who have represented her parents are advocating a ban on organ donation in euthanasia cases.

Why does this matter? Spain's health service supports one of the world's most successful organ donation programmes. Last year more than 2,500 Spanish people became organ donors after death. And although the number of those who had euthanasia was tiny, the beneficiaries are very real... People like Carme, who was transplanted with a new face. Esperanza Escribano and Linda Pressly explore some of the fall-out from the death of Noelia Castillo.

(Photo: Carme had the first face transplant in the world from a woman who had chosen euthanasia. Credit: family hand-out)

Producers: Esperanza Escribano and Linda Pressly
Sound engineer: Neil Churchill
Production co-ordinator: Gemma Ashman
Editor: Penny Murphy

SUN 23:00 BBC News (w1730nkqckfvj1)
The latest five minute news bulletin from BBC World Service.

SUN 23:06 The Newsroom (w1730bqlfx5yzv)
The world's Newsroom brings you global events as they happen

SUN 23:30 BBC News Summary (w1730nljt91jx6z)
The latest two minute news summary from BBC World Service.

SUN 23:32 The Fifth Floor (w3ct8sqsr)
[Repeat of broadcast at 10:32 today]

MONDAY 20 JULY 2026

MON 00:00 BBC News (w1730nkqckfvnpq)
The latest five minute news bulletin from BBC World Service.

MON 00:06 From Our Own Correspondent (w3ct99c7)
[Repeat of broadcast at 04:06 on Sunday]

MON 00:30 BBC News Summary (w1730nljt91k0z3)
The latest two minute news summary from BBC World Service.

MON 00:32 BBC Inside Science (w3ct977w)
[Repeat of broadcast at 04:32 on Sunday]

MON 01:00 BBC News (w1730nkqqtzmq0)
The latest five minute news bulletin from BBC World Service.

MON 01:06 The Newsroom (w1730bqlsw6b1r8)
The world's Newsroom brings you global events as they happen

MON 01:30 BBC News Summary (w1730nlk5kbnzdz)
The latest two minute news summary from BBC World Service.

MON 01:32 Discovery (w3ct6svs)
Unstoppable: Jocelyn Bell Burnell

Dr Julia Ravey and Dr Ella Hubber are both scientists, but it

turns out there's a lot they don't know about the women that came before them. In Unstoppable, Julia and Ella tell each other the hidden, world-shaping stories of the scientists, engineers and innovators that they wish they'd known about when they were starting out in science. This week, the story of a young PhD student whose discovery of a previously unknown object in the universe won a Nobel Prize...but not for her.

On a cold night in 1967, Jocelyn Bell Burnell sits alone in an observatory, reading the data from a radio telescope. As the pattern in the data suddenly changes, she realises she has discovered an entirely new kind of cosmic phenomenon. Uncover her life story, from getting snubbed for the Nobel Prize to paving our knowledge of distant and invisible aspects of the universe.

Presenters: Ella Hubber and Julia Ravey
Guest Speaker: Professor Dame Jocelyn Bell Burnell
Producers: Ella Hubber and Julia Ravey
Assistant Producers: Sophie Ormiston, Anna Charalambou and Josie Hardy
Sound Designer: Ella Roberts
Production Coordinator: Ishmael Soriano
Editor: Holly Squire

(Image: Jocelyn Bell Burnell attends the 2019 Breakthrough Prize at NASA Ames Research Center on November 4, 2018 in Mountain View, California. Credit: Kimberly White/Getty Images for Breakthrough Prize)

MON 02:00 BBC News (w1730nkqqtzrg4)
The latest five minute news bulletin from BBC World Service.

MON 02:06 The Newsroom (w1730bqlsw6b5hd)
The world's Newsroom brings you global events as they happen

MON 02:30 BBC News Summary (w1730nlk5kbp3qj)
The latest two minute news summary from BBC World Service.

MON 02:32 CrowdScience (w3ct8k75)
Are there diseases in space?

Space missions are searching for evidence of extra-terrestrial life. CrowdScience listener George in Kenya wants to know what could be up there, and if there's a risk it could harm humanity.

With rovers currently analysing samples on Mars, missions searching for the building blocks of life on Jupiter's icy moons, George's concern that there could be diseases in space is timely. Presenter Anand Jagatia sets out to try and find an answer while keeping his feet on the Earth.

He meets astrobiologist Dr Michaela Musilova, who runs experiments to try and understand what kinds of microbes could survive on other planets. In her work at NASA's Jet Propulsion Laboratory, she recreates Mars-like environments that test lifeforms' resilience to the rigours of the Red Planet.

And if there are harmful pathogens in space, how do we make sure these missions don't bring them back to Earth? Anand talks to 'planetary protection officer' Silvio Sinibaldi from the European Space Agency, who explains what experts are doing to protect us. He helps Anand get suited and booted in specialist clothing so they can enter a highly sterile environment called a 'clean room', where things being sent to space are built.

He also meets Paul Meacham, former chief engineer on the Rosalind Franklin Rover. The rover is being sent to Mars to try to determine whether life ever existed there, and even whether it still does.

Paul shows us around the Airbus Defence and Space site where his team built the rover and explains high-tech measures to avoid contamination.

And what would a programme on space be without an astronaut? Anand meets Kate Rubins, who spent 300 days on the International Space Station. While she was there, she ran experiments investigating what happens to microbes in space. It turns out that microbes affect humans differently in orbit to how they affect us on Earth.

Presenter: Anand Jagatia

Producer: Tom Bonnett

Editor: Ben Motley

(Photo : 3D render of the Coronavirus Covid-19 floating in the air with astronaut wearing space suit. - stock photo- Credit: Artur Debat via Getty Images)

MON 03:00 BBC News (w1730nkqqtqzw68)

The latest five minute news bulletin from BBC World Service.

MON 03:06 People Fixing The World (w3ct8t10)

[Repeat of broadcast at 10:06 on Sunday]

MON 03:30 BBC News Summary (w1730nlk5kbp7gn)

The latest two minute news summary from BBC World Service.

MON 03:32 The Fifth Floor (w3ct8sqsr)

[Repeat of broadcast at 10:32 on Sunday]

MON 04:00 BBC News (w1730nkqqtqzzyd)

The latest five minute news bulletin from BBC World Service.

MON 04:06 The Newsroom (w1730bqlsw6bdzn)

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

MON 04:30 BBC News Summary (w1730nlk5kbp6cs)

The latest two minute news summary from BBC World Service.

MON 04:32 The Conversation (w3ct99nq)

Giving stature to women

Statues in parks and city centres are meant to celebrate history and inspire for the future. But it's thought that in nearly every country in the world, women only make up 2-3% of the public statues. Datshiane Navanayagam talks to sculptors from the US and Nigeria who are working to redress the balance.

Meredith Bergmann is an American sculptor creating giant bronzes of significant female public figures for parks and historical sites around the United States. Her "Women's Rights Monument" was unveiled in 2020 for the 100th anniversary of the 19th Amendment, which granted women the right to vote. It was the first statue of a woman, joining 22 statues of historical men in Central Park in New York.

Sokari Douglas Camp makes steel sculptures that vary in size from 30cm to 5m tall. Influenced by her Nigerian heritage, her latest exhibition, Fashion and Fortune, explores clothing, commerce and emblems of wealth using elaborate headdresses and the incorporation of coins to highlight both oppression and creativity.

Produced by Jane Thurlow

(Image: (L) Sokari Douglas Camp, credit Jonathan Greet. (R) Meredith Bergmann, credit Michael Bergmann.)

MON 05:00 BBC News (w1730nkqqr03pj)

The latest five minute news bulletin from BBC World Service.

MON 05:06 Newsday (w1730c1g3mfl5w8)

Live news, business and sport from around the world.

MON 06:00 BBC News (w1730nkqqr07fn)

The latest five minute news bulletin from BBC World Service.

MON 06:06 Newsday (w1730c1g3mfl9md)

Live news, business and sport from around the world.

MON 07:00 BBC News (w1730nkqqr0c5s)

The latest five minute news bulletin from BBC World Service.

MON 07:06 Newsday (w1730c1g3mflfjc)

Live news, business and sport from around the world.

MON 08:00 BBC News (w1730nkqqr0gxx)

The latest five minute news bulletin from BBC World Service.

MON 08:06 The Interview (w3ct8klh)

Maggie Haberman, US journalist: Trump tests limits

"One of the things that's fascinating about him simply as a historical study is the recognition that shamelessness is a superpower, and he refuses to be shamed in almost any action that he takes. He also realised that he doesn't have to abide by the US system, which is primarily norms and not laws. He is testing them in a way they have never been tested before."

Paddy O'Connell speaks to Maggie Haberman, White House correspondent for The New York Times and co-author of Regime Change: Inside the Imperial Presidency of Donald

Trump.

Maggie gives her take on Trump's second administration, from the influence of Elon Musk to his increasingly fraught dealings with world leaders.

She also explains her belief Trump's second presidency is fundamentally different from his first, and how he is testing the limits of presidential power.

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 Maggie O'Farrell.

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: Paddy O'Connell

Producer: Osman Iqbal

Editor: Damon Rose

(Image: Maggie Haberman. Credit: Getty)

MON 08:30 BBC News Summary (w1730nlk5kbpv69)

The latest two minute news summary from BBC World Service.

MON 08:32 Business Daily (w3ct8gg2)

The hidden cost of the gold rush

Artisanal mining accounts for around 20% of global gold production and generates an estimated \$30 billion a year for some of the world's poorest communities. But the trade is also linked to criminal networks and environmental damage. Ed Butler explores the forces behind the global gold rush and who is bearing the cost.

Presenter/producer: Ed Butler

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

(Picture: Gold miner Kelly Mbayo in Sierra Leone. Credit: Ed Butler/BBC News)

MON 08:50 Witness History (w3ct8r3l)

Mexico's 'little old lady killer'

In March 2008, former female wrestler Juana Barraza was found guilty of murdering at least 11 elderly women in Mexico City.

The murders took place over a period of seven years, and Barraza became known as the "little old lady killer".

She admitted to murdering three women and told investigators it was because of abuse she suffered in childhood at the hands of her alcoholic mother.

In 2021, Mike Lanchin spoke to the neuropsychologist Dr Feggy Ostrosky, who interviewed Barraza in jail, about the disturbing story.

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: Barraza being presented to the media following her arrest in 2005. Credit: Reuters/Danil Aguilar)

MON 09:00 BBC News (w1730nkqqr0lp1)

The latest five minute news bulletin from BBC World Service.

MON 09:06 The Newsroom (w1730bqlsw6c0q9)

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

MON 09:30 BBC News Summary (w1730nlk5kbpypf)

The latest two minute news summary from BBC World Service.

MON 09:32 CrowdScience (w3ct8k75)

[Repeat of broadcast at 02:32 today]

MON 10:00 BBC News (w1730nkqqr0qf5)

The latest five minute news bulletin from BBC World Service.

MON 10:06 The History Hour (w3ct99lf)

The Spanish Civil War and the Birkin bag

Max Pearson presents a collection of this week's Witness History interviews from the BBC World Service.

This week, we mark 90 years since the start of the Spanish Civil War. Our guest is historian Professor Sir Paul Preston, who explains how the conflict transformed Spain and paved the way for the rise of General Francisco Franco. We hear the story of a young refugee who fled the fighting but later returned home while the war was still under way.

We then travel to the Canadian Arctic, where the Inuit fought for greater control over their land and way of life. Their campaign would eventually lead to the creation of Nunavut, Canada's newest and largest territory.

We also hear the story behind 'The Kiss of Life', the Pulitzer Prize-winning photograph that captured a life-saving rescue.

From Turkey, we hear memories of the failed military coup of July 2016, a night of violence that left hundreds dead.

Plus, the story of the Birkin bag, the oversized handbag created in the 1980s that became one of the world's most coveted fashion accessories.

And from Sporting Witness, why do thousands of sports fans around the world suddenly stand up, throw their arms into the air and sit down again? We discover the origins of the Mexican wave and how it became a global sporting tradition.

Contributors:

Professor Sir Paul Preston – historian, author and professor at London School of Economics

Paul Quassa- Inuit politician and activist

JD Thompson- American lineman in 'The Kiss of Life'

photograph

Can Cumhurcu - Mukhtar of Çengelköy, Istanbul

Jane Birkin – creator of the Birkin bag in interviews from BBC Archive

Krazy George Henderson – creator of the Mexican Wave

(Photo: Spanish Civil War in September 1936. Credit: Keystone-France/Gamma-Keystone via Getty Images)

MON 11:00 BBC News (w1730nkqqr0v59)

The latest five minute news bulletin from BBC World Service.

MON 11:06 The Newsroom (w1730bqlsw6c86k)

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

MON 11:30 BBC News Summary (w1730nlk5kbq6fp)

The latest two minute news summary from BBC World Service.

MON 11:32 The Global Story (w3ct8mc9)

The Global Story

MON 12:00 BBC News (w1730nkqqr0yxf)

The latest five minute news bulletin from BBC World Service.

MON 12:06 Outlook (w3ct8hxx)

"Food is a Gift" - How a recipe creator cooked through the tough times

Yewande Komolafe has spent her life telling stories through food. Growing up in Lagos, Nigeria, she was immersed in the magic of the kitchen, watching her mother create recipes for Cadbury and learning how food could carry memory and belonging. But it was science she chose to pursue, moving to the United States as a teenager to study biochemistry. Her plans

took an unexpected turn when her older brother died following a sickle cell crisis. In the wake of his death, she left her studies behind and found a new purpose in professional kitchens, a path that would lead her to become a celebrated recipe developer, cookbook author and New York Times food writer. Shortly after the publication of her cookbook, *My Everyday Lagos*, Yewande experienced a severe sickle cell crisis that left her in a coma for six weeks and led to the amputation of both legs and most of her fingers. After months of recovery, she had to rediscover her relationship with cooking.

Presenter: Asya Fouks
Producer: Marcia Veiga

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

(Photo: Yewande Komolafe looks directly into the camera. She is seated in her wheelchair with her left hand resting beneath her chin. A grey brace covers her fingers, leaving only her thumb visible. Her background is her kitchen with personal objects of everyday life. She wears her hair in dreadlocks, dark lipstick and a loose-fitting black robe decorated with an artistic pattern. Credit: Lanna Apisukh)

MON 12:50 Witness History (w3ct8r3l)
[Repeat of broadcast at 08:50 today]

MON 13:00 BBC News (w1730nkqqr12nk)
The latest five minute news bulletin from BBC World Service.

MON 13:06 The Newsroom (w1730bqlsw6chpt)
The world's Newsroom brings you global events as they happen

MON 14:00 BBC News (w1730nkqqr16dp)
The latest five minute news bulletin from BBC World Service.

MON 14:06 Newshour (w1730bn3r4t20mr)
Interviews, news and analysis of the day's global events.

MON 15:00 BBC News (w1730nkqqr1b4t)
The latest five minute news bulletin from BBC World Service.

MON 15:06 The Interview (w3ct8klh)
[Repeat of broadcast at 08:06 today]

MON 15:30 BBC News Summary (w1730nlk5kbpf6)
The latest two minute news summary from BBC World Service.

MON 15:32 Business Daily (w3ct8gg2)
[Repeat of broadcast at 08:32 today]

MON 15:50 World Business Express (w3ct8d3k)
World Business Express - Finance, economy and business news from BBC journalists around the world. The stories that matter: World Business Express brings you the essentials on the fast-changing global economy. What forces are driving the markets and industry? Hear unique insight from top CEOs, investors, economic thinkers and small business bosses. From global trade, to oil and food prices and the rise of artificial intelligence, to the corporate crashes and standout entrepreneur start-ups, the BBC World Service brings you trusted reporting. We'll explain how the top stories impact your own finances.

MON 16:00 BBC News (w1730nkqqr1fvy)
The latest five minute news bulletin from BBC World Service.

MON 16:06 Outside Source (w1730c6gp4dr3rq)
2026/07/20 15:06 GMT

A vibrant account of the day's events with explanation and reaction from those involved.

MON 17:00 BBC News (w1730nkqqr1kn2)
The latest five minute news bulletin from BBC World Service.

MON 17:06 Outside Source (w1730c6gp4dr7hv)
2026/07/20 16:06 GMT

A vibrant account of the day's events with explanation and reaction from those involved.

MON 18:00 BBC News (w1730nkqqr1pd6)
The latest five minute news bulletin from BBC World Service.

MON 18:06 Outlook (w3ct8hxx)
[Repeat of broadcast at 12:06 today]

MON 18:50 Witness History (w3ct8r3l)
[Repeat of broadcast at 08:50 today]

MON 19:00 BBC News (w1730nkqqr1t4b)
The latest five minute news bulletin from BBC World Service.

MON 19:06 The Newsroom (w1730bqlsw6d75l)
The world's Newsroom brings you global events as they happen

MON 19:30 BBC News Summary (w1730nlk5kbr5dq)
The latest two minute news summary from BBC World Service.

MON 19:32 Sport Today (w3ct8rk4)
2026/07/20 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 (w1730nkqqr1xwg)
The latest five minute news bulletin from BBC World Service.

MON 20:06 From Our Own Correspondent (w3ct99c7)
[Repeat of broadcast at 04:06 on Sunday]

MON 20:30 BBC News Summary (w1730nlk5kbr94v)
The latest two minute news summary from BBC World Service.

MON 20:32 Discovery (w3ct6svt)
Unstoppable: Kura Paul-Burke

Dr Julia Ravey and Dr Ella Hubber are both scientists, but it turns out there's a lot they don't know about the women that came before them. In Unstoppable, Julia and Ella tell each other the hidden, world-shaping stories of the scientists, engineers and innovators that they wish they'd known about when they were starting out in science. This week, a Māori marine scientist is combining indigenous knowledge with marine science to save the oceans that are so integral to her heritage.

Growing up in 1970s New Zealand, Kura-Paul Burke faced stigma due to her Māori roots. But, after finding herself studying marine science as an adult, Kura leaned on her heritage to take on a problem where many had already failed: restoring a lost population of precious, green-lipped mussels. Discover how Māori ancestresses, tribal elders and centuries-old knowledge inspired the ingenious methods of Aotearoa's first female Māori professor of marine science.

Presenters: Ella Hubber and Julia Ravey
Guest Speaker: Dr Kura Paul-Burke
Producers: Ella Hubber and Julia Ravey
Assistant Producers: Sophie Ormiston, Anna Charalambou and Josie Hardy
Sound Designer: Ella Roberts
Production Coordinator: Ishmael Soriano
Editor: Holly Squire

(Image: Dr Kura Paul-Burke. Credit: Dr Kura Paul-Burke)

MON 21:00 BBC News (w1730nkqqr21ml)
The latest five minute news bulletin from BBC World Service.

MON 21:06 Newshour (w1730bn3r4t2vvn)
Interviews, news and analysis of the day's global events.

MON 22:00 BBC News (w1730nkqqr25cq)
The latest five minute news bulletin from BBC World Service.

MON 22:06 The Interview (w3ct8klh)
[Repeat of broadcast at 08:06 today]

MON 22:30 BBC News Summary (w1730nlk5kbrjn3)
The latest two minute news summary from BBC World Service.

MON 22:32 The Conversation (w3ct99nq)
[Repeat of broadcast at 04:32 today]

MON 23:00 BBC News (w1730nkqqr293v)
The latest five minute news bulletin from BBC World Service.

MON 23:06 The Newsroom (w1730bqlsw6dq53)
The world's Newsroom brings you global events as they happen

MON 23:30 BBC News Summary (w1730nlk5kbrnd7)
The latest two minute news summary from BBC World Service.

MON 23:32 World Business Report (w3ct8fn7)
First broadcast 20/07/2026 21:32 GMT

The latest business and finance news from around the world, on the BBC.

TUESDAY 21 JULY 2026

TUE 00:00 BBC News (w1730nkqqr2dvz)
The latest five minute news bulletin from BBC World Service.

TUE 00:06 The History Hour (w3ct99lf)
[Repeat of broadcast at 10:06 on Monday]

TUE 01:00 BBC News (w1730nkqqr2jm3)
The latest five minute news bulletin from BBC World Service.

TUE 01:06 The Newsroom (w1730bqlsw6dyne)
The world's Newsroom brings you global events as they happen

TUE 01:30 BBC News Summary (w1730nlk5kbrwwh)
The latest two minute news summary from BBC World Service.

TUE 01:32 The Global Story (w3ct8mc9)
[Repeat of broadcast at 11:32 on Monday]

TUE 02:00 BBC News (w1730nkqqr2nc7)
The latest five minute news bulletin from BBC World Service.

TUE 02:06 The Newsroom (w1730bqlsw6f2dh)
The world's Newsroom brings you global events as they happen

TUE 02:30 BBC News Summary (w1730nlk5kbs0mm)
The latest two minute news summary from BBC World Service.

TUE 02:32 Assignment (w3ct8h1f)
Italy's child obesity time-bomb

Children who are so obese they're banned from their local gyms. Two and three year olds who are so used to juice and fizzy drinks they find it difficult to drink water. This is the child obesity epidemic hitting Italy. The country is often considered the spiritual home of the fabled mediterranean diet, celebrated as the secret to a long, healthy life. But Italy's children are now the second most overweight in the EU. The reasons for this change in a generation are complex and hotly disputed.

Experts are putting it down to a daily diet heavy in pasta, pizza, potatoes, bread and meat proteins. Parents say their teenage children are eating a family dinner then going out to binge on fast food. Others accuse the parents themselves of overindulging their children from an early age.

Italy is acting. It recently became one of the first countries in the world to formally recognise obesity as a chronic disease. Twenty five secondary schools in the Campania region of Southern Italy, including Naples, will take part in an ambitious clinical trial to try and get their pupils to eat more healthily in a bid to prevent a looming health crisis. Can Italy turn its child obesity crisis around? And what lessons does its experiment hold for other countries struggling with the same problem? Sofia Bettiza reports from Naples.

Producer: Bob Howard
Sound engineer: James Beard
Production coordinator: Gemma Ashman
Editor: Penny Murphy

(Image: Medical assistant weighing young girl at the university hospital in Naples, Italy. Credit: Sofia Bettiza/BBC).

TUE 03:00 BBC News (w1730nkqqr2s3c)
The latest five minute news bulletin from BBC World Service.

TUE 03:06 Outlook (w3ct8hxx)
[Repeat of broadcast at 12:06 on Monday]

TUE 03:50 Witness History (w3ct8r3l)

[Repeat of broadcast at 08:50 on Monday]

TUE 04:00 BBC News (w1730nkqqr2wvh)

The latest five minute news bulletin from BBC World Service.

TUE 04:06 The Newsroom (w1730bqlsw6f9wr)

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

TUE 04:30 BBC News Summary (w1730nlk5kbs83w)

The latest two minute news summary from BBC World Service.

TUE 04:32 In the Studio (w3ct8l5k)

Can a walk across the Arctic be art?

Can a trek become a work of art? As British artist and theatre-maker Tom Bailey starts his 600km on skis, Jo Morris tracks his progress through the borderlands of the Arctic where he encounters communities under threat from the climate crisis. As melting ice opens up new shipping routes, sparking debates over sovereignty Tom's ultra-slow journey will also examine the future of cultural tourism.

TUE 05:00 BBC News (w1730nkqqr30lm)

The latest five minute news bulletin from BBC World Service.

TUE 05:06 Newsday (w1730c1g3mfp2sc)

Live news, business and sport from around the world.

TUE 06:00 BBC News (w1730nkqqr34br)

The latest five minute news bulletin from BBC World Service.

TUE 06:06 Newsday (w1730c1g3mfp6jh)

Live news, business and sport from around the world.

TUE 07:00 BBC News (w1730nkqqr382w)

The latest five minute news bulletin from BBC World Service.

TUE 07:06 Newsday (w1730c1g3mfpb8m)

Live news, business and sport from around the world.

TUE 08:00 BBC News (w1730nkqqr3cv0)

The latest five minute news bulletin from BBC World Service.

TUE 08:06 People Fixing The World (w3ct8t11)

Nairobi's solutions seekers

A special edition of People Fixing The World recorded in front of a live audience at the University of Nairobi as part of the BBC's Future of Journalism Festival.

Cities around the world are growing fast - they are the most efficient way of supporting large numbers of people. But many of them suffer chronic problems. There is often a shortage of decent housing. Getting around can be impossible with polluting cars creating gridlock on the streets. And the amount of waste we create is piling up on the streets and in landfill. Myra Anubi meets the people who are making city life better for everyone. The architect who is building affordable, sustainable homes. The innovator making transport greener and more efficient. The engineer making something useful from all our plastic waste. And the planner trying to create a more human city.

Guests:

Constant Cap, Urban Planner, UNEP
Christopher Maara, Founder, Kiri EV
Etta Madete, Founder Shout Group and Zima Homes
Lorna Rutto, Co-Founder, Ecopost

Presenter: Myra Anubi

Producers: Richard Kenny, Claire Bates

Editor: Jon Bithrey

Live Sound: Martin Njuguna and BBC Nairobi engineering team

Sound mix: Hal Haines

(Image: Guests at the BBC Future of Journalism Festival, Nairobi)

Programme recorded in front of a live audience at the University of Nairobi on Friday 10th July 2026.

TUE 08:30 BBC News Summary (w1730nlk5kbsr3d)

The latest two minute news summary from BBC World Service.

TUE 08:32 Business Daily (w3ct8gr3)

Follow the Money: The Memecoin Economy

Search for "memecoin" on social media and you'll find plenty of videos offering advice on how to invest and grow your money, with some claiming they can help you make a million. But you don't have to look far to find people who have lost money, and lots of it. So where does the money actually go? Sam Fenwick explores the cryptocurrency phenomenon that almost anyone can launch, including presidents.

Presenter: Sam Fenwick

Producers: Matt Lines and Gideon Long

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

TUE 08:50 Witness History (w3ct9864)

How a Peruvian instrument revolutionised flamenco

Before 1977, flamenco percussion relied solely on hand-clapping and dancers' footwork. But that year, at a party in Lima, Peru, the cajon entered the scene.

Spanish guitarist Paco de Lucia and Brazilian percussionist Rubem Dantas attended an event at the Spanish embassy where they saw local musicians playing the cajon, an Afro-Peruvian box drum that evolved from the wooden crates enslaved people used to make music in the 17th century. Since then, the cajon has become a staple of flamenco.

Rubem Dantas spoke to Stefania Gozzer about what happened that night.

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: Spanish Flamenco dancer Belen Lopez and members of her Flamenco dancing company in Portugal. Credit: Corbis via Getty Images)

TUE 09:00 BBC News (w1730nkqqr3hl4)

The latest five minute news bulletin from BBC World Service.

TUE 09:06 The Newsroom (w1730bqlsw6fxmd)

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

TUE 09:30 BBC News Summary (w1730nlk5kbsvuj)

The latest two minute news summary from BBC World Service.

TUE 09:32 Assignment (w3ct8h1f)

[Repeat of broadcast at 02:32 today]

TUE 10:00 BBC News (w1730nkqqr3mb8)

The latest five minute news bulletin from BBC World Service.

TUE 10:06 The Arts Hour (w3ct8h86)

[Repeat of broadcast at 20:06 on Saturday]

TUE 11:00 BBC News (w1730nkqqr3r2d)

The latest five minute news bulletin from BBC World Service.

TUE 11:06 The Newsroom (w1730bqlsw6g53n)

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

TUE 11:30 BBC News Summary (w1730nlk5kbt3bs)

The latest two minute news summary from BBC World Service.

TUE 11:32 The Global Story (w3ct8mht)

The Global Story

TUE 12:00 BBC News (w1730nkqqr3vtj)

The latest five minute news bulletin from BBC World Service.

TUE 12:06 Outlook (w3ct8jc3)

The Gulag letter to Reagan and the girl with a dictaphone

As a child, writer Ruta Tumenaite thought she was just helping her aunt: going on mysterious trips to the countryside, typing strange manuscripts. What she didn't know was that her aunt Jadvyga Bieliauskiene was one of Lithuania's most fearless anti-Soviet dissidents. And Ruta had been part of the fight all along, even though at first she was too young to understand what was going on.

Much of Ruta's life has been shaped by the example that her beloved aunt set: fiercely opposed to the communist regime, Jadvyga never gave in to KGB threats or inducements. During her second incarceration in a remote penal colony, Jadvyga organised the smuggling of a letter to the US president Ronald Reagan. The letter contained a plea for help, not just for Jadvyga but for all of the women political prisoners jailed with her. And when Lithuania embarked on a road to independence from the USSR, Ruta - encouraged by Jadvyga - helped spread the word to Lithuanians living abroad. Always in the front row of any political rally, Ruta soon became known as 'the girl with a dictaphone'.

Presenter: Asya Fouks

Producer: Radek Boschetty

Archive audio of Jadvyga Bieliauskiene interview courtesy of Catholic Radio Mazoji Studija Vilnius and Lithuanian National Radio and Television.

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

(Photo description: Black and white photo of Ruta Tumenaite and Jadvyga Bieliauskiene at a Vilnius cemetery in 1988. Jadvyga in a long black dress and a scarf stands on the right, looking down. Ruta stands next to her in a lighter dress with her arms folded across her torso. Credit: courtesy of Ruta Tumenaite)

TUE 12:50 Witness History (w3ct9864)

[Repeat of broadcast at 08:50 today]

TUE 13:00 BBC News (w1730nkqqr3zkn)

The latest five minute news bulletin from BBC World Service.

TUE 13:06 The Newsroom (w1730bqlsw6gdlx)

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

TUE 13:30 BBC News Summary (w1730nlk5kbtbv1)

The latest two minute news summary from BBC World Service.

TUE 13:32 In the Studio (w3ct8l5k)

[Repeat of broadcast at 04:32 today]

TUE 14:00 BBC News (w1730nkqqr439s)

The latest five minute news bulletin from BBC World Service.

TUE 14:06 Newshour (w1730bn3r4t4xjv)

Interviews, news and analysis of the day's global events.

TUE 15:00 BBC News (w1730nkqqr471x)

The latest five minute news bulletin from BBC World Service.

TUE 15:06 People Fixing The World (w3ct8t11)

[Repeat of broadcast at 08:06 today]

TUE 15:30 BBC News Summary (w1730nlk5kbtb9)

The latest two minute news summary from BBC World Service.

TUE 15:32 Business Daily (w3ct8gr3)

[Repeat of broadcast at 08:32 today]

TUE 15:50 World Business Express (w3ct8d82)

World Business Express - Finance, economy and business news from BBC journalists around the world. The stories that matter: World Business Express brings you the essentials on the fast-

changing global economy. What forces are driving the markets and industry? Hear unique insight from top CEOs, investors, economic thinkers and small business bosses.

From global trade, to oil and food prices and the rise of artificial intelligence, to the corporate crashes and standout entrepreneur start-ups, the BBC World Service brings you trusted reporting. We'll explain how the top stories impact your own finances.

TUE 16:00 BBC News (w1730nkqqr4bt1)
The latest five minute news bulletin from BBC World Service.

TUE 16:06 Outside Source (w1730c6gp4dv0nt)
2026/07/21 15:06 GMT

A vibrant account of the day's events with explanation and reaction from those involved.

TUE 17:00 BBC News (w1730nkqqr4gk5)
The latest five minute news bulletin from BBC World Service.

TUE 17:06 Outside Source (w1730c6gp4dv4dy)
2026/07/21 16:06 GMT

A vibrant account of the day's events with explanation and reaction from those involved.

TUE 18:00 BBC News (w1730nkqqr4l99)
The latest five minute news bulletin from BBC World Service.

TUE 18:06 Outlook (w3ct8jc3)
[Repeat of broadcast at 12:06 today]

TUE 18:50 Witness History (w3ct9864)
[Repeat of broadcast at 08:50 today]

TUE 19:00 BBC News (w1730nkqqr4q1f)
The latest five minute news bulletin from BBC World Service.

TUE 19:06 The Newsroom (w1730bqlsw6h42p)
The world's Newsroom brings you global events as they happen

TUE 19:30 BBC News Summary (w1730nlk5kbv29t)
The latest two minute news summary from BBC World Service.

TUE 19:32 Sport Today (w3ct8rpn)
2026/07/21 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 (w1730nkqqr4tsk)
The latest five minute news bulletin from BBC World Service.

TUE 20:06 Assignment (w3ct8h1f)
[Repeat of broadcast at 02:32 today]

TUE 20:30 BBC News Summary (w1730nlk5kbv61y)
The latest two minute news summary from BBC World Service.

TUE 20:32 Tech Life (w3ct8jy5)
Tech Life discovers and explains the ways technology is changing our lives, wherever we are in the world.

TUE 21:00 BBC News (w1730nkqqr4yjp)
The latest five minute news bulletin from BBC World Service.

TUE 21:06 Newshour (w1730bn3r4t5rrr)
Interviews, news and analysis of the day's global events.

TUE 22:00 BBC News (w1730nkqqr528t)
The latest five minute news bulletin from BBC World Service.

TUE 22:06 People Fixing The World (w3ct8t11)
[Repeat of broadcast at 08:06 today]

TUE 22:30 BBC News Summary (w1730nlk5kbvf6k)
The latest two minute news summary from BBC World Service.

TUE 22:32 In the Studio (w3ct8l5k)
[Repeat of broadcast at 04:32 today]

TUE 23:00 BBC News (w1730nkqqr560y)
The latest five minute news bulletin from BBC World Service.

TUE 23:06 The Newsroom (w1730bqlsw6hm26)
The world's Newsroom brings you global events as they happen

TUE 23:30 BBC News Summary (w1730nlk5kbvk9b)
The latest two minute news summary from BBC World Service.

TUE 23:32 World Business Report (w3ct8fsr)
First broadcast 21/07/2026 21:32 GMT

The latest business and finance news from around the world, on the BBC.

WEDNESDAY 22 JULY 2026

WED 00:00 BBC News (w1730nkqqr59s2)
The latest five minute news bulletin from BBC World Service.

WED 00:06 The Arts Hour (w3ct8h86)
[Repeat of broadcast at 20:06 on Saturday]

WED 01:00 BBC News (w1730nkqqr5fj6)
The latest five minute news bulletin from BBC World Service.

WED 01:06 The Newsroom (w1730bqlsw6hvkq)
The world's Newsroom brings you global events as they happen

WED 01:30 BBC News Summary (w1730nlk5kbvssl)
The latest two minute news summary from BBC World Service.

WED 01:32 The Global Story (w3ct8mht)
[Repeat of broadcast at 11:32 on Tuesday]

WED 02:00 BBC News (w1730nkqqr5k8b)
The latest five minute news bulletin from BBC World Service.

WED 02:06 The Newsroom (w1730bqlsw6hz9l)
The world's Newsroom brings you global events as they happen

WED 02:30 BBC News Summary (w1730nlk5kbvxjq)
The latest two minute news summary from BBC World Service.

WED 02:32 The Climate Question (w3ct99hr)
[Repeat of broadcast at 18:06 on Sunday]

WED 03:00 BBC News (w1730nkqqr5p0g)
The latest five minute news bulletin from BBC World Service.

WED 03:06 Outlook (w3ct8jc3)
[Repeat of broadcast at 12:06 on Tuesday]

WED 03:50 Witness History (w3ct9864)
[Repeat of broadcast at 08:50 on Tuesday]

WED 04:00 BBC News (w1730nkqqr5srl)
The latest five minute news bulletin from BBC World Service.

WED 04:06 The Newsroom (w1730bqlsw6j6sv)
The world's Newsroom brings you global events as they happen

WED 04:30 BBC News Summary (w1730nlk5kbw50z)
The latest two minute news summary from BBC World Service.

WED 04:32 The Documentary (w3ct9bd3)
How did we get here: Israel and the Palestinians

Jonny Dymond explores the contested history of the region from ancient times to the present day through conversations with an array of leading historians and BBC specialists.

How Did We Get Here: Israel and the Palestinians is a Long Form Audio production for BBC World Service

WED 05:00 BBC News (w1730nkqqr5xhq)
The latest five minute news bulletin from BBC World Service.

WED 05:06 Newsday (w1730c1g3mfrzpg)
Live news, business and sport from around the world.

WED 06:00 BBC News (w1730nkqqr617v)
The latest five minute news bulletin from BBC World Service.

WED 06:06 Newsday (w1730c1g3mfs3fl)
Live news, business and sport from around the world.

WED 07:00 BBC News (w1730nkqqr64zz)
The latest five minute news bulletin from BBC World Service.

WED 07:06 Newsday (w1730c1g3mfs75q)
Live news, business and sport from around the world.

WED 08:00 BBC News (w1730nkqqr68r3)
The latest five minute news bulletin from BBC World Service.

WED 08:06 The Interview (w3ct98h5)
The Interview

Conversations with people shaping our world. The best interviews from the BBC.

WED 08:30 BBC News Summary (w1730nlk5kbwn0h)
The latest two minute news summary from BBC World Service.

WED 08:32 Business Daily (w3ct98s6)
Founders

Leanna Byrne interviews business founders and hears the stories of the emotions from the highs and lows of starting a successful business.

Producer: Barbara George and Niamh McDermott

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

WED 08:50 Witness History (w3ct988d)
Unveiling the face of Crazy Horse

On 3 June 1998, a stone carving of Native American warrior Crazy Horse's face was unveiled in South Dakota.

It is 27m tall and is part of a much larger sculpture showing the Native American warrior riding a horse and pointing towards the sacred Black Hills. When finished, it will be the largest mountain carving in the world.

Crazy Horse helped defeat the US Army in 1876 at the Battle of the Little Bighorn.

The granite memorial was started by Korczak Ziolkowski in 1948 after being asked by Lakota Chief Henry Standing Bear to carve a likeness of the warrior out of a mountain.

After Korczak's death, his family continued the project.

Daughter Monique Ziolkowski is the memorial's artistic and historical adviser.

She tells Jen Dale what it was like to help drill, blast and carve the mountain into the likeness of Crazy Horse.

This programme contains outdated language.

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You can learn all about fascinating and surprising stories, like

World Service Listings for 18 – 24 July 2026		Page 10 of 14
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: Crazy Horse memorial. Credit: Crazy Horse Memorial Foundation) WED 09:00 BBC News (w1730nkqqr6dh7) The latest five minute news bulletin from BBC World Service. WED 09:06 The Newsroom (w1730bqlsw6jtjh) The world's Newsroom brings you global events as they happen WED 09:30 BBC News Summary (w1730nlk5kbwrrm) The latest two minute news summary from BBC World Service. WED 09:32 The Climate Question (w3ct99hr) [Repeat of broadcast at 18:06 on Sunday] WED 10:00 BBC News (w1730nkqqr6j7c) The latest five minute news bulletin from BBC World Service. WED 10:06 In Our Time (w3ct9766) [Repeat of broadcast at 12:06 on Saturday] WED 11:00 BBC News (w1730nkqqr6mzh) The latest five minute news bulletin from BBC World Service. WED 11:06 The Newsroom (w1730bqlsw6k20r) The world's Newsroom brings you global events as they happen WED 11:30 BBC News Summary (w1730nlk5kbx07w) The latest two minute news summary from BBC World Service. WED 11:32 The Global Story (w3ct8ml2) The Global Story . WED 12:00 BBC News (w1730nkqqr6rqm) The latest five minute news bulletin from BBC World Service. WED 12:06 Outlook (w3ct8jkw) Outlook True stories of ordinary people and the extraordinary events that have shaped their lives. WED 12:50 Witness History (w3ct988d) [Repeat of broadcast at 08:50 today] WED 13:00 BBC News (w1730nkqqr6wgr) The latest five minute news bulletin from BBC World Service. WED 13:06 The Newsroom (w1730bqlsw6k9j0) The world's Newsroom brings you global events as they happen WED 13:30 BBC News Summary (w1730nlk5kbx7r4) The latest two minute news summary from BBC World Service. WED 13:32 The Documentary (w3ct9bd3) [Repeat of broadcast at 04:32 today] WED 14:00 BBC News (w1730nkqqr706w) The latest five minute news bulletin from BBC World Service. WED 14:06 Newshour (w1730bn3r4t7fy) Interviews, news and analysis of the day's global events. WED 15:00 BBC News (w1730nkqqr73z0) The latest five minute news bulletin from BBC World Service. WED 15:06 The Interview (w3ct98h5) [Repeat of broadcast at 08:06 today]	WED 15:30 BBC News Summary (w1730nlk5kbxh7d) The latest two minute news summary from BBC World Service. WED 15:32 Business Daily (w3ct98s6) [Repeat of broadcast at 08:32 today] WED 15:50 World Business Express (w3ct8dbb) World Business Express - Finance, economy and business news from BBC journalists around the world. The stories that matter: World Business Express brings you the essentials on the fast-changing global economy. What forces are driving the markets and industry? Hear unique insight from top CEOs, investors, economic thinkers and small business bosses. From global trade, to oil and food prices and the rise of artificial intelligence, to the corporate crashes and standout entrepreneur start-ups, the BBC World Service brings you trusted reporting. We'll explain how the top stories impact your own finances. WED 16:00 BBC News (w1730nkqqr77q4) The latest five minute news bulletin from BBC World Service. WED 16:06 Outside Source (w1730c6gp4dxxkx) 2026/07/22 15:06 GMT A vibrant account of the day's events with explanation and reaction from those involved. WED 17:00 BBC News (w1730nkqqr7cg8) The latest five minute news bulletin from BBC World Service. WED 17:06 Outside Source (w1730c6gp4dy1b1) 2026/07/22 16:06 GMT A vibrant account of the day's events with explanation and reaction from those involved. WED 18:00 BBC News (w1730nkqqr7h6d) The latest five minute news bulletin from BBC World Service. 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WED 20:32 Health Check (w3ct8k2p) Health Check Health issues and medical breakthroughs from around the world. WED 21:00 BBC News (w1730nkqqr7vfs) The latest five minute news bulletin from BBC World Service.	WED 21:06 Newshour (w1730bn3r4t8nvy) Interviews, news and analysis of the day's global events. WED 22:00 BBC News (w1730nkqqr7z5x) The latest five minute news bulletin from BBC World Service. WED 22:06 The Interview (w3ct98h5) [Repeat of broadcast at 08:06 today] WED 22:30 BBC News Summary (w1730nlk5kbybg9) The latest two minute news summary from BBC World Service. WED 22:32 The Documentary (w3ct9bd3) [Repeat of broadcast at 04:32 today] WED 23:00 BBC News (w1730nkqqr82y1) The latest five minute news bulletin from BBC World Service. WED 23:06 The Newsroom (w1730bqlsw6lhz9) The world's Newsroom brings you global events as they happen WED 23:30 BBC News Summary (w1730nlk5kbygf) The latest two minute news summary from BBC World Service. WED 23:32 World Business Report (w3ct8fw0) First broadcast 22/07/2026 21:32 GMT The latest business and finance news from around the world, on the BBC. THURSDAY 23 JULY 2026 THU 00:00 BBC News (w1730nkqqr86p5) The latest five minute news bulletin from BBC World Service. THU 00:06 In Our Time (w3ct9766) [Repeat of broadcast at 12:06 on Saturday] THU 01:00 BBC News (w1730nkqqr8bf9) The latest five minute news bulletin from BBC World Service. THU 01:06 The Newsroom (w1730bqlsw6lrgk) The world's Newsroom brings you global events as they happen THU 01:30 BBC News Summary (w1730nlk5kbyppp) The latest two minute news summary from BBC World Service. THU 01:32 The Global Story (w3ct8ml2) [Repeat of broadcast at 11:32 on Wednesday] THU 02:00 BBC News (w1730nkqqr8g5f) The latest five minute news bulletin from BBC World Service. THU 02:06 The Newsroom (w1730bqlsw6lw6p) The world's Newsroom brings you global events as they happen THU 02:30 BBC News Summary (w1730nlk5kbytft) The latest two minute news summary from BBC World Service. THU 02:32 The Documentary (w3ct9brb) Love on trial: India's age of consent controversy Set against the backdrop of one of the world's toughest child protection laws, Love on Trial explores how India's landmark Protection of Children from Sexual Offences Act (POCSO) is reshaping the lives of young people. Introduced after the 2012 Delhi gang rape, POCSO has been praised for exposing hidden abuse, trafficking, and child marriage. But as reported cases surge into the tens of thousands each year, a growing number involve teenagers in consensual relationships who now face investigation, trial, and the possibility of long prison terms. Through testimony from lawyers, campaigners, families, and young people themselves, the documentary examines how a law designed to protect children can also criminalise young couples, strain families, and devastate education and career prospects—while still remaining a vital safeguard against exploitation and serious sexual violence. Voices on all sides of the debate grapple with a central question: can India
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defend children robustly without punishing consensual teenage relationships, and should the age of consent be changed?

Presenter: Brishbhanu Baruah in Assam
Producer: Ashley Byrne and Andrew Edwards
A Made in Manchester Production for the BBC World Service

THU 03:00 BBC News (w1730nkqqr8kxk)
The latest five minute news bulletin from BBC World Service.

THU 03:06 Outlook (w3ct8jkw)
[Repeat of broadcast at 12:06 on Wednesday]

THU 03:50 Witness History (w3ct988d)
[Repeat of broadcast at 08:50 on Wednesday]

THU 04:00 BBC News (w1730nkqqr8np)
The latest five minute news bulletin from BBC World Service.

THU 04:06 The Newsroom (w1730bqlsw6m3py)
The world's Newsroom brings you global events as they happen

THU 04:30 BBC News Summary (w1730nlk5kbz1y2)
The latest two minute news summary from BBC World Service.

THU 04:32 The Food Chain (w3ct8sw9)
When should I eat my evening meal?

When should you eat your evening meal? Is it really better to eat earlier, or does it depend on when you go to bed? And if you do have to eat late, is there anything you can do to reduce the impact on your health?

In this episode of The Food Chain, Ruth Alexander explores what science says about the timing of dinner. From our internal body clocks to the food on our plates, we examine how the evening meal affects our metabolism, digestion and overall health, and separate the evidence from the myths.

Circadian rhythm researcher Dr Emily Manoogian, from the Salk Institute in California, explains what happens inside the body as the day progresses, why eating close to bedtime can affect the way we process food, and whether biology cares more about the clock or our own sleep schedule.

Nutrition scientist Professor Sarah Berry from King's College London shares practical advice on what a healthy evening meal should look like.

Around the world, however, people eat dinner at vastly different times. Food historian Professor Jeffrey Pilcher from the University of Toronto explains why meal times vary so much between cultures, how work, family life and history have shaped the evening meal, and why there has never been one universal way to organise dinner.

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

Producer: Izzy Greenfield
Sound engineer: Hal Haines
Picture: Getty (plate of food indicating the time)

THU 05:00 BBC News (w1730nkqqr8tdt)
The latest five minute news bulletin from BBC World Service.

THU 05:06 Newsday (w1730c1g3mfvwlk)
Live news, business and sport from around the world.

THU 06:00 BBC News (w1730nkqqr8y4y)
The latest five minute news bulletin from BBC World Service.

THU 06:06 Newsday (w1730c1g3mfw0bp)
Live news, business and sport from around the world.

THU 07:00 BBC News (w1730nkqqr91x2)
The latest five minute news bulletin from BBC World Service.

THU 07:06 Newsday (w1730c1g3mfw42t)
Live news, business and sport from around the world.

THU 08:00 BBC News (w1730nkqqr95n6)
The latest five minute news bulletin from BBC World Service.

THU 08:06 The Inquiry (w3ct98py)
Can the illicit gold trade be stopped?

Gold has been prized throughout history for its value and its beauty, which has also made it attractive to those prepared to exploit this precious metal for their own ends. The European Union recently banned the purchase, import and transfer of gold from Sudan, one of Africa's largest gold producers, saying it had become a key source of financing for the country's civil war.

And in other parts of the world where there are gold reserves, there can be similar exploitation. Many artisanal and small-scale miners are vulnerable to organised crime syndicates who find the risks of gold mining lower compared to those of drug trafficking.

And illicit gold is much easier to launder into the legal market, because it can be melted down with legitimate sources of gold and smuggled across borders, making its origins much harder to trace.

But the challenge for governments trying to enforce the law is how to protect those at the bottom of the chain and provide them with sustainable alternatives to illicit gold mining, whilst clamping down on the criminal groups behind the operation.

So, on this week's Inquiry, we're asking 'Can the illicit gold trade be stopped?'

Contributors:
Campbell Harvey, professor of finance, Duke University, Durham, North Carolina, USA
Dr Dan Watson, research associate, International Institute for Strategic Studies, London, UK
Bram Ebus, consultant with International Crisis Group, founder and co-director Amazon Underworld, Bogotá, Colombia
Louis Maréchal, senior advisor on minerals & extractives, OECD, Paris, France.

Presenter: Tanya Beckett
Producer: Jill Collins
Researcher: Amelia Cox
Editor: Tom Bigwood
Technical Producer: Cameron Ward
Production Management: Phoebe Lomas and Liam Morrey

(Photo: Gold nugget and gold coins. Credit: Justin Sullivan/Getty Images)

THU 08:30 BBC News Summary (w1730nlk5kbzjxl)
The latest two minute news summary from BBC World Service.

THU 08:32 Business Daily (w3ct8gll)
Power Players

Michelle Fleury is on Wall Street and Will Bain is in the UK, exploring the people behind some of the world's biggest business stories and the decisions shaping markets.

Producer: Rebecca Smyllie

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

THU 08:50 Witness History (w3ct98bn)
The first solar-powered flight around the world

In 2016, a fragile-looking aircraft with the wingspan of a jumbo jet and the power of a scooter attempted something no-one had ever managed before: flying around the world without a drop of fuel.

But behind the serene images of Solar Impulse Two, gliding over oceans, was a story of near disaster, exhaustion, and a team pushed to breaking point.

Bertrand Piccard - explorer, balloonist and one of the two pilots - tells Kurt Brookes how a dream born in the Egyptian desert became a 40,000km test of nerve, technology and sheer stubbornness. A Made in Manchester production.

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: Solar Impulse 2 second test flight over Abu Dhabi. Credit: Solar Impulse/ Stefatou)

THU 09:00 BBC News (w1730nkqqr99db)
The latest five minute news bulletin from BBC World Service.

THU 09:06 The Newsroom (w1730bqlsw6mqfl)
The world's Newsroom brings you global events as they happen

THU 09:30 BBC News Summary (w1730nlk5kbznnq)
The latest two minute news summary from BBC World Service.

THU 09:32 The Documentary (w3ct9brb)
[Repeat of broadcast at 02:32 today]

THU 10:00 BBC News (w1730nkqqr9f4g)
The latest five minute news bulletin from BBC World Service.

THU 10:06 The Explanation (w3ct98mp)
The Media Show

Where the world is explained. Making sense of the big stories - looking behind the spin. Exploring the important questions about long-running stories and the latest global news. An honest, unvarnished, explanation of the world.

THU 10:30 BBC News Summary (w1730nlk5kbzsdv)
The latest two minute news summary from BBC World Service.

THU 10:32 Good Bad Billionaire (w3ct9bc8)
Sir Paul McCartney: The rich one - Live at Crossed Wires

He enjoyed a spectacular rise in The Beatles, and went on to become a gold-plated member of British music royalty. Hear how Paul McCartney, one of the last century's defining songwriters, became the UK's first billionaire rock star along the way. But how much of Paul McCartney's cash comes from royalties, tours or his ownership of other artists' back catalogues?

BBC business editor Simon Jack and journalist Zing Tsjeng track Macca's journey from his working-class Liverpool roots, through his incredible career in music, to joining the global financial elite. Recorded live at the Crossed Wires podcast festival in Sheffield.

Good Bad Billionaire is the podcast that explores the lives of the super-rich and famous, tracking their wealth, philanthropy, business ethics, and success. There are leaders who made their money in Silicon Valley, on Wall Street and in high street fashion. From iconic celebrities and CEOs to titans of technology, the podcast unravels tales of fortune, power, economics, ambition and moral responsibility. Simon and Zing put their subjects to the test with a playful, totally unscientific scorecard — then hand the verdict over to you: are they good, bad, or simply billionaires? Here's how to contact the team: email goodbadbillionaire@bbc.com or send a text or WhatsApp to +1 (917) 686-1176. Find out more about the show and read our privacy notice at www.bbcworldservice.com/goodbadbillionaire.

THU 11:00 BBC News (w1730nkqqr9jwl)
The latest five minute news bulletin from BBC World Service.

THU 11:06 The Newsroom (w1730bqlsw6myxv)
The world's Newsroom brings you global events as they happen

THU 11:30 BBC News Summary (w1730nlk5kbzx4z)
The latest two minute news summary from BBC World Service.

THU 11:32 The Global Story (w3ct8mfk)
The Global Story

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THU 12:00 BBC News (w1730nkqqr9nmq)

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The latest five minute news bulletin from BBC World Service. THU 12:06 Outlook (w3ct8j4b) Outlook True stories of ordinary people and the extraordinary events that have shaped their lives. THU 12:50 Witness History (w3ct98bn) [Repeat of broadcast at 08:50 today] THU 13:00 BBC News (w1730nkqqt9scv) The latest five minute news bulletin from BBC World Service. THU 13:06 The Newsroom (w1730bqlsw6n6f3) The world's Newsroom brings you global events as they happen THU 13:30 BBC News Summary (w1730nlk5kc04n7) The latest two minute news summary from BBC World Service. THU 13:32 The Food Chain (w3ct8sw9) [Repeat of broadcast at 04:32 today] THU 14:00 BBC News (w1730nkqqt9x3z) The latest five minute news bulletin from BBC World Service. THU 14:06 Newshour (w1730bn3r4tbqc1) Interviews, news and analysis of the day's global events. THU 15:00 BBC News (w1730nkqqt9b0w3) The latest five minute news bulletin from BBC World Service. THU 15:06 The Inquiry (w3ct98py) [Repeat of broadcast at 08:06 today] THU 15:30 BBC News Summary (w1730nlk5kc0d4h) The latest two minute news summary from BBC World Service. THU 15:32 Business Daily (w3ct8gll) [Repeat of broadcast at 08:32 today] THU 15:50 World Business Express (w3ct8d5t) World Business Express - Finance, economy and business news from BBC journalists around the world. The stories that matter: World Business Express brings you the essentials on the fast-changing global economy. What forces are driving the markets and industry? Hear unique insight from top CEOs, investors, economic thinkers and small business bosses. From global trade, to oil and food prices and the rise of artificial intelligence, to the corporate crashes and standout entrepreneur start-ups, the BBC World Service brings you trusted reporting. We'll explain how the top stories impact your own finances. THU 16:00 BBC News (w1730nkqqt9b4m7) The latest five minute news bulletin from BBC World Service. 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FRI 00:06 The Explanation (w3ct98mp) [Repeat of broadcast at 10:06 on Thursday] FRI 00:30 BBC News Summary (w1730nlk5kc1gvn) The latest two minute news summary from BBC World Service. FRI 00:32 Happy News (w3ct8nwp)	Happy News Positive news stories FRI 01:00 BBC News (w1730nkqqt9c7bd) The latest five minute news bulletin from BBC World Service. FRI 01:06 The Newsroom (w1730bqlsw6pnnc) The world's Newsroom brings you global events as they happen FRI 01:30 BBC News Summary (w1730nlk5kc1lls) The latest two minute news summary from BBC World Service. FRI 01:32 The Global Story (w3ct8mfk) [Repeat of broadcast at 11:32 on Thursday] FRI 02:00 BBC News (w1730nkqqt9c9cj) The latest five minute news bulletin from BBC World Service. FRI 02:06 The Newsroom (w1730bqlsw6p9cs) The world's Newsroom brings you global events as they happen FRI 02:30 BBC News Summary (w1730nlk5kc1qbx) The latest two minute news summary from BBC World Service. FRI 02:32 Tech Life (w3ct8jy5) [Repeat of broadcast at 20:32 on Tuesday] FRI 03:00 BBC News (w1730nkqqt9c9cn) The latest five minute news bulletin from BBC World Service. FRI 03:06 Outlook (w3ct8j4b) [Repeat of broadcast at 12:06 on Thursday] FRI 03:50 Witness History (w3ct98bn) [Repeat of broadcast at 08:50 on Thursday] FRI 04:00 BBC News (w1730nkqqt9clks) The latest five minute news bulletin from BBC World Service. FRI 04:06 The Newsroom (w1730bqlsw6q0m1) The world's Newsroom brings you global events as they happen FRI 04:30 BBC News Summary (w1730nlk5kc1yv5) The latest two minute news summary from BBC World Service. FRI 04:32 Heart and Soul (w3ct983w) Searching for My Samurai Mother When her mother dies, Rimi Tanaka regrets that she never truly got to know her. And so when her mother's literary agent calls Rimi out of the blue, and asks her if she wants to write the book Akemi was writing when she died, Rimi seizes the opportunity. Akemi was researching her samurai ancestry, learning more about their philosophical code, and how it can teach us to live a fuller life today. Can completing her mother's spiritual quest help Rimi finally come closer to someone she felt she never fully knew? As a young mother, Akemi fled difficult circumstances in Japan to make a new life for herself and her daughter in the UK. But as a child, Rimi felt that her mother was always working. John Maki Evans, martial art sensei and friend of Akemi's, guides Rimi into the world of samurai swordsmanship, and helps her to understand the samurai beliefs that may have taken Akemi away from her. The cornerstone is training both body and mind in the study of martial arts, calligraphy and tea ceremony. Rimi remembers her mother hosting tea ceremonies for her, and visits tea sensei Rei Seto-Okerblom to try and gain a deeper insight into these precious but highly formalised moments together. As Rimi pays her respects to her mother's memorial cherry blossom in Kew Gardens, she reflects on what writing this book has taught her, both about herself and her mother. Does she forgive Akemi? How does she understand her now? [Photo description: Rimika Tanaka learning battodo, a sword martial art descended from samurai practice. Photo Credit: Eloise Stevens] Producer/Presenter: Eloise Stevens Series Producer: Julia Paul Editor: Chloe Walker
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Production Coordinator: Mica Nepomuceno

FRI 05:00 BBC News (w1730nkqqtcrv9x)

The latest five minute news bulletin from BBC World Service.

FRI 05:06 Newsday (w1730c1g3mfyshn)

Live news, business and sport from around the world.

FRI 06:00 BBC News (w1730nkqqtcrv21)

The latest five minute news bulletin from BBC World Service.

FRI 06:06 Newsday (w1730c1g3mfyx7s)

Live news, business and sport from around the world.

FRI 07:00 BBC News (w1730nkqqtcrv5)

The latest five minute news bulletin from BBC World Service.

FRI 07:06 Newsday (w1730c1g3mfz0zx)

Live news, business and sport from around the world.

FRI 08:00 BBC News (w1730nkqqtcrv2k9)

The latest five minute news bulletin from BBC World Service.

FRI 08:06 The Interview (w3ct98kf)

The Interview

Conversations with people shaping our world. The best interviews from the BBC.

FRI 08:30 BBC News Summary (w1730nlk5kc2ftp)

The latest two minute news summary from BBC World Service.

FRI 08:32 Business Daily (w3ct8g9k)

Taking Stock

Connecting the time zones, Will Bain brings together investors, entrepreneurs and business reporters from around the world to analyse the week's biggest business stories and what they mean for the global economy.

Presenter: Will Bain
Producer: David Cann

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

FRI 08:50 Witness History (w3ct98dx)

Creating Africa's largest film festival

On 1 February 1969, the first African film festival of Ouagadougou opened in the Republic of Upper Volta, now known as Burkina Faso.

In 1972, the event was made into an official institution by government decree.

It became known as the Pan-African film festival of Ouagadougou - Fespaco for short.

It is Africa's largest film festival and is held every two years. Alimata Salembéré was President of the organising committee who put together the first event.

She tells Jen Dale how it all came about.

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(Photo: Fespaco. Credit: Luc Gnago/Reuters)

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The latest five minute news bulletin from BBC World Service.

FRI 09:06 The Newsroom (w1730bqlsw6qmbp)

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

FRI 09:30 BBC News Summary (w1730nlk5kc2kkt)

The latest two minute news summary from BBC World Service.

FRI 09:32 BBC Inside Science (w3ct977x)

[Repeat of broadcast at 20:32 on Thursday]

FRI 10:00 BBC News (w1730nkqqtcrv1k)

The latest five minute news bulletin from BBC World Service.

FRI 10:06 Unexpected Elements (w3ct8kcy)

Unexpected Elements

The news you know, the science you don't. Unexpected Elements looks beyond everyday narratives to discover a goldmine of scientific stories and connections from around the globe. From Afonauts, to why we argue, to a deep dive on animal lifespans: see the world in a new way with Unexpected Elements.

FRI 11:00 BBC News (w1730nkqqtcrvfp)

The latest five minute news bulletin from BBC World Service.

FRI 11:06 The Newsroom (w1730bqlsw6qvtv)

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

FRI 11:30 BBC News Summary (w1730nlk5kc2t22)

The latest two minute news summary from BBC World Service.

FRI 11:32 The Global Story (w3ct8m91)

The Global Story

FRI 12:00 BBC News (w1730nkqqtcrvjt)

The latest five minute news bulletin from BBC World Service.

FRI 12:06 Outlook (w3ct8hps)

Outlook

True stories of ordinary people and the extraordinary events that have shaped their lives.

FRI 12:50 Witness History (w3ct98dx)

[Repeat of broadcast at 08:50 today]

FRI 13:00 BBC News (w1730nkqqtcrv8y)

The latest five minute news bulletin from BBC World Service.

FRI 13:06 The Newsroom (w1730bqlsw6r3b6)

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

FRI 13:30 BBC News Summary (w1730nlk5kc31kb)

The latest two minute news summary from BBC World Service.

FRI 13:32 Heart and Soul (w3ct983w)

[Repeat of broadcast at 04:32 today]

FRI 14:00 BBC News (w1730nkqqtcrv12)

The latest five minute news bulletin from BBC World Service.

FRI 14:06 Newshour (w1730bn3r4fms84)

Interviews, news and analysis of the day's global events.

FRI 15:00 BBC News (w1730nkqqtcrv6)

The latest five minute news bulletin from BBC World Service.

FRI 15:06 The Interview (w3ct98kf)

[Repeat of broadcast at 08:06 today]

FRI 15:30 BBC News Summary (w1730nlk5kc3911)

The latest two minute news summary from BBC World Service.

FRI 15:32 Business Daily (w3ct8g9k)

[Repeat of broadcast at 08:32 today]

FRI 15:50 World Business Express (w3ct8d19)

World Business Express - Finance, economy and business news from BBC journalists around the world. The stories that matter: World Business Express brings you the essentials on the fast-changing global economy. What forces are driving the markets and industry? Hear unique insight from top CEOs, investors, economic thinkers and small business bosses. From global trade, to oil and food prices and the rise of artificial intelligence, to the corporate crashes and standout entrepreneur start-ups, the BBC World Service brings you trusted reporting. We'll explain how the top stories impact your own finances.

FRI 16:00 BBC News (w1730nkqqtcrv1jb)

The latest five minute news bulletin from BBC World Service.

FRI 16:06 Outside Source (w1730c6gp4f3qd3)

2026/07/24 15:06 GMT

A vibrant account of the day's events with explanation and reaction from those involved.

FRI 17:00 BBC News (w1730nkqqtcrv58g)

The latest five minute news bulletin from BBC World Service.

FRI 17:06 Outside Source (w1730c6gp4f3v47)

2026/07/24 16:06 GMT

A vibrant account of the day's events with explanation and reaction from those involved.

FRI 18:00 BBC News (w1730nkqqtcrv90l)

The latest five minute news bulletin from BBC World Service.

FRI 18:06 Outlook (w3ct8hps)

[Repeat of broadcast at 12:06 today]

FRI 18:50 Witness History (w3ct98dx)

[Repeat of broadcast at 08:50 today]

FRI 19:00 BBC News (w1730nkqqtcrvdrq)

The latest five minute news bulletin from BBC World Service.

FRI 19:06 The Newsroom (w1730bqlsw6rtsz)

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

FRI 19:30 BBC News Summary (w1730nlk5kc3s13)

The latest two minute news summary from BBC World Service.

FRI 19:32 Sport Today (w3ct8rgw)

2026/07/24 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 (w1730nkqqtcrvjhv)

The latest five minute news bulletin from BBC World Service.

FRI 20:06 BBC Conversations (w3ct8m3x)

BBC Conversations

How major news stories are affecting the lives of people around the world

FRI 20:30 BBC News Summary (w1730nlk5kc3ws7)

The latest two minute news summary from BBC World Service.

FRI 20:32 CrowdScience (w3ct8k76)

Why do we seek an adrenaline rush?

Your heart pounds, your chest tightens, your stomach drops and your legs feel weak and shaky. Your palms are sweating and a tingling rush spreads through your arms and fingertips as your brain is overwhelmed with feelings of tension and fear. And yet, you've asked for this. You wanted to be on this ride, at this

theme park, hurtling towards the ground at a frightening speed. But why?

An adrenaline rush is the body's fight-or-flight response to intense fear, stress or excitement. It sends signals from the brain to the body, releasing hormones and redirecting the flow of blood around our veins. It's designed to help us survive dangerous situations – so why would we deliberately want to put ourselves into those situations, just to feel the rush?

That's the question from CrowdScience listener Gunnar, aged 11, in Washington State USA. He wants to know why we try and seek an adrenaline rush by doing wild and crazy things, and CrowdScience's resident wild and crazy presenter Caroline Steel is on the case.

As well as testing Caroline's own flight-or-flight response to the absolute limit, we'll be taking a roller coaster ride through the science of the adrenaline rush.

FRI 21:00 BBC News (w1730nkqqrtn7z)

The latest five minute news bulletin from BBC World Service.

FRI 21:06 Newshour (w1730bn3r4tggh1)

Interviews, news and analysis of the day's global events.

FRI 22:00 BBC News (w1730nkqqrtrfs03)

The latest five minute news bulletin from BBC World Service.

FRI 22:06 The Interview (w3ct98kf)

[Repeat of broadcast at 08:06 today]

FRI 22:30 BBC News Summary (w1730nlk5kc448h)

The latest two minute news summary from BBC World Service.

FRI 22:32 Heart and Soul (w3ct983w)

[Repeat of broadcast at 04:32 today]

FRI 23:00 BBC News (w1730nkqqrtrfwr7)

The latest five minute news bulletin from BBC World Service.

FRI 23:06 The Newsroom (w1730bqlsw6s9sh)

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

FRI 23:30 BBC News Summary (w1730nlk5kc480m)

The latest two minute news summary from BBC World Service.

FRI 23:32 World Business Report (w3ct8fkz)

First broadcast 24/07/2026 21:32 GMT

The latest business and finance news from around the world, on the BBC.