



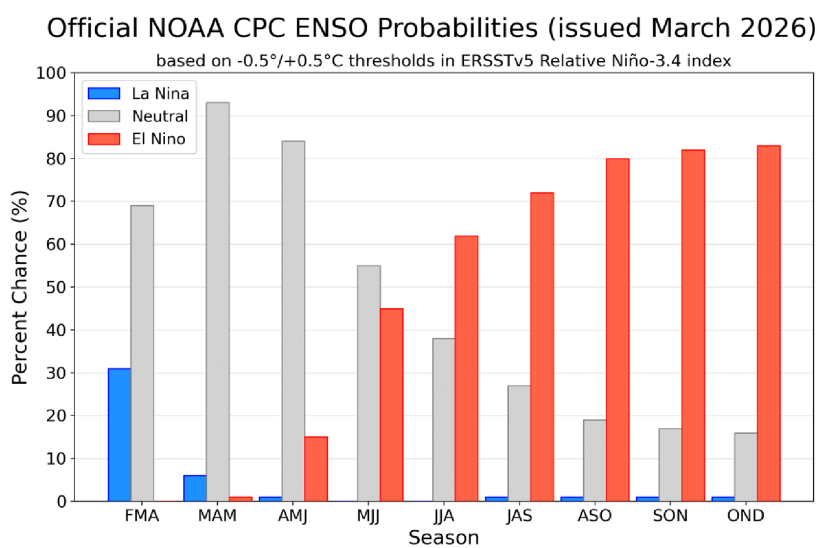
## SEASONAL CLIMATE OUTLOOK FOR APRIL-MAY-JUNE (AMJ) 2026

### 1. Prevailing Global Climate Conditions

#### 1.1. The El Niño-Southern Oscillation (ENSO)

By mid-March 2026, the weak La Niña (cooler sea surface temperatures) had continued to weaken from an oceanic perspective, with the equatorial sea surface temperatures (SSTs) approaching neutral conditions. The observed SST anomaly over the central Pacific region was  $-0.45\text{ }^{\circ}\text{C}$  during the December-February 2026 season and  $-0.2\text{ }^{\circ}\text{C}$  in February 2026. Despite this weakening in oceanic indicators, some atmospheric features remained consistent with La Niña conditions.

ENSO-neutral conditions are expected to dominate during the forecast period, from April-May-June (AMJ) through May-June-July (MJJ) 2026, with probabilities of approximately 82% and 53%, respectively. The May-June-July 2026 season is anticipated to represent a transition phase from ENSO-neutral toward El Niño conditions. From June-July-August (JJA) 2026 onward, the likelihood of El Niño becomes higher, with a probability greater than 62%.



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



## 1.2. The Indian Ocean Dipole (IOD)

The Indian Ocean Dipole (IOD) is one of drivers that influence Seychelles' Climate. The IOD is known as the difference between the sea surface temperatures of the tropical western (near Africa coast) and eastern (near Indonesia) Indian Ocean. Despite elevated IOD index values observed from late January to early March, the IOD has remained within neutral category. The neutral phase is expected to persist through the end of April, followed by a transition to a positive phase, with probabilities of approximately 65.7 % in May and 81.8 % in June. Further details are provided in Figure 2, based on the IOD status update issued on 28<sup>th</sup> March 2026 by the Bureau of Meteorology (BoM), Australia.

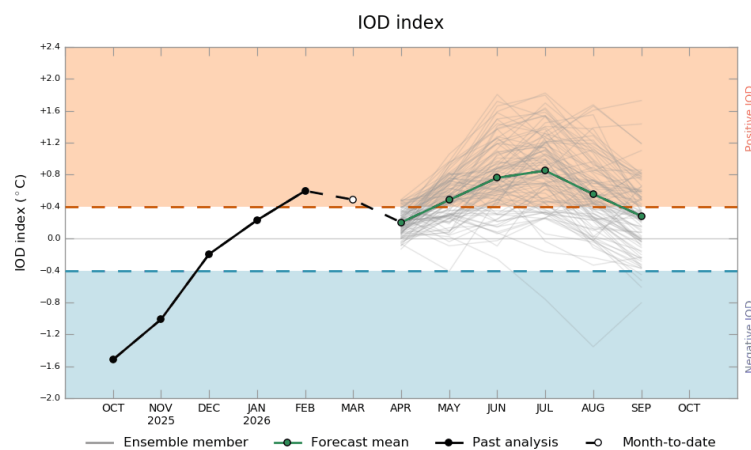


Figure 2: Observed and forecasted IOD Index (Source: BoM)

## 1.3. Other Climate Drivers - Intraseasonal Drivers

Further to the above climate drivers, the intraseasonal variability of rainfall during the April - May - June (AMJ) 2026 season is also likely to be influenced by the phases of the Madden-Julian Oscillation (MJO). The MJO is commonly associated with periods of enhanced and suppressed tropical convection and rainfall, thereby modulating rainfall patterns over the region on short-term (weekly to monthly) timescales. Other important contributors to intraseasonal variability include the latitudinal position of the Intertropical Convergence Zone (ITCZ)/the equatorial monsoon trough, along with regional topographical features that influence the localized spatial distribution of rainfall.



## 2. Seasonal Outlook for April-May-June (AMJ) 2026

### 2.1. Rainfall outlook for AMJ 2026

The April-May-June (AMJ) period over Seychelles is typically characterized by a seasonal transition, marked by the progressive weakening of the Northwest Monsoon and the gradual establishment of the Southeast Trade Winds. This transition is accompanied by a decline in rainfall, reflecting a shift towards comparatively drier conditions. However, for the AMJ 2026 season, rainfall over Mahe and the Inner Islands is expected to be Normal to Below Normal. This outlook is spatially consistent across all regions, including the northern, central and southern zones of Mahe, Praslin and La Digue.

Further outlook at the monthly scale of April to June indicated the following conditions:

- i) **April:** Normal to Below Normal rainfall conditions are forecasted across Mahe and Inners Islands.
- ii) **May:** A likelihood of Normal to Above Normal rainfall is predicted for the northern zone of Mahe, Praslin and La Digue, while Normal to Below Normal conditions are expected over the central and southern zones of Mahe.
- iii) **June:** Normal to Below Normal rainfall is expected over the central and northern zones of Mahe, Praslin and La Digue, while Below Normal conditions are expected over the southern zone of Mahe.

*Refer to Figure 3 and Table 1 to 4 for detailed breakdown of rainfall outlook for AMJ 2026 season and the months of April, May and June respectively.*

### 2.2. Temperature outlook for AMJ 2026

Mean temperatures for the April-May-June (AMJ) 2026 season across Mahe and the Inner Islands are forecast to be Normal to Above Normal (warmer than average). Under this outlook, seasonal mean temperatures are expected to range between 28.1 °C and 28.4 °C, consistent with the Normal to Above Normal category.

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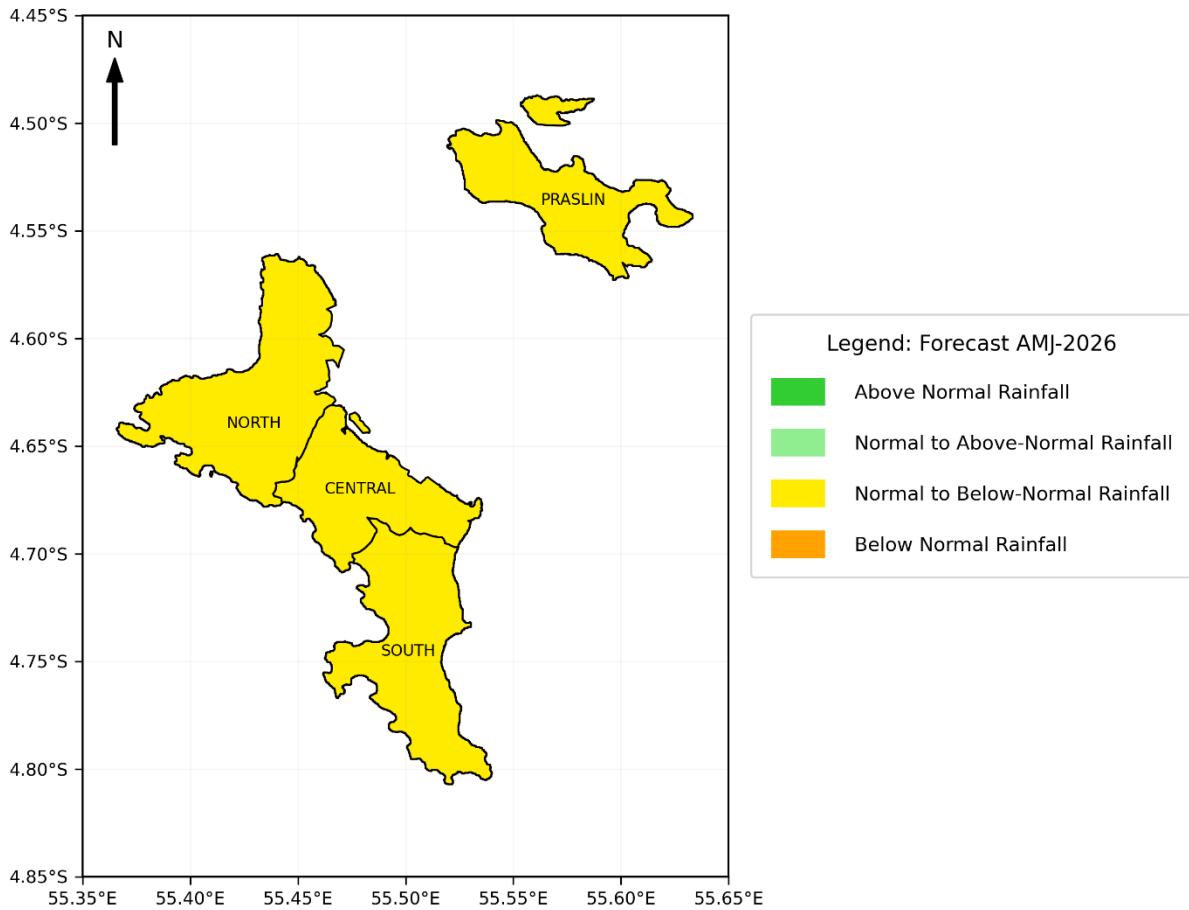
**SEASONAL FORECAST BULLETIN**

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*Figure 3: Rainfall Forecast for April-May-June (AMJ) 2026*

*Table 1: Summary of climatological statistics for April-May-June (AMJ) season based on the expected conditions*

	<b>MAHE-CENTRAL</b>	<b>MAHE-NORTH</b>	<b>MAHE-SOUTH</b>	<b>PRASLIN</b>
Rainfall ( <i>mm</i> ) category range	[447.7 - 546.2]	[508.1 - 569.7]	[334.2 - 409.4]	[278.2 - 382.2]
Number of Rainy days ( <i>days</i> )	[43 - 50]	[40 - 48]	[34 - 38]	[25 - 29]
Number of days when Rainfall > 10mm ( <i>days</i> )	[13 - 16]	[13 - 18]	[10 - 11]	[8 - 10]



Table 2: Summary of climatological statistics for April based on the expected conditions

	MAHE-CENTRAL	MAHE-NORTH	MAHE-SOUTH	PRASLIN
Rainfall ( <i>mm</i> ) category range	[170.7 - 209.9]	[157.2 - 200.3]	[128.5 - 150.9]	[78.3- 149.9]
Number of Rainy days ( <i>days</i> )	[13- 16]	[13- 15]	[11- 14]	[7- 10]
Number of days when Rainfall > 10mm ( <i>days</i> )	[4- 6]	[4- 6]	[3- 5]	[3- 4]

Table 3: Summary of climatological statistics for May based on the expected conditions

	MAHE-CENTRAL	MAHE-NORTH	MAHE-SOUTH	PRASLIN
Rainfall ( <i>mm</i> ) category range	[122.7 - 187.3]	[225.2- 260.7]	[101.8 - 138.7]	[142.2- 168.4]
Number of Rainy days ( <i>days</i> )	[13 - 16]	[15- 19]	[11 - 13]	[11- 13]
Number of days when Rainfall > 10mm ( <i>days</i> )	[4 - 5]	[6- 9]	[3 - 4]	[3- 5]

Table 4: Summary of climatological statistics for June based on the expected conditions

	MAHE-CENTRAL	MAHE-NORTH	MAHE-SOUTH	PRASLIN
Rainfall ( <i>mm</i> ) category range	[75.8- 120.6]	[88.7- 128.9]	< 59.8	[55.0- 70.4]
Number of Rainy days ( <i>days</i> )	[13- 16]	[14- 16]	< 11	[8- 9]
Number of days when Rainfall > 10mm ( <i>days</i> )	[2- 4]	[3- 4]	< 1	[2- 3]

\*Note: From Table 1 to Table 4, a rainy day is defined as a day on which the recorded rainfall exceeds 1 mm.

### 3. Advisory

The AMJ Outlook applies to seasonal (three-month overlapping) timescales and may not fully capture intra-seasonal (weekly-to-monthly) variations; stakeholders are therefore encouraged to use it alongside the daily and weekly forecasts and official weather warnings issued by the Seychelles Meteorological Authority (SMA) to support planning, informed decision-making, and early action.

In case of any weather or climate-related events, stakeholders are advised to contact the relevant authorities. For further information and regular updates, please visit <https://www.meteo.sc/>, follow SMA on social media, email: [info@meteo.sc](mailto:info@meteo.sc) or call: (248) 4670700/711/714/718.

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#### 4. Long-Term Climatology of the April-May-June Season

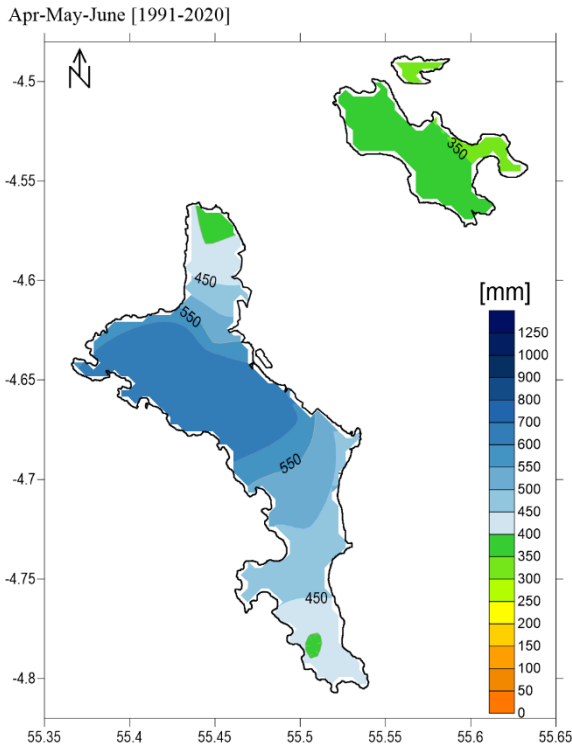


Figure 4: Climatology of April-May-June (AMJ) Season Rainfall (1991-2020)

The map (Figure 4) illustrates the spatial distribution of rainfall climatology across Mahe and Praslin for the April to June season (1991-2020). Rainfall is measured in millimetres (mm) and represented using a colour gradient, where dark blue indicates higher rainfall amounts and orange represents lower values.

In general parts of the northwestern, western, the central and eastern of Mahe receive seasonal rainfall totals ranging from 500 mm to 700 mm. Lower rainfall amounts, ranging between 500 mm and 350 mm, are observed over the southern and the northern parts of the Mahe. Overall, the spatial distribution of rainfall shows a decreasing gradient from the central region toward both southern and the northern part of Mahe.

Over Praslin and La Digue, seasonal rainfall totals during the April - May - June period typically range between 300 mm and 400 mm.

#### 5. Methodology

The AMJ 2026 seasonal outlook was developed through a combination of statistical analysis, dynamical analysis with initial conditions of February, expert interpretation of the current state of the global climate systems, and outputs from dynamical models produced by the World Meteorological Organization (WMO) Global Producing Centres (GPCs), Regional Climate Centres (RCCs) and Regional Specialized Meteorological Centres (RSMCs). The expert assessment considered key oceanic and atmospheric drivers that influence the regional climate, including the El Niño-Southern Oscillation (ENSO), the Indian Ocean Dipole (IOD), and the Sub-Tropical Indian Ocean Dipole (SIOD), among other relevant climate variability factors.