**Highlighted Stations = Heard in NZ**

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|  | **Freq Station** | **Location** | **Country** |
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|  | **87.5 Tonga Daily News** | **Nuku'alofa** | **Tonga** |
|  | 87.9 89.5 FM | Neiafu, Vava'u | Tonga |
|  | **88.0 NC 1ere** | **Bouliupari/Kaaka-Gomen/Mt Dore** | **New Caledonia** |
|  | 88.0 A3NTT R Niuatoputapu  88.0 88 FM Boom Boom Radio  88.0 88 FM Bom Boom Radio  88.1 FM88  88.1 Showers of Blessings FM  88.1 KGIF  **88.2 BBC**  88.5 Talofa FM | Vaipoa  Aitutaki  Rarotonga/Aitutaki  Nuku’alofa  Apia  Tafuna  **Suva/Nadi**  Apia | Tonga  Cook Islands  Cook Islands  Tonga  Samoa  American Samoa  **Fiji**  Samoa |
|  | **88.5 NC 1ere** | **Kouaoua/Mare** | **New Caledonia** |
|  | 88.6 R Sunshine  88.6 R Wave of Vava'u | Alofi  Neiafu, Vava'u | Niue Tonga |
|  | **88.6 R Nuku'alofa** | **Nuku'alofa** | **Tonga** |
|  | 88.9 Red FM  88.9 KKBT | Kingston  Pago Pago | Norfolk Is  American Samoa |
|  | **89.0 NC 1ere**  **89.0 Fem'TALK 89 FM** | **multiple**  **Suva/Labasa** | **New Caledonia**  **Fiji** |
|  | 89.0 Letio Faka-Kalistiane 89FM  89.0 R Cook Is  89.0 Wallis et Futuna 1ere | Neiafu, Vava'u  Mitiaro/Pukapuka  Sigave, Futuna | Tonga  Cook Islands  Wallis & Futuna |
|  | **89.1 Tonga R, Magic 89.1** | **Nuku'alofa** | **Tonga** |
|  | 89.1 Mai FMN  89.3 Pig FM | Apia  Neiafu, Vava'u | Samoa Tonga |
|  | **89.4 R Pasifik**  **89.5 R Tonga Vake-Tali Folau** | **Univ of S Pacific, Suva**  **Nuku'alofa** | **Fiji**  **Tonga** |
|  | 89.5 Magik FM | Apia | Samoa |
|  | **89.5 NC 1ere** | **Ile-des-Pins** | **New Caledonia** |
|  | 89.7 KMOA | Nu'uuli | American Samoa |
|  | **89.8 WHBN Harvest R**  **89.9 R Norfolk** | **Suva**  **Kingston** | **Fiji**  **Norfolk Is** |
|  | 89.9 R Cook Is AM  89.9 Showers of Blessings FM | Rarotonga Apia | Cook Islands  Samoa |
|  | **90.0 NC 1ere** | **multiple** | **New Caledonia** |
|  | 90.0 Vava'u Kool FM | Neiafu, Vava'u | Tonga |
|  | **90.0 Kool FM** | **Nuku'alofa** | **Tonga** |
|  | 90.0 Laef 90FM  90.0 Wallis et Futuna 1ere  90.3 Life FM | Port Vila  Sigave, Futuna Rarotonga | Vanuatu  Wallis & Futuna  Cook Islands |
|  | **90.5 NC 1ere** | **Lifou/Poya** | **New Caledonia** |
|  | 90.5 Aiga Fesilafa'i  90.5 KPPO  90.6 R Cook Is  90.9 EFKS FM | Apia  Mapusaga  Mangaia/Rakahanga/Palmerston Apia | Samoa  American Samoa  Cook Islands  Samoa |
|  | **91.0 NC 1ere** | **multiple** | **New Caledonia** |

91.0 Wallis et Futuna 1ere Ala, Futuna Wallis & Futuna

91.3 KIOE Utulei American Samoa

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| **91.5 NC 1ere**  **91.5 R FM 91.5** | **Lifou ?** | **New Caledonia Tonga** |
| 91.5 Talofa FM  91.8 France Inter  91.8 Ararua FM | Sava'i  Suva  Aitutaki | Samoa  Fiji  Cook Islands |
| **91.9 2ABC-FM National** | **Kingston** | **Norfolk Is** |
| 91.9 Matariki FM  92.0 France Inter | Rarotonga  Bouliupari/Mt Dore | Cook Islands New Caledonia |
| **92.0 Viti FM**  **92.1 China R Int**  **92.1 KSBS FM**  **92.2 Viti FM** | **multiple Nuku'alofa Pago Pago multiple** | **Fiji**  **Tonga**  **American Samoa**  **Fiji** |
| 92.2 R Cook Is  **92.5 France Inter**  92.6 Viti FM | Atiu/Penhryn **?**  Rakiraki | Cook Islands  **New Caledonia**  Fiji |
| **92.8 R Fiji 1**  **93.0 R Fiji 1**  **93.0 France Inter** | **multiple multiple**  **Ponerihouen/Noumea** | **Fiji**  **Fiji**  **New Caledonia** |
| 93.0 R Australia | Rarotonga | Cook Islands |
| **93.1 Letio Faka-Kalistiane 93FM Nuku'alofa** | | **Tonga** |
| 93.1 KKHJ-FM  93.2 R Fiji 1  93.4 R Fiji 1 | Pago Pago  Tavua  Rakiraki | American Samoa  Fiji  Fiji |
| **93.5 NRJ** | **Noumea** | **New Caledonia** |
| 93.6 Mix 94FM  93.7 Samoa FM  93.7 KKBT | Sigatoka  Apia  Pavaiai | Fiji  Samoa  American Samoa |
| **93.8 Mix 94FM** | **multiple** | **Fiji** |
| 93.8 R Cook Is  93.9 2ABC-FM Classic  94.0 France Inter  94.2 Mix 94FM  94.5 KKAS | Mauke/Nassau  Kingston  Kone/Noumea  Ba/Tavua/Rakiraki  Tafuna | Cook Islands  Norfolk Is  New Caledonia  Fiji  American Samoa |
| **94.6 R Naya Jiwan** | **Suva** | **Fiji** |
| 94.7 R Djiido | Noumea | New Caledonia |
| **95.0 R Oceane** | **Dumbea (Noumea)** | **New Caledonia** |
| 95.1 Laufou o le Talaleilei  95.1 KULA | Apia  Ili'Ili | Samoa  American Samoa |
| **95.2 2day FM**  **95.2 R Djiido**  **95.4 2day FM** | **multiple ?**  **multiple** | **Fiji**  **New Caledonia**  **Fiji** |
| 95.4 R Cook Is  95.6 2day FM  95.8 2day FM | Aitutaki/Manihiki  Tavua  Rakiraki | Cook Islands  Fiji  Fiji |
| **95.9 2ABC-FM Local** | **Kingston** | **Norfolk Is** |
| **96.0 R Djiido**  **96.0 FM96** | **Mont Dore multiple** | **New Caledonia**  **Fiji** |
| 96.0 Buzz FM  96.1 Star FM | Port Vila  Apia | Vanuatu  Samoa |
| **96.2 FM96 96.5 R Djiido** | **multiple ?** | **Fiji**  **New Caledonia** |
| 96.6 FM96  96.7 Matariki FM  96.9 Power FM  97.1 Showers of Blessings FM  97.1 KULA  97.2 A3Z R One | Rakiraki  Rarotonga  Apia  Apia  W District  Neiafu, Vava'u | Fiji  Cook Islands  Samoa  Samoa  American Samoa  Tonga |
| **97.5 R Djiido**  **97.6 R Mirchi**  **97.8 R Mirchi** | **?**  **multiple multiple** | **New Caledonia**  **Fiji**  **Fiji** |
| 97.9 Maranatha FM  98.0 R Rythme Bleu  98.0 R Mirchi  98.0 Le'o 'o e Kakai | Rarotonga  Dumbea/Kone  Tavua  Nuku'alofa | Cook Islands  New Caledonia  Fiji  Tonga |
| **98.0 Paradise FM** | **Tanna/Port Vila** | **Vanuatu** |
| 98.1 Halo FM  98.1 Magik FM  98.2 R Mirchi  98.2 2JJJ  98.4 Legend FM | Luganville  Apia  Rakiraki Kingston multiple | Vanuatu  Samoa  Fiji  New Caledonia  Fiji |
| **98.5 R Djiido 98.6 Legend FM** | **Lifou multiple** | **New Caledonia**  **Fiji** |
| 98.7 Adventist R  98.8 EFKS FM | Rarotonga Apia | Cook Islands  Samoa |
| **99.0 R Rythme Bleu** | **Koumac** | **New Caledonia** |
| 99.0 Legend FM  99.0 BBC  99.1 KULA  99.9 Pines FM  99.9 Matariki FM  99.9 Talofa FM | Rakiraki  Luganville/Port Vila  C District  Kingston  Rarotonga  Apia | Fiji  Vanuatu  American Samoa  Norfolk Is  Cook Islands  Samoa |
| **100.0 R Rythme Bleu**  **100.0 R Fiji Gold** | **Mont Dore multiple** | **New Caledonia**  **Fiji** |
| 100.0 R Cook Is  100.0 R France Inter  100.0 R Vanuatu  100.0 R O  100.1 Lord Howe Is R  100.1 R Tuvalu | Aitutaki  Port Vila  Luganville/Port Vila  Mua/Haheke/Uvea  Funafuti | Cook Islands  Vanuatu  Vanuatu  Wallis & Futuna  Lord Howe Is  Tuvalu |
| **100.2 R Fiji Gold**  **100.4 R Rythme Bleu**  **100.4 R Fiji Gold** | **multiple**  **Noumea**  **Tavua** | **Fiji**  **New Caledonia**  **Fiji** |

100.4 China R Int Apia Samoa

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| 100.6 R Fiji Gold | Rakiraki | Fiji |
| **100.8 Navtarang**  **101.0 Navtarang**  **101.0 R Rythme Bleu** | **multiple multiple**  **Poya, Ile des Pins** | **Fiji**  **Fiji**  **New Caledonia** |
| 101.0 Wallis et Futuna 1ere  101.1 Ocean & Earth HITZ FM  101.1 K-Lite FM  101.4 Navtarang  101.7 A3Z R One | Hihifo, Uvea  Rarotonga  Apia  Rakiraki  Nuku'alofa | Wallis & Futuna  Cook Islands  Samoa  Fiji  Tonga |
| **101.9 R Australia**  **102.0 R Djiido**  **102.0 China R Int** | **Dumbea (Noumea)**  **Luganville/Port Vila** | **New Caledonia Vanuatu** |
| 102.0 R Australia | Apia | Samoa |
| **102.4 Bula FM**  **102.5 R Rythme Bleu** | **multiple Lifou** | **Fiji**  **New Caledonia** |

102.5 KULA E District American Samoa

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| **102.6 Bula FM**  **102.8 Bula FM**  **103.0 R Djiido**  **103.0 Bula FM**  **103.0 R Australia**  **103.0 R Australia** | | | **multiple**  **Tavua**  **Koumac**  **Rakiraki**  **Nuku'alofa**  **Luganville/Port Vila** | | **Fiji**  **Fiji**  **New Caledonia**  **Fiji**  **Tonga**  **Vanuatu** | |
| 103.0 Wallis et Futuna 1ere  103.1 Laufou o le Talaleilei  103.1 WVUV | | | Mua/Haheke/Uvea  Apia  Fagaitua | | Wallis & Futuna  Samoa  American Samoa | |
| **103.2 R Sargam** | | | **multiple** | | **Fiji** | |
| 103.3 R Ikurangi KCFM | | | Rarotonga | | Cook Islands | |
| **103.4 R Sargam** | | | **multiple** | | **Fiji** | |
| 103.4 Nai Talai FM  **103.5 R Rhythme Bleu**  103.8 R Sargam | | | Suva  **Ouvea**  Rakiraki | | Fiji  **New Caledonia**  Fiji | |
| **104.0 R Light** | | | **unknown** | | **Fiji** | |
| 104.1 2ABC-FM Classic  104.1 Samoa FM  104.1 KNWJ  104.2 R Light  104.7 KNWJ  104.8 R Fiji 2 | | | Sava'i  Pago Pago  Suva Leone  multiple | | Lord Howe Is  Samoa  American Samoa  Fiji  American Samoa  Fiji | |
| **105.0 R Fiji 2** | | | **multiple** | | **Fiji** | |
| 105.0 R France Inter  105.0 NUS Campus R  105.3 2JJJ  105.4 R Fiji 2  106.0 China R Int  106.1 2ABC-FM Classic  106.5 Flow FM  106.6 R Australia  106.7 Power FM  106.9 EFKS FM | Luganville Apia  Tavua/Rakiraki Lakatoro  Suva/Nadi  Apia  Apia | | Vanuatu  Samoa  Lord Howe Is  Fiji  Vanuatu  Lord Howe Is  Lord Howe Is  Fiji  Samoa  Samoa | |

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| 107.0 Hope FM | Suva | Fiji |
| 107.0 Capital FM | Port Vila | Vanuatu |
| 107.4 Hope FM  107.5 R Atafu FM  107.5 R Fakaofo FM  107.5 R Nukunonu FM  107.9 Oka Rock FM | Ba/Tavua/Vatukaola  Atafu  Fakaofo  Nukunonu  Alofi | Fiji  Tokelau  Tokelau  Tokelau  Niue |