



SEASONAL FORECAST FOR DECEMBER 2025 – JANUARY-FEBRUARY 2026

1. Prevailing global climate conditions

1.1. The El Niño–Southern Oscillation (ENSO)

La Nina conditions persisted over the past month, as indicated by strengthened below average sea surface temperatures (SSTs) across the central and eastern equatorial Pacific Ocean. The El Niño Southern Oscillation (ENSO) outlooks suggest that La Nina is likely to continue during December 2025 - February 2026, followed by a transition to ENSO-neutral conditions, with a 61% probability between January and March 2026.

Official NOAA CPC ENSO Probabilities (issued November 2025)

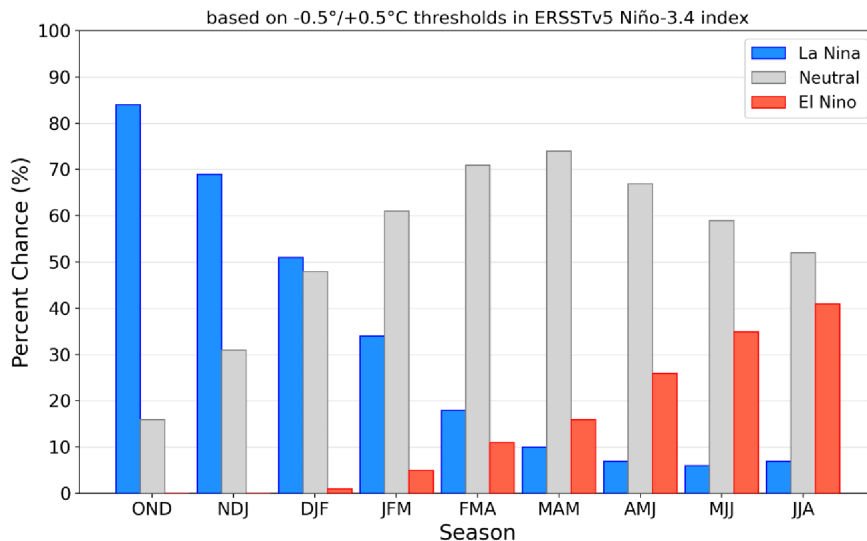


Figure 1: Forecasted Nino 3.4 Index (Source: Official NOAA CPC)

1.2. The Indian Ocean Dipole (IOD)

The Indian Ocean Dipole (IOD) is currently in a negative phase, though it has been steadily weakening over the past three weeks. It is expected to return to neutral conditions by December 2025. (see Figure 2)

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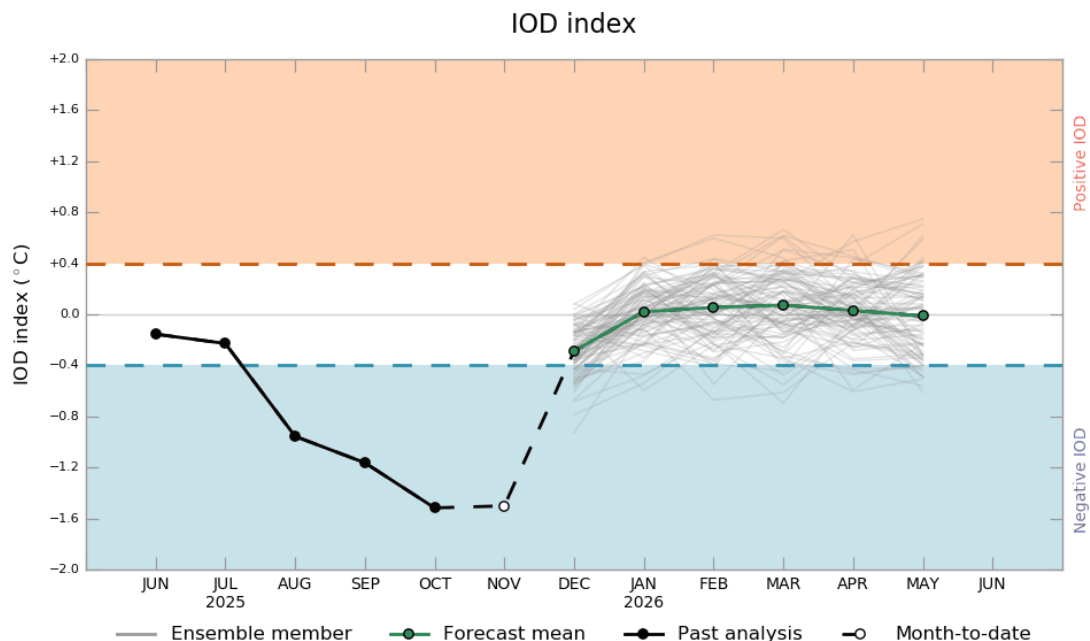


Figure 2: Observed and forecasted IOD Index (Source: BoM)

2. Seasonal forecast for December 2025 - January-February 2026

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

Mean temperatures for the December 2025 - January-February 2026 is forecasted to be within the normal to above-normal range over Mahe. Mean temperatures are expected to be 27.7°C under the anticipated conditions.

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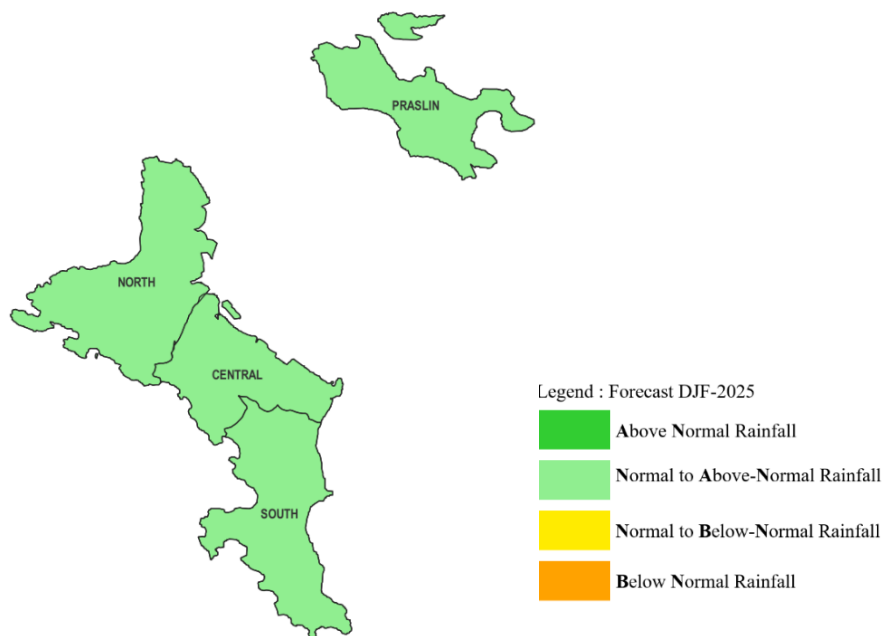
E-mail: info@meteo.sc Web: www.meteo.sc**SEASONAL FORECAST BULLETIN****SMA/CLI/FM/010****Created by : T. Nomenjanahary****Revision Number : 0(NEW)****Page 3 of 4**

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

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

	North	Central	South	Praslin
Average DJF rainfall (<i>mm</i>)	[1131.6 - 1448.6]	[1150.8 - 1372]	[738.2 - 937.5]	[547.5 - 756.5]
Number of Rainy days (<i>days</i>)	[55 - 56]	[54 - 57]	[44 - 48]	[35 - 41]
Number of days when Rainfall > 10mm (<i>days</i>)	[28.2 - 34.6]	[31 - 34]	[21 - 25]	[15 - 22]

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

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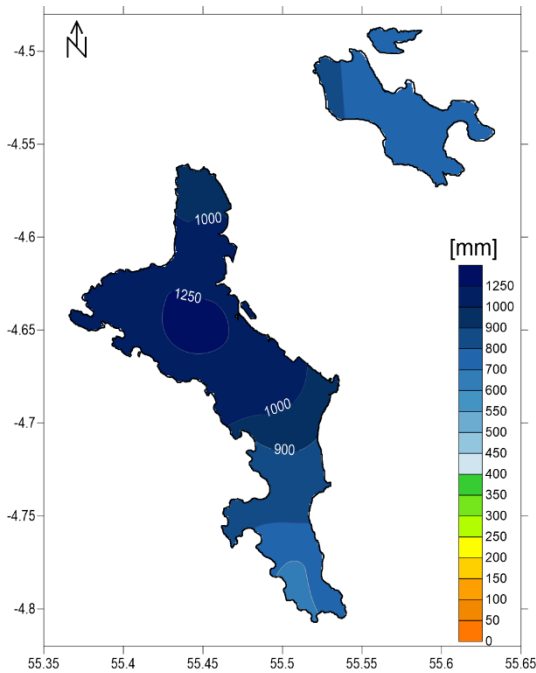
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3. Climatology of December-January-February

December-January-February [1991-2020]



The map illustrates the spatial distribution of rainfall across Mahe and Praslin for the December to February (1991-2020). Rainfall is measured in millimeters (mm) and represented using a color gradient, where dark blue indicates higher rainfall amounts and orange represents lower values.

Most areas in northern Mahe, as well as the central and most of the western parts of the main island receive up to 900 mm during December-January-February. The southern region receives between 700 and 900 mm, reflecting a decreasing gradient toward the south. On Praslin and La Digue, rainfall totals range from 700 to 800 mm. Overall, the northern, central, and western sectors of Mahe experience higher rainfall compared to the southern part of the island, as well as Praslin and La Digue.

Figure 4: Climatology of December-January-February 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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