8:06 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  
Sunday morning continues

12:00 (RNZ)

12:12 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 (RNZ)

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

2:05 The Laugh Track on Standing Room Only

3:05 Classic Drama (RNZ)  
Highlighting radio playwriting and performance (RNZ)

4:06 The Arts Hour from the BBC World Service  
A round-up of today's news and sport

5:00 The World at Five  
A round-up of today's news and sport

5:10 Heart and Soul  
Personal approaches to spirituality from around the world (BBC)

5:35 Te Manu Kōrīhi - news on Māori issues

6:06 Whakamāori  
This series brings Google translate to life as three Te Reo Māori enthusiasts, translate topical pieces of written and audio content from English to Māori.

6:50 Voices  
A weekly feature where the focus is ethnic communities (RNZ)

7:04 Smart Talk  
A wide variety of conversations recorded in front of audiences round Aotearoa and the world, including the TED Radio Hour from NPR and selected programmes from the BBC World Service.

8:06 The Sunday Night Retro Show with Phil O'Brien  
An evening of music and memories (RNZ)

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

10:15 Mediawatch  
Critical examination and analysis of recent performance and trends in New Zealand's news media (RNZ)

11:04 The Retro Cocktail Hour  
Darrell Brogdon serves up an hour, more finger-snapping, hip-shaking space age Tropicana music, tiki tunes, private eye jazz and other incredibly strange music

Monday 16 May 2022

12:04 All Night Programme  
A selection of the best RNZ National interviews and features.

5:00 First Up  
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 with Susie Ferguson and Corin Dann

9:06 Nine to Noon with Kathryn Ryan  
Current affairs and topics of interest

12:00 Midday Report with Mānani Dunlop  
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)

3:45 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  
Highlighting the RNZ stories you're sharing on-line including The Detail https://www.rnz.co.nz/programmes/the-detail

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

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)

11:04 Nashville Babylon  
Mark Rogers offers the very best in Americana, alt country, folk soul and blues music (RNZ)

Tuesday 17 May 2022

12:04 All Night Programme  
A selection of the best RNZ National interviews, features, music and drama.

New Zealand's early morning wake-up call

5:00 First Up with Nathan Rarere  
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 with Susie Ferguson and Corin Dann

9:06 Nine to Noon with Kathryn Ryan  
Current affairs and topics of interest

12:00 Midday Report with Mānani Dunlop  
RNZ news, followed by updates and reports until 1.00pm

1:06 Afternoons with Jesse Mulligan  
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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  
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7:06 Nights with Bryan Crump  
RNZ's weeknight programme of entertainment and information

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)
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11:04 Worlds of Music
Trevor Reekie brings you Music from the world, for the world (RNZ).

Wednesday 18 May 2022

12:04 All Night Programme
A selection of the best RNZ National interviews, features, music and drama

5:00 First Up with Nathan Rarere
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 with Susie Ferguson and Corin Dann

9:06 Nine to Noon with Kathryn Ryan
Current affairs and topics of interest

12:00 Midday Report with Māni Dunlop
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)

3:45 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
Highlighting the RNZ stories you're sharing on-line including The Detail https://www.rnz.co.nz/programmes/the-detail

7:06 Nights with Bryan Crump
RNZ's weekday programme of entertainment and information

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)

11:04 Music 101 Pocket edition
As we wrap up the highlights from Music 101, while serving up the latest in new music. (RNZ)

Friday 20 May 2022

12:04 All Night Programme
A selection of the best RNZ National interviews, features, music and drama

5:00 First Up with Nathan Rarere
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 with Susie Ferguson and Corin Dann

9:06 Nine to Noon with Kathryn Ryan
Current affairs and topics of interest

12:00 Midday Report with Māni Dunlop
RNZ news, followed by updates and reports until 1.00pm

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

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7:06 Nights with Bryan Crump
RNZ's weekday programme of entertainment and information

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)

11:04 The Mixtape
Musical guests compile a C60 (tape) and talk us through their selections. (RNZ)