

# WORKING ACROSS

# TIME ZONES



-11 -10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10 +11 +12

## St. Louis, USA

UTC/GMT -6 hours  
Central Standard Time (CST)  
Central Daylight Time (CDT)

Daylight Saving Time:  
Yes

Official Language(s):  
English

Currency:  
U.S. Dollar (USD)

Regular Work Hours:  
Monday – Friday  
8:30 a.m. – 5:30 p.m.

Routine Lunch Time:  
Noon – 2 p.m.  
(30 minutes – 1 hour)

Average Commute:  
25 minutes

### Major Holidays

New Year's Day, Martin Luther King, Jr. Day, Presidents' Day, Memorial Day, Independence Day, Labor Day, Columbus Day, Veterans Day, Thanksgiving Day, Christmas Day

## London, England

No UTC/GMT offset  
Greenwich Mean Time (GMT)  
British Summer Time (BST)

Daylight Saving Time:  
Yes

Official Language(s):  
English

Currency:  
British Pound (GBP)

Regular Work Hours:  
Monday – Friday  
9 a.m. – 6 p.m.

Routine Lunch Time:  
Noon – 1:30 p.m.  
(30 minutes – 1 hour)

Average Commute:  
38 minutes

### Major Holidays

New Year's Day, Easter Monday, Early May Bank Holiday, Spring Bank Holiday, Summer Bank Holiday, Christmas Day, Boxing Day

## Rome, Italy

UTC/GMT +1 hour  
Central European Time (CET)  
Central European Summer Time (CEST)

Daylight Saving Time:  
Yes

Official Language(s):  
Italian

Currency:  
Euro (EUR)

Regular Work Hours:  
Monday – Friday  
8 a.m. – 7 p.m.

Routine Lunch Time:  
Noon – 3 p.m.  
(2 hours)

Average Commute:  
23 minutes

### Major Holidays

New Year's Day, Epiphany, Easter Monday, Liberation Day, Labour Day, Republic Day, Assumption Day, All Saints' Day, Immaculate Conception Day, Christmas Day, St. Stephen's Day

## Moscow, Russia

UTC/GMT +4 hours  
Moscow Standard Time (MSK)

Daylight Saving Time:  
No

Official Language(s):  
Russian

Currency:  
Russian Ruble (RUB)

Regular Work Hours:  
Monday – Friday  
10 a.m. – 6 p.m.

Routine Lunch Time:  
Noon – 2 p.m.  
(2 hours)

Average Commute:  
42 minutes

### Major Holidays

New Year's Day, Orthodox Christmas Day, Defence of the Motherland, Women's Day, Labour Day, Victory Day, National Day, Day of Unity

## Mumbai, India

UTC/GMT +5:30 hours  
India Standard Time (IST)

Daylight Saving Time:  
No

Official Language(s):  
Marathi

Currency:  
Indian rupee (INR)

Regular Work Hours:  
Monday – Friday  
9:30 a.m. – 5:30 p.m.  
Saturday  
9:30 a.m. – 1 p.m.

Routine Lunch Time:  
1 p.m. – 2 p.m.  
(1 hour)

Average Commute:  
50 minutes

### Major Holidays

Milad un Nabi, Republic Day, Mahasivratri, Good Friday, Easter Monday, Mahavir Jayanti, Buddha Purnima, Eid al-Fitr, Independence Day, Krishna Janmashtami, Mahatma Gandhi's Birthday, Dussehra, Eid al-Adha, Diwali, Muharram, Guru Nanak Jayanti, Christmas Day, Boxing Day

## Shanghai, China

UTC/GMT +8 hours  
China Standard Time (CST)

Daylight Saving Time:  
No

Official Language(s):  
Mandarin

Currency:  
Chinese Renminbi or Yuan (CNY or RMB)

Regular Work Hours:  
Monday – Friday  
9 a.m. – 6 p.m.

Routine Lunch Time:  
Noon – 2 p.m.  
(1 hour)

Average Commute:  
50 minutes

### Major Holidays

New Year's Day, Chinese New Year, Qingming Festival, Labor Day, Dragon Boat Festival, Mid-Autumn Festival, Chinese National Day

## Tokyo, Japan

UTC/GMT +9 hours  
Japan Standard Time (JST)

Daylight Saving Time:  
No

Official Language(s):  
Japanese

Currency:  
Japanese Yen (JPY)

Regular Work Hours:  
Monday – Friday  
9 a.m. – 5 p.m.  
Saturday  
9 a.m. – noon

Routine Lunch Time:  
Noon – 1 p.m.  
(30 minutes – 1 hour)

Average Commute:  
35 minutes

### Major Holidays

New Year's Day, Coming-of-Age Day, National Foundation Day, Vernal Equinox Day, Showa Day, Constitution Memorial Day, Greenery Day, Children's Day, Marine Day, Respect for the Aged Day, Autumnal Equinox Day, Health-Sports Day, Culture Day, Labor Thanksgiving Day, The Emperor's Birthday

## Mexico City, Mexico

UTC/GMT -6 hours  
Central Standard Time (CST)  
Central Daylight Time (CDT)

Daylight Saving Time:  
Yes

Official Language(s):  
Spanish

Currency:  
Mexican Peso (MXN)

Regular Work Hours:  
Monday – Friday  
9 a.m. – 8 p.m.

Routine Lunch Time:  
2 p.m. – 4 p.m.  
(2 hours)

Average Commute:  
90 minutes

### Major Holidays

New Year's Day, Constitution Day, Benito Juarez' Birthday, Maunday Thursday, Good Friday, Labour Day, Anniversary of the Battle of Puebla, Independence Day, Día de la Raza, Día de los Muertos, Revolution Day, Day of Our Lady of Guadalupe, Christmas Day

## Sao Paulo, Brazil

UTC/GMT -3 hours  
Brasilia Time (BRT)  
Brasilia Summer Time (BRST)

Daylight Saving Time:  
Yes

Official Language(s):  
Portuguese

Currency:  
Brazilian Real (BRL)

Regular Work Hours:  
Monday – Friday  
9 a.m. – 6 p.m.

Routine Lunch Time:  
Noon – 2:30 p.m.  
(2 hours)

Average Commute:  
60 - 90 minutes

### Major Holidays

New Year's Day, São Paulo Foundation Anniversary, Carnival, Good Friday, Martyrdom of Tiradentes, Labor Day, Corpus Christi, Independence Day, Our Lady Aparecida, All Souls' Day, Proclamation of the Republic, Christmas Eve, Christmas Day, New Years Eve

## Cape Town, South Africa

UTC/GMT +2 hours  
South Africa Standard Time (SAST)

Daylight Saving Time:  
No

Official Language(s):  
English, Afrikaans, Xhosa, Others

Currency:  
South African Rand (ZAR)

Regular Work Hours:  
Monday – Friday  
9 a.m. – 5 p.m.

Routine Lunch Time:  
1 p.m. – 2 p.m.  
(30 minutes – 1 hour)

Average Commute:  
26 minutes

### Major Holidays

New Year's Day, Human Rights Day, Good Friday, Family Day, Freedom Day, Worker's Day, Youth Day, National Women's Day, Heritage Day, Day of Reconciliation, Christmas Day, Day of Goodwill

## Jerusalem, Israel

UTC/GMT +2 hours  
Israel Standard Time (IST)

Daylight Saving Time:  
No

Official Language(s):  
Hebrew

Currency:  
Israeli New Shekel (ILS)

Regular Work Hours:  
Sunday – Thursday  
9:00 a.m. – 6:00 p.m.

Routine Lunch Time:  
1 p.m. – 3 p.m.  
(2 hours)

Average Commute:  
31.1 minutes

### Major Holidays

Passover, Independence Day, Shavuot, Rosh Hashanah, Yom Kippur, Sukkot, Simchat Torah

## Dubai, UAE

UTC/GMT +4 hours  
Gulf Standard Time (GST)

Daylight Saving Time:  
No

Official Language(s):  
Arabic

Currency:  
United Arab Emirates Dirham (AED)

Regular Work Hours:  
Sunday – Thursday  
9 a.m. – 5 p.m.

Routine Lunch Time:  
1 p.m. – 3 p.m.  
(1 hour)

Average Commute:  
53 minutes

### Major Holidays

New Years Day, Milad un Nabi, Lailat al Miraj, Eid al-Fitr, Eid al-Adha, Al-Hijra, National Day

## Sydney, Australia

UTC/GMT +10 hours  
Australian Eastern Daylight Time (AEDT)  
Australian Eastern Standard Time (AEST)

Daylight Saving Time:  
Yes

Official Language(s):  
English

Currency:  
Australian Dollar (AUD)

Regular Work Hours:  
Monday – Friday  
9 a.m. – 5 p.m.

Routine Lunch Time:  
Noon – 2 p.m.  
(1 hour)

Average Commute:  
34 minutes

### Major Holidays

New Year's Day, Australia Day, Good Friday, Holy Saturday, Easter Monday, ANZAC Day, Queen's Birthday, Christmas Day, Boxing Day

SOURCES  
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