

CLOCK CHANGES AND TIME ZONES

GMT is the clock time at the Prime Meridian (0° Longitude) in Greenwich, England.

GMT stands for Greenwich Mean Time.

Historically the GMT day ran from noon to noon on the following day.

Used by astronomers for astronomical purposes.

For everyone else the GMT day started from midnight.

When everyone switched to the midnight-based convention in the 1920s and 1930s it was given a new name of Coordinated Universal Time or abbreviated to UTC.

This adds to the confusion as logically the acronym should be CUT and not UTC.

UTC was derived from a compromise between the English (Coordinated Universal Time) and the French translation of (Temps Universal Coordonne) so it became UTC not CUT or TUC.

UTC remains a time standard that is the basis for time zones worldwide.

UK still use GMT as a time zone.

ZULU time is used in plane and ship navigation (It is another name for UTC).

THEREFORE (UTC, GMT and ZULU) ALL SHARE THE SAME CURRENT TIME AND ARE NOT SUBJECT TO SEASONAL CHANGES. eg. If it is 12:00 UTC, it is also 12:00 GMT and 12:00 Zulu time

GMT is used by the UK from the last Sunday of October to the last Sunday of March.

BST stands for British Summer Time.

BST = GMT + 1 hour and is used by the UK from the last Sunday of March to last Sunday of October.

When BST starts mornings have 1 hour less daylight and evenings have 1 hour more.

Commonly called 'Daylight Saving Time' or DST.

All member States of the European Community now observe 'Daylight saving' similar to the UK.

There are numerous time zones across the world and they all use GMT or UTC + or - x hours according to their Longitudinal position.

eg. CET stands for Central European Time

CET is GMT + 1 hour and is used from the last Sunday of October to the last Sunday of March.

CEST stands for Central European Summer Time.

CEST is GMT + 2 hours and is used from the last Sunday of March to the last Sunday of October.

Further confusion arises as CEST is sometimes referred to as CEDT 'Central European Daylight Time' CEST and CEDT are both the same and share the same current time.

Not all countries use DST prime examples are India, Japan, Western Australia and China.

More examples of UTC offset

Time zone

UTC-12	International Date Line
UTC-8	Pacific Standard Time (PST)
UTC-7	Mountain Standard Time (MST)
UTC-6	Central Standard Time (CST)
UTC-5	Eastern Standard Time (EST)
UTC+0	Greenwich Mean Time (GMT)
UTC+1	Central European Time (CET)
UTC+2	Eastern European Time (EET)
UTC+3	Moscow Time (MSK)
UTC+4	Gulf Standard Time (GST)
UTC+5	Indian Standard Time (IST)
UTC+8	China Standard Time (CST)
UTC+8	Australia Western Standard Time (AWST)
UTC+9	Japan Standard Time (JST)
UTC+10	Australian Eastern Standard Time (AEST)
UTC+11	Solomon Islands Time (SBT)