SEASONAL CLIMATE OUTLOOK FOR

MAY-JUNE-JULY (MJJ) 2026

1. Prevailing Global Climate Conditions

1.1. The El Niño-Southern Oscillation (ENSO)

ENSO-neutral conditions emerged during March 2026. Near-average sea surface temperatures (SSTs) were observed in the central and east-central equatorial Pacific Ocean. El Niño (warmer sea surface temperatures of the central and eastern tropical Pacific region) is likely to emerge during the period of May-July 2026 with 61% chance and persist through at least the end of the year. *Refer to Figure 1 below for the forecast probabilities of ENSO phases.*

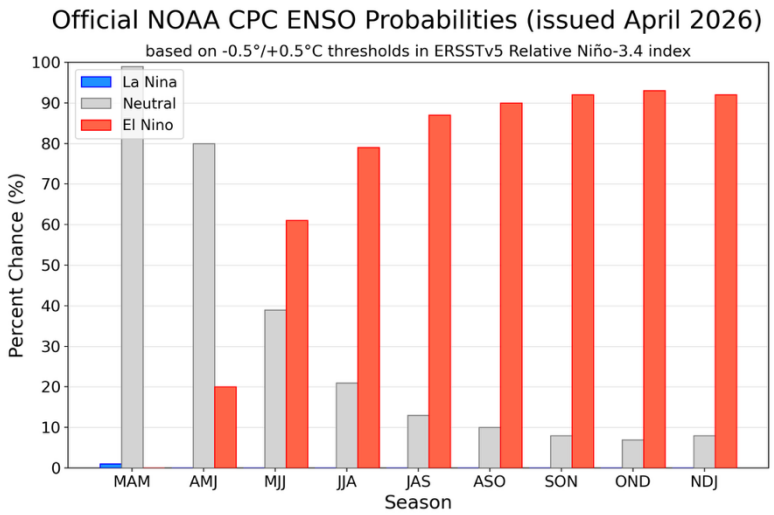

Figure 1: Forecasted Nino 3.4 Index (Source: Official NOAA CPC)

1.2. The Indian Ocean Dipole (IOD)

The Indian Ocean Dipole (IOD), often referred as the difference in sea surface temperatures between the western tropical Indian Ocean (near the African coast) and the eastern tropical Indian Ocean (near Indonesia) is one of the key drivers that influences the climate of Seychelles.

The predicted IOD status shows a likelihood of remaining in the neutral phase during the May to June 2026 quarter.

Refer to Figure 2 below for details on the evolution of IOD status, based on the update issued on 26 April 2026 by the Bureau of Meteorology (BoM), Australia.

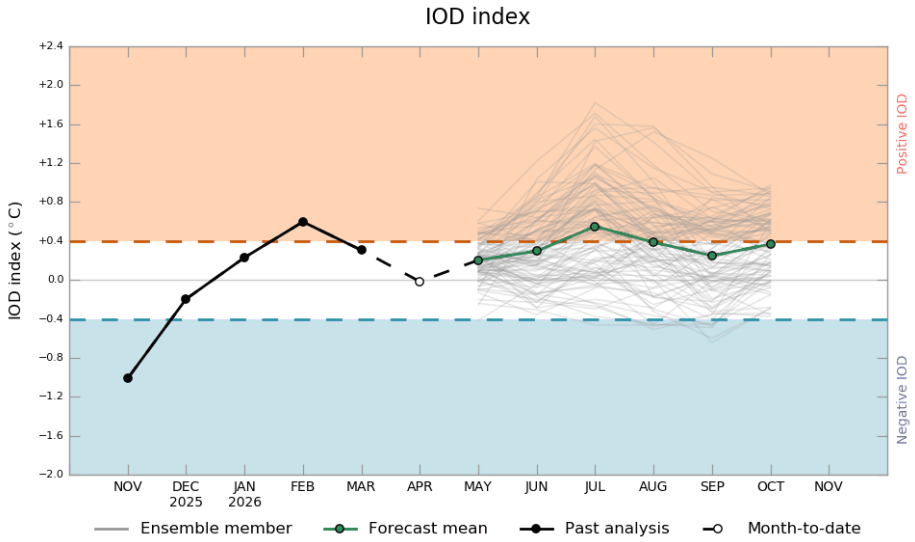

Figure 2: Observed and forecasted IOD Index (Source: BoM)

1.3. Other Climate Drivers - Intraseasonal Drivers

Further to the above major climate drivers, the intraseasonal variability of rainfall during the May -June- July (MJJ) 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. During this period (MJJ season), intraseasonal variability is also associated with the southeast monsoon over Seychelles, consisting of a large-scale southeast wind circulation that, through advection, transports cooler, drier air and passing showers characteristics over the islands, shaping the seasonal climate while local topographic features play a key role in modulating the micro rainfall distribution.

2. Seasonal Outlook for May-June-July (MJJ) 2026

2.1. Rainfall outlook for MJJ 2026

During the May-June-July (MJJ) period, atmospheric circulation over the Seychelles archipelago and across the Indian Ocean typically transitions into its winter configuration. This is characterized by the northward displacement of the Intertropical Convergence Zone (ITCZ) and the establishment of the southeast trade winds, associated with the strengthening of the Mascarene High pressure system.

During the MJJ 2026 season, rainfall conditions over Mahe (including the northern, central, and southern parts of the island), Praslin, and La Digue are expected to be near normal, with an increased chance of above-normal conditions.

A monthly breakdown for the period May to July indicates the following conditions:

i) **May:** A likelihood of Normal to Above Normal rainfall conditions are expected across Mahe and the Inner Islands.

ii) **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

iii) **July:** A likelihood of Normal to Above Normal rainfall conditions are forecasted across Mahe, Praslin and La Digue.

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

2.2. Temperature outlook for MJJ 2026

Mean temperatures for the May-June-July (MJJ) 2026 season across Mahe and the Inner Islands are forecast to be Near Normal with a slight tendency to Above Normal (average to warmer conditions). Under this outlook, seasonal mean temperatures are expected to be close to 27.6 °C.

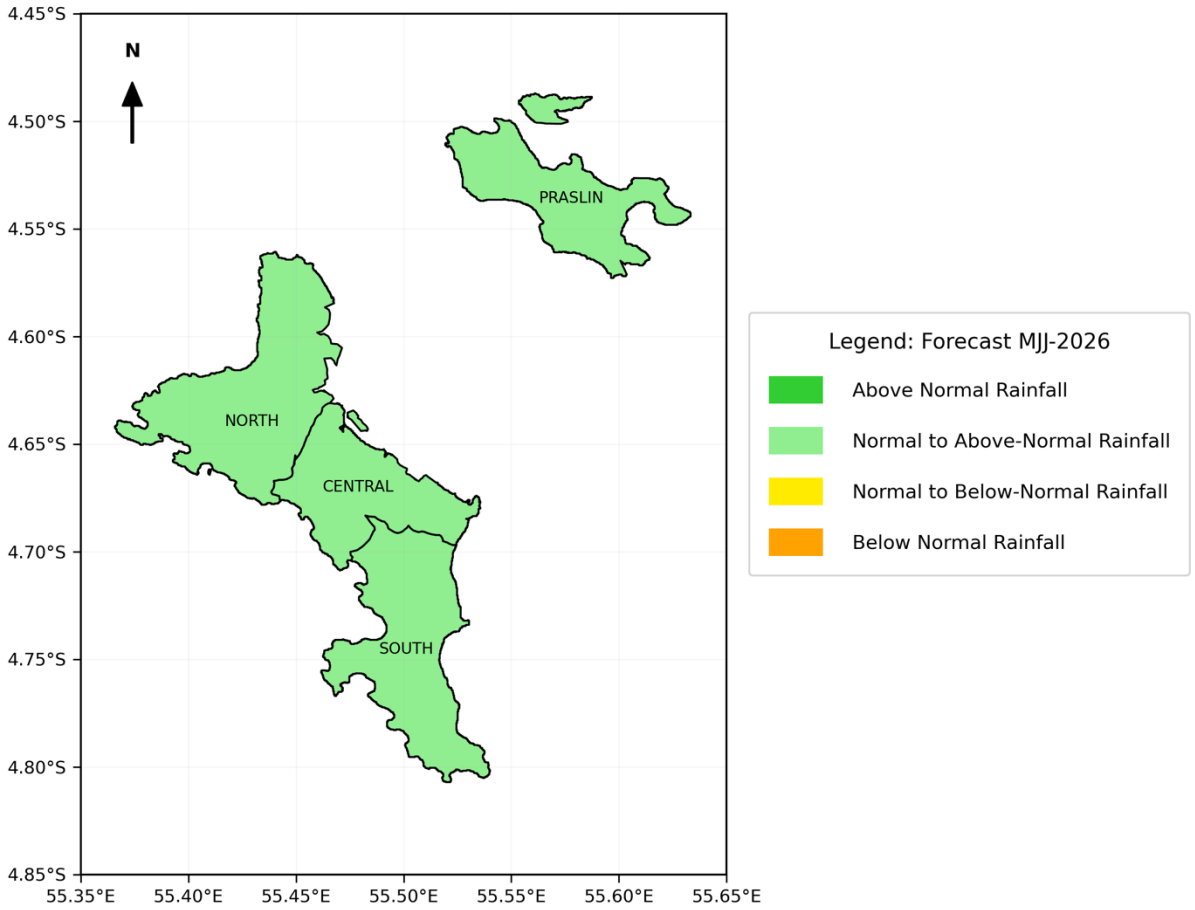

Figure 3: Rainfall Forecast for May-June-July (MJJ) 2026

Table 1: Summary of climatological statistics for May-June-July (MJJ) season based on the expected conditions

	MAHE-CENTRAL	MAHE-NORTH	MAHE-SOUTH	PRASLIN
Rainfall (**mm**) category range	[398.4 - 556.8]	[536.9 - 625.7]	[291.1 - 391.3]	[275.8 - 359.4]
Number of Rainy days (**days**)	[49 - 54]	[48 - 52]	[38 - 43]	[30 - 34]
Number of days when Rainfall > 10mm (**days**)	[12 - 15]	[16 - 18]	[8 - 9]	[7 - 9]

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

	MAHE-CENTRAL	MAHE-NORTH	MAHE-SOUTH	PRASLIN
Rainfall (**mm**) category range	[187.3 - 230.8]	[225.2- 260.7]	[138.7 - 176.5]	[142.2 - 168.6]
Number of Rainy days (**days**)	[16 - 20]	[15 - 19]	[13 - 16]	[11 - 13]
Number of days when Rainfall > 10mm (**days**)	[5 - 7]	[6 - 9]	[4 - 5]	[3 - 5]

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

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

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

	MAHE-CENTRAL	MAHE-NORTH	MAHE-SOUTH	PRASLIN
Rainfall (**mm**) category range	[90.5 - 120.6]	[112.0 - 157.7]	[70.0 - 88.6]	[40.40 - 57.0]
Number of Rainy days (**days**)	[14 - 19]	[17 - 19]	[11 - 13]	[8 - 11]
Number of days when Rainfall > 10mm (**days**)	[2 - 3]	[4 - 5]	[1 - 2]	[1 - 2]

**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 MJJ 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 or call: (248) 4670700/711/714/718.

4. Long-Term Climatology of the May-June-July Season

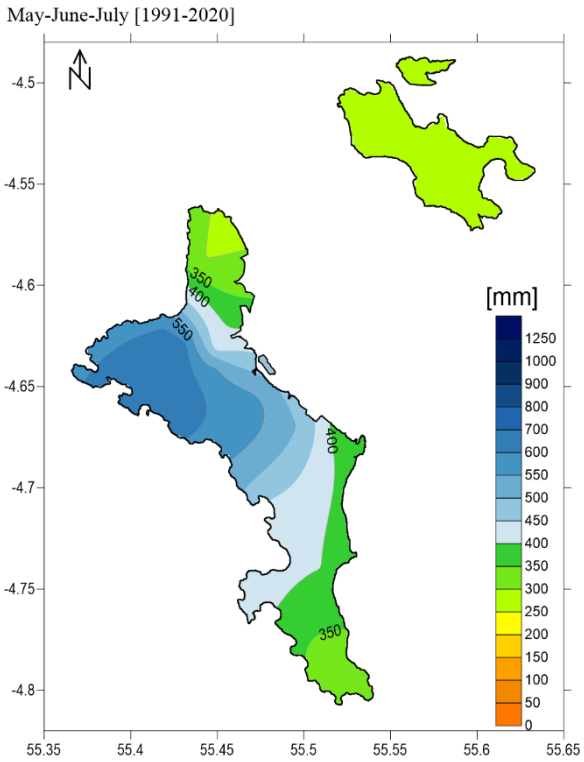

Figure 4: Climatology of May-June-July (MJJ) season rainfall (1991-2020)

The map (*Figure 4*) illustrates the spatial distribution of rainfall climatology across Mahe and Praslin for the May to July 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.

Seasonal rainfall totals over Mahe during the MJJ season generally range between 400 mm and 600 mm across the central, western, and eastern part of the Island. The highest accumulations are observed over the western areas. However, the northern and southern extremities of Mahe receive lower rainfall amounts, generally below 400 mm. This indicates a clear spatial gradient, with rainfall decreasing from the western and central regions toward the northern and southern extremities of the island.

Over Praslin and La Digue, seasonal rainfall totals are lower overall compared to Mahe. Seasonal rainfall accumulation typically ranges between 300 mm and 350 mm.

5. Methodology

The MJJ 2026 seasonal outlook was developed through a combination of statistical analysis, dynamical analysis with initial conditions of April, 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.