



SEASONAL FORECAST FOR NOVEMBER - DECEMBER 2025- JANUARY 2026

1. Prevailing global climate conditions

1.1.The El Niño–Southern Oscillation (ENSO)

La Niña conditions emerged in September 2025, as indicated by the expansion of below average sea surface temperatures (SSTs) across the central and eastern equatorial Pacific Ocean. La Niña conditions are present and favored to persist through December 2025 - February 2026, with a transition to ENSO-neutral likely in January-March 2026 (55% chance) (see *Figure 1*)

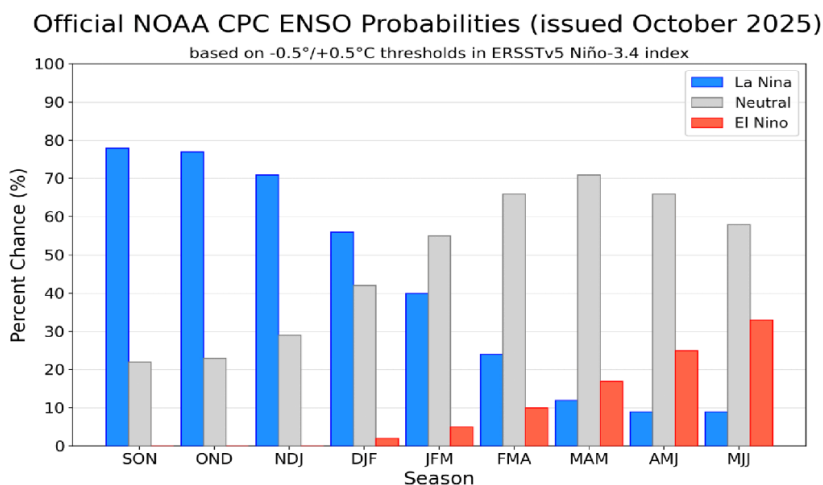


Figure 1: Forecasted Nino 3.4 Index (Source: Official NOAA CPC)

1.2.The Indian Ocean Dipole (IOD)

A negative phase of the Indian Ocean Dipole (IOD) is underway. The IOD is expected to continue in November 2025, with a return to neutral in early summer. (see *Figure 2*)

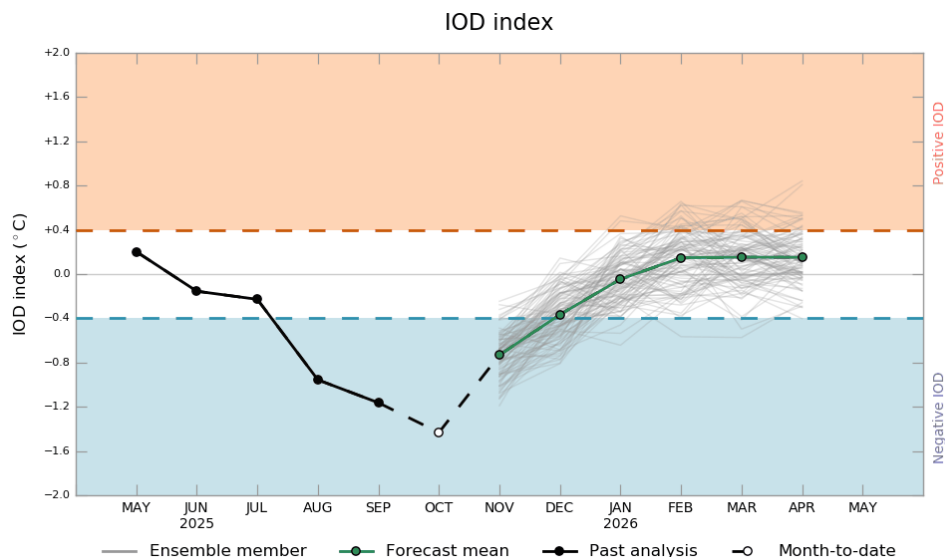


Figure 2: Observed and Forecasted IOD Index (Source: BoM)

2. Seasonal forecast for November-December 2025 – January 2026

For November-December 2025-January 2026, Normal rainfall with increased chances of below-normal rainfall is expected over Mahe, Praslin and La Digue. (see Figure 3)

Mean temperatures for November-December 2025-January 2026 is forecasted to be within the normal to above-normal range over Mahe. Mean temperatures are expected to be around 27.5°C under the anticipated conditions.

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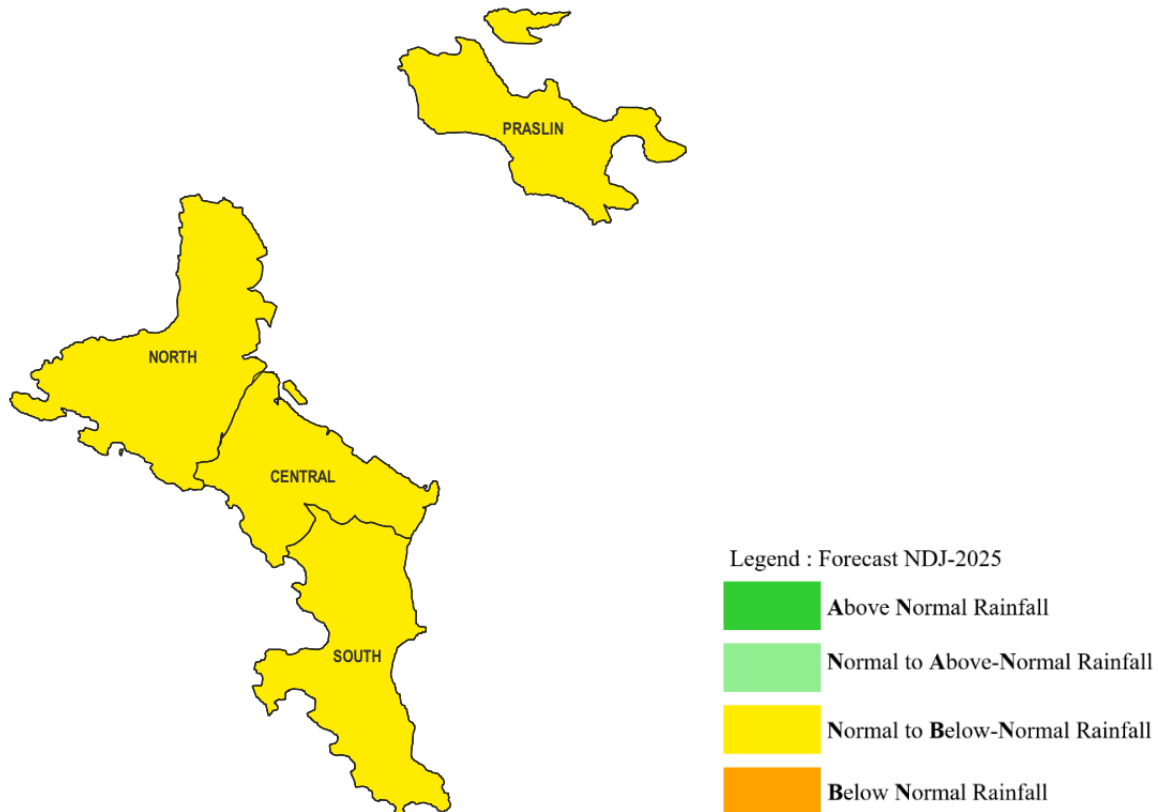
E-mail: info@meteo.sc Web: www.meteo.sc**SEASONAL FORECAST BULLETIN****SMA/CLI/FM/010****Created by : T. Nomenjanahary****Revision Number : 0(NEW)****Page 3 of 4**

Figure 3: Rainfall Forecast for November-December 2025- January 2026

The table below gives a summary of climatological statistics for November-December-January based on the expected conditions.

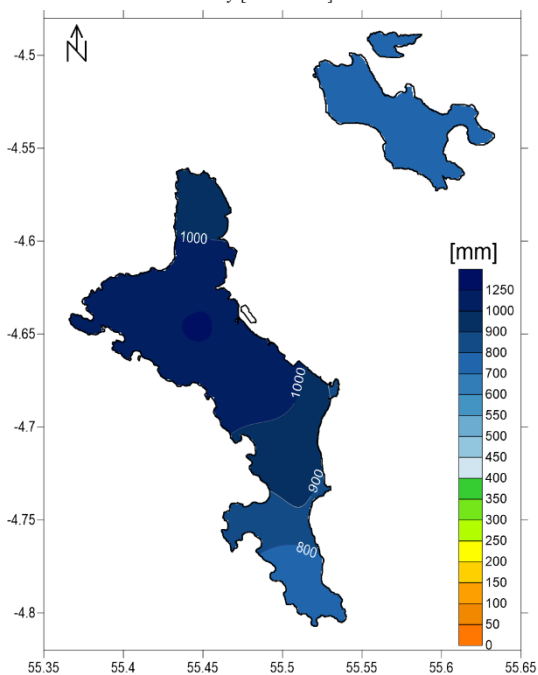
	North	Central	South	Praslin
Average NDJ rainfall (mm)	[895.1 - 1132.2]	[845.4 - 1125.3]	[600.6 - 796]	[396.1 - 578.8]
Number of Rainy days* (days)	[51 - 55]	[52 - 55]	[43 - 50]	[32 - 39]
Number of days when Rainfall > 10mm (days)	[25 - 29]	[25 - 30]	[17 - 23]	[12 - 18]

* Note: A rainy day is defined as a day on which the recorded rainfall exceeds 1 mm.



3. Climatology of November-December-January

November-December-January [1991-2020]



The map illustrates the spatial distribution of rainfall in the Seychelles for the November to January period from 1991 to 2020. Rainfall is measured in millimeters (mm) and represented using a color gradient, where dark blue indicates higher rainfall amounts and orange represents lower values.

The northern, central, eastern, western, and northern portion of southern Mahe generally receive up to 900 mm of rainfall. Rainfall amounts below 900 mm are observed over the southern two-thirds of the southern region of Mahe. Overall, rainfall decreases progressively from the central and northern areas toward the southern extremity of Mahe.

In general, Praslin receives around 745mm of rainfall during the NDJ season.

Figure 4: Climatology of November-December-January rainfall (1991-2020)

NOTE: This Outlook applies specifically to seasonal timescales (three-month overlapping periods) and may not fully capture intra-seasonal (month-to-month) variations. Therefore, it is highly recommended to use this seasonal forecast alongside the daily and weekly forecasts provided by the Seychelles Meteorological Authority.

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