

World Time Zones

The world is divided into 24 standard *time zones*.

You can determine the standard time for any time zone in the world. Add one hour for each time zone counted in an easterly direction from you. Subtract one hour for each time zone counted in a westerly direction from you.

Prime Meridian

The Prime Meridian is also called the Greenwich Meridian for Greenwich, England. The Prime Meridian is at 0° longitude.

International Date Line

The International Date Line is at 180° longitude. The time is the same on both sides of the International Date Line, but the day is different. West of the International Date Line it is one day later than it is east of the International Date Line.

Examples of time changes

Los Angeles, California, United States

Montreal, Quebec, Canada

Paris, France

Tokyo, Japan



7 a.m.
June 25



10 a.m.
June 25



4 p.m.
June 25



12 midnight
June 26

