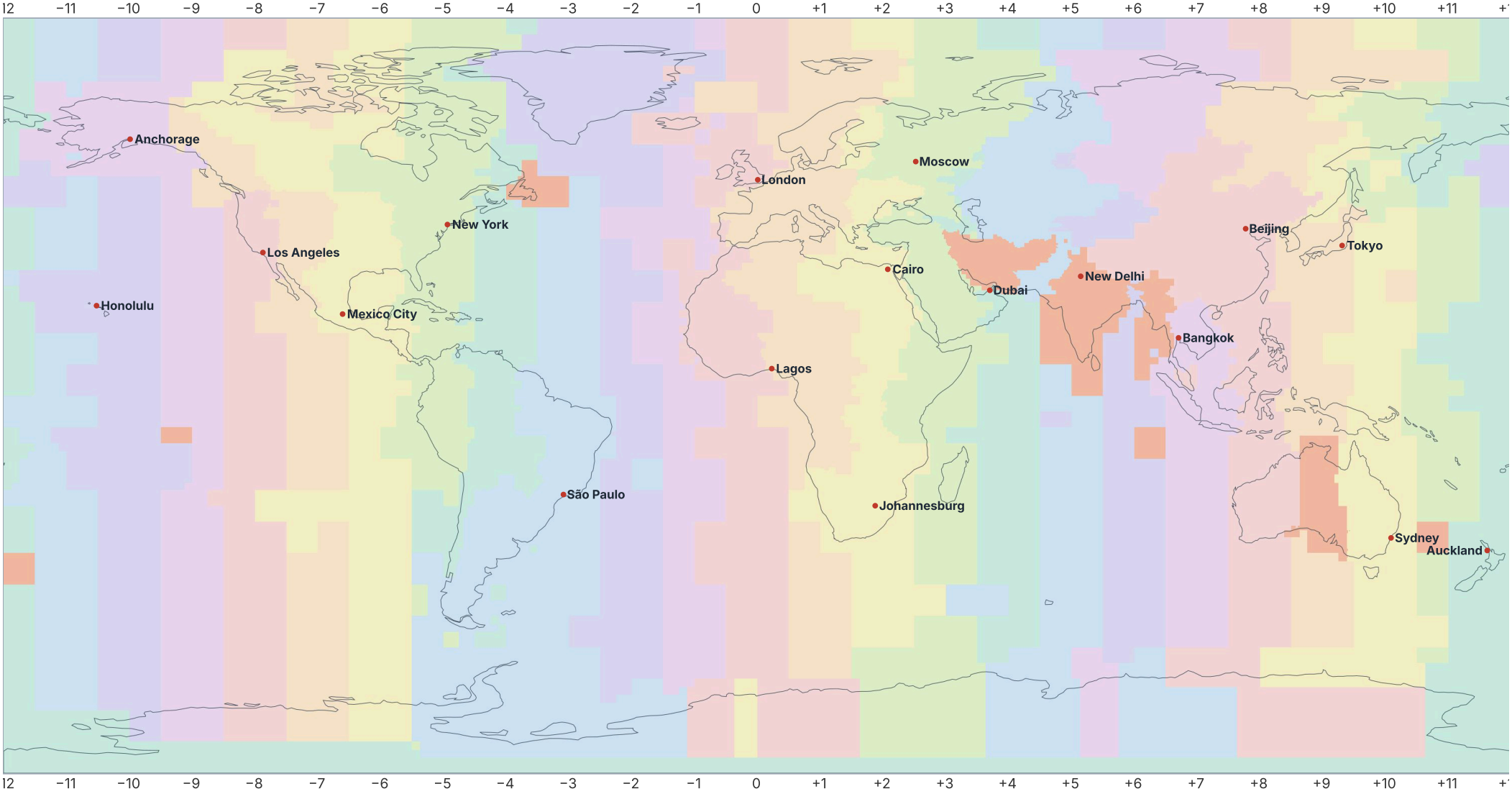
World Time Zone Map

Standard time offsets from UTC (Coordinated Universal Time). Orange areas use half-hour or 45-minute offsets. Many countries add one hour in summer (daylight saving time).



Free to print and share for teaching and personal use.

WorldClock.com – live map at worldclock.com/time-zone-map/

Time Zones – Classroom Activity

Age: 9–14 · **Time:** 40 minutes · **You need:** this map, a pencil, a ruler.

1. Learn (10 min)

The Earth turns 360° in 24 hours, so every 15° of longitude is one hour of time. Places to the east see the sun first and are **ahead**; places to the west are **behind**. UTC (the line marked 0, through London) is the starting point. Countries choose their own time zone, which is why the borders are not straight.

2. Practise (15 min)

1. It is 12:00 noon in London (UTC+0). What time is it in Tokyo (UTC+9)? In New York (UTC−5)?
2. Find a country that uses a half-hour offset (orange). What is its offset?
3. Which city on the map sees the new day first? Which one sees it last?
4. China is about as wide as the USA. How many time zones does each use?
5. Your friend in Sydney (UTC+10) wants to call you at 7 pm their time. What time is it for you?

3. Discuss (15 min)

- Why might a country choose one time zone even if it is very wide?
- What problems does daylight saving time solve – and cause?
- Plan a video call between three friends in different cities so nobody has to wake up before 7:00.

Answers: 1) 21:00 and 07:00 · 2) e.g. India UTC+5:30 · 3) first: Kiribati/Auckland area, last: Hawaii/American Samoa area · 4) China 1, USA 6 (incl. Alaska & Hawaii). Check live times at **worldclock.com**.