

GEOGRAPHY · GRADES 4–5

Time Zones

Why your friend in Australia is asleep when you wake up

Why time zones?

Earth spins once every 24 hours. So at any moment, half is in daytime and half in night. We split Earth into 24 TIME ZONES — one per hour — so that 'noon' is always when the sun is roughly highest. The reference point is GMT (Greenwich Mean Time, in London), and time goes UP as you travel EAST and DOWN as you travel WEST.

Major cities — relative to GMT

City	Time zone (no daylight saving)
Los Angeles, USA	GMT – 8
New York, USA	GMT – 5
London, UK	GMT + 0
Paris, France	GMT + 1
Cairo, Egypt	GMT + 2
Mumbai, India	GMT + 5:30
Beijing, China	GMT + 8
Tokyo, Japan	GMT + 9
Sydney, Australia	GMT + 10

Practice

1. It is 12 noon GMT. What time is it in New York?



2. It is 8pm GMT. What time is it in Tokyo?
3. It is 3pm in Sydney. What time is it in London?
4. If you fly from London to LA (8 hours), and you take off at 10am London time, what time do you LAND in LA?
5. Why is GMT useful as a 'reference'?

