

Saturday 22 March 2025

12:04 All Night Programme

A selection of the best RNZ National interviews and features.

6:00 Country Life

Memorable scenes, people and places in rural New Zealand *(RNZ)*

7:00 Saturday Morning presented by Susie Ferguson and Mihingarangi Forbes

12:10 Māpuna with Julian Wilcox

Julian talks to Māori throughout Aotearoa, from sports legends to business leaders, to artists and community advocates.

1:06 Music 101

The best songs, music-related stories, interviews, live music, industry news and music documentaries from New Zealand and the world

5:00 The World at Five

A roundup of today's news and sport *(RNZ)*

5:10 Focus on Politics

5:30 Tagata O Te Moana

A weekly Pacific magazine programme features New Zealand and regional Pacific news, issues, information and music.

6:06 Nashville Babylon

Mark Rogers offers the very best in Americana, alt country, folk, soul and blues music *(RNZ)*

7:06 Saturday Night with Phil O'Brien

An evening of requests, nostalgia and musical memories *(RNZ)*

Sunday 23 March 2025

12:04 All Night Programme

A selection of the best RNZ National interviews and features

6:00 Storytime (RNZ)

7:00 RNZ's Podcast Hour

8:00 Sunday Morning with Jim Mora

A fresh attitude on current affairs, the news behind the news, in-depth documentaries,

sport from the outfield, politics from the insiders.

9:06 Mediawatch

Critical examination and analysis of recent performance and trends in New Zealand's news media *(RNZ)*

9:36 Sunday Morning with Jim Mora Continues

12:12 Culture 101

Perlina Lau and Mark Amery host a weekly show about creativity and culture in Aotearoa.

1:30 At the Movies (RNZ)

A weekly topical magazine programme about current film releases and film-related topics *(RNZ)*

2:06 Culture 101 Continues

3:05 Drama (RNZ)

Highlighting radio playwriting and performance *(RNZ)*

4:06 The Sunday Sampler

Tony Stamp reviews the latest album releases

5:00 The World at Five

A roundup of today's news and sport.

5:10 Feature Programming

6:06 The Hui

6:45 Here Now

7:06 In Conversation

8:06 The Sunday Night Retro Show with Phil O'Brien

An evening of music and memories *(RNZ)*

11:06 Inside Out

Jazz with Nick Tipping

Monday 24 March 2025

12:04 All Night Programme

A selection of the best RNZ National interviews and features.

5:00 First Up with Nathan Rarere

New Zealand's early morning wake-up call

6:00 Morning Report with Ingrid Hipkiss and Corin Dann

RNZ's three-hour breakfast news show with news and interviews, bulletins on the hour and half-hour

9:06 Nine to Noon with Kathryn Ryan

Current affairs and topics of interest

12:00 Midday Report

RNZ news, followed by updates and reports until 1.00pm

1:06 Afternoons with Jesse Mulligan

An upbeat mix of the curious and the compelling, ranging from the stories of the day to the great questions of our time *(RNZ)*

3:30 Here Now

4:00 Checkpoint with Lisa Owen

RNZ's weekday drive-time news and current affairs programme

6:00 The Panel with Wallace Chapman

An hour of discussion, featuring a range of panellists from right along the opinion spectrum, together with expert phone guests *(RNZ)*

7:06 The Detail

Join The Detail team as they make sense of the big stories with the country's best journalists and experts

7:30 Storylines

8:06 Nights with Emile Donovan

RNZ's weeknight programme of entertainment and information

8:15 Pacific Waves

8:30 Nights Continues

Including tonight's quiz

10:00 News at Ten

A roundup of today's news and sport

10:15 Nights Continues with Emile Donovan

11:06 Nashville Babylon

Mark Rogers offers the very best in Americana, alt country, folk soul and blues music *(RNZ)*

Tuesday 25 March 2025

12:04 All Night Programme

A selection of the best RNZ National interviews and features.

5:00 First Up with Nathan Rarere

New Zealand's early morning wake-up call

6:00 Morning Report with Ingrid Hipkiss and Corin Dann

RNZ's three-hour breakfast news show with news and interviews, bulletins on the hour and half-hour

9:06 Nine to Noon with Kathryn Ryan

Current affairs and topics of interest

12:00 Midday Report

RNZ news, followed by updates and reports until 1.00pm

1:06 Afternoons with Jesse Mulligan

An upbeat mix of the curious and the compelling, ranging from the stories of the day to the great questions of our time *(RNZ)*

4:00 Checkpoint with Lisa Owen

RNZ's weekday drive-time news and current affairs programme

6:00 The Panel with Wallace Chapman

An hour of discussion, featuring a range of panellists from right along the opinion spectrum, together with expert phone guests *(RNZ)*

7:06 The Detail

Join The Detail team as they make sense of the big stories with the country's best journalists and experts

7:30 The Sampler

8:06 Nights with Emile Donovan

RNZ's weeknight programme of entertainment and information

8:15 Pacific Waves

8:30 Nights Continues

Including tonight's quiz

10:00 News at Ten

A roundup of today's news and sport

10:15 Nights Continues with Emile Donovan

11:04 Worlds of Music

Trevor Reekie brings you Music from the world, for the world *(RNZ)*

Wednesday 26 March 2025

12:04 All Night Programme

A selection of the best RNZ National interviews and features.

5:00 First Up with Nathan Rarere

New Zealand's early morning wake-up call

6:00 Morning Report with Ingrid Hipkiss and Corin Dann

RNZ's three-hour breakfast news show with news and interviews, bulletins on the hour and half-hour

9:06 Nine to Noon with Kathryn Ryan

Current affairs and topics of interest

12:00 Midday Report

RNZ news, followed by updates and reports until 1.00pm

1:06 Afternoons with Jesse Mulligan

An upbeat mix of the curious and the compelling, ranging from the stories of the day to the great questions of our time *(RNZ)*

4:00 Checkpoint with Lisa Owen

RNZ's weekday drive-time news and current affairs programme

6:00 The Panel with Wallace Chapman

An hour of discussion, featuring a range of panellists from right along the opinion spectrum, together with expert phone guests *(RNZ)*

7:06 The Detail

Join The Detail team as they make sense of the big stories with the country's best journalists and experts

7:30 At the Movies

8:06 Nights with Emile Donovan

RNZ's weeknight programme of entertainment and information

8:15 Pacific Waves

8:30 Nights Continues

Including tonights quiz

9:30 Midweek Mediawatch

10:00 News at Ten

A roundup of today's news and sport

10:15 Nights continues with Emile Donovan

11:04 Music 101 Pocket edition

As we wrap up the highlights from Music 101, while serving up the latest in new music *(RNZ)*

Thursday 27 March 2025

12:04 All Night Programme

A selection of the best RNZ National interviews and features.

5:00 First Up with Nathan Rarere

New Zealand's early morning wake-up call

6:00 Morning Report with Ingrid Hipkiss and Corin Dann

RNZ's three-hour breakfast news show with news and interviews, bulletins on the hour and half-hour

9:06 Nine to Noon with Kathryn Ryan

Current affairs and topics of interest.

12:00 Midday Report

RNZ news, followed by updates and reports until 1.00pm

1:06 Afternoons with Jesse Mulligan

An upbeat mix of the curious and the compelling, ranging from the stories of the day to the great questions of our time *(RNZ)*

4:00 Checkpoint with Lisa Owen

RNZ's weekday drive-time news and current affairs programme

6:00 The Panel with Wallace Chapman

An hour of discussion, featuring a range of panellists from right along the opinion spectrum, together with expert phone guests *(RNZ)*

7:06 The Detail

Join The Detail team as they make sense of the big stories with the country's best journalists and experts

7:30 Our Changing World

8:06 Nights with Emile Donovan

RNZ's weeknight programme of entertainment and information

8:15 Pacific Waves

8:30 Nights Continues

Including tonight's quiz

10:00 News at Ten

A roundup of today's news and sport

10:15 Nights continues with Emile Donovan

11:04 The Mixtape

Musical guests compile a C60 *(tape)* and talk us through their selections *(RNZ)*

Friday 28 March 2025

12:04 All Night Programme

A selection of the best RNZ National interviews and features.

5:00 First Up with Nathan Rarere

New Zealand's early morning wake-up call

6:00 Morning Report with Ingrid Hipkiss and Corin Dann

RNZ's three-hour breakfast news show with news and interviews, bulletins on the hour and half-hour

9:06 Nine to Noon with Kathryn Ryan

Current affairs and topics of interest.

12:00 Midday Report

RNZ news, followed by updates and reports until 1.00pm

1:06 Afternoons with Jesse Mulligan

An upbeat mix of the curious and the compelling, ranging from the stories of the day to the great questions of our time *(RNZ)*

4:00 Checkpoint with Lisa Owen

RNZ's weekday drive-time news and current affairs programme

6:00 The Panel with Wallace Chapman

An hour of discussion, featuring a range of panellists from right along the opinion spectrum, together with expert phone guests *(RNZ)*

7:06 Country Life

The Country life team take you all over the motu to hear the extraordinary stories of every day rural New Zealand

8:06 Nights with Emile Donovan

RNZ's weeknight programme of entertainment and information

8:15 Pacific Waves

8:30 Nights Continues

Including tonight's quiz

9:30 Short Cut with Dan Slevin

Film and Television Review

10:00 News at Ten

A roundup of today's news and sport

10:15 Nights continues with Emile Donovan

10:30 Out Lately with Finn Johansson

New Music reviews

11:06 Music Feature