Saturday 22 February 2020
12:04 All Night Programme
A selection of the best RNZ National interviews, features, music and drama
6:08 Storytime
7:10 Country Life
Memorable scenes, people and places in rural New Zealand (RNZ)
8:10 Saturday Morning with Kim Hill
A mixture of current affairs and feature interviews, until midday (RNZ)
12:12 Music 101 with Charlotte Ryan
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
New Zealand's early morning wake-up call
5:00 First Up with Indira Stewart
New Zealand's weekday drive-time news and current affairs programme
5:30 Tagata o te Moana
Pacific news, features, interviews and music for all New Zealanders, giving an insight into the diverse cultures of the Pacific people (RNZ)
6:06 WOMAD Taranaki (2019)
Highlights from World Music festival in New Plymouth (RNZ)
7:06 Saturday Night with Phil O’Brien
An evening of requests, nostalgia and musical memories (RNZ)

Sunday 23 February 2020
12:04 All Night Programme
A selection of the best RNZ National interviews, features, music and drama
6:08 Storytime
7:10 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, plus Mediawatch, The House and music
7:35 The House
legislation, issues and insights from Parliament (RNZ)
8:10 Insight
An award-winning documentary programme providing comprehensive coverage of national and international current affairs (RNZ)
9:06 Mediawatch
Critical examination and analysis of recent performance and trends in New Zealand's news media (RNZ)
12:12 Two Cents Worth
A weekly podcast on the news that will affect your back pocket - with Bernard Hickey, Nikki Mandow, Jenee Tibshraeny and Gyles Beckford (RNZ)
12:30 Standing Room Only with Lynn Freeman
It's an 'all access pass' to what's happening in the worlds of arts and entertainment
1:10 At the Movies
A weekly topical magazine programme about current film releases and film-related topics (RNZ)
2:05 The Laugh Track
3:04 The 3 O’Clock Drama
Highlighting radio playwriting and performance (RNZ)
4:06 Smart Talk
A selection of documentaries, discussions and lectures of note from New Zealand and beyond
5:00 The World at Five
A roundup of today's news and sport
5:10 Heart and Soul
Personal approaches to spirituality from around the world (BBC)
5:40 Te Waonui a Te Manu Korihi
A weekly roundup of news on Maori issues (RNZ)
6:06 Te Ahí Kaa
Exploring issues and events from a tangata whenua perspective (RNZ)
6:45 Voices
A weekly feature where the focus is ethnic communities (RNZ)
7:04 The TED Radio Hour
A crafted hour of ideas worth sharing presented by Guy Raz (NPR)
8:06 Sunday Night with Grant Walker
An evening of music and nostalgia (RNZ)
10:00 The 10 O’Clock Report
A roundup of today's news and sport
10:10 Mediawatch
Critical examination and analysis of recent performance and trends in New Zealand's news media (RNZ)
10:45 The House
legislation, issues and insights from Parliament (RNZ)
11:04 The Retro Cocktail Hour
An hour of music that's "shaken, not stirred" every week from the Underground Martini Bunker at Kansas Public Radio (KPR)

Monday 24 February 2020
12:04 All Night Programme
A selection of the best RNZ National interviews, features, music and drama
5:00 First Up with Indira Stewart
New Zealand's early morning wake-up call
6:00 Morning Report
RNZ’s three-hour breakfast news show with news and interviews, bulletins on the hour and half-hour, including:
6:20 and 6:50 Business News
6:26 Rural News
6:48 and 7:45 NZ Newspapers
9:06 Nine to Noon with Kathryn Ryan
Current affairs and topics of interest, including:
10:45 The Reading: Highlighting New Zealand writing and performance
12:00 Midday Report
RNZ news, followed by updates and reports until 1.00pm, including:
12:16 Business News
12:26 Sport
12:34 Rural News
12:43 Worldwatch
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)
4:06 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)
5:00 Checkpoint with Lisa Owen
RNZ's weekday drive-time news and current affairs programme
6:30 Trending Now
Highlighted the RNZ stories you're sharing on-line
7:06 Nights with Bryan Crump
RNZ’s weeknight programme of entertainment and information
8:15 Dateline Pacific
A daily current affairs programme covering the major Pacific stories of the week, with background and reaction from the people making the news (RNZ)
8:30 Windows on the World
International public radio features and documentaries
9:30 Insight
An award-winning documentary programme providing comprehensive coverage of national and international current affairs (RNZ)
10:00 News at Ten
A roundup of today's news and sport
10:15 Lately with Karyn Hay
A late night radio show with an eye on live events, an ear for music, a great sense of humour and a genuine interest in people and their stories (RNZ)
11:06 Nashville Babylon
Wairarapa's Mark Rogers presents a selection of old and new music - the very best in alt.country, Americana and blues (Arrow FM)

Tuesday 25 February 2020
12:04 All Night Programme
A selection of the best RNZ National interviews, features, music and drama
5:00 First Up with Indira Stewart
New Zealand's early morning wake-up call
6:00 Morning Report
RNZ’s three-hour breakfast news show with news and interviews, bulletins on the hour and half-hour, including:
6:20 and 6:50 Business News
6:26 Rural News
6:48 and 7:45 NZ Newspapers
9:06 Nine to Noon with Kathryn Ryan
Current affairs and topics of interest, including:
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4:06 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)
5:00 Checkpoint with Lisa Owen
RNZ's weekday drive-time news and current affairs programme
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An hour of discussion, featuring a range of panellists from right along the opinion spectrum, together with expert phone guests (RNZ)

5:00 Checkpoint with Lisa Owen
RNZ’s weekday drive-time news and current affairs programme

6:30 Trending Now
Highlighting the RNZ stories you’re sharing on-line

6:43 Focus on Politics
Analysis of significant political issues presented by Radio New Zealand's parliamentary reporting team (RNZ)

7:06 Nights with Bryan Crump
RNZ’s weeknight programme of entertainment and information

8:15 Dateline Pacific
A daily current affairs programme covering the major Pacific stories of the week, with background and reaction from the people making the news (RNZ)

8:30 Friday Night Live (RNZ)

9:06 Country Life
Memorable scenes, people and places in rural New Zealand (RNZ)

10:00 News at Ten
A roundup of today's news and sport

10:15 Lately with Karyn Hay
A late night radio show with an eye on live events, an ear for music, a great sense of humour and a genuine interest in people and their stories (RNZ)

11:06 The Mixtape
Musical guests compile a C60 and talk us through their selections (RNZ)