

CMS COP14 Regional Preparatory Workshops (Pre-COPs14)
– Time zones -

Proposed dates and timeframe

Region	N. of days	Dates	Times (CEST)
Oceania	3	17 – 18 – 19 October	01.00 - 4.00
Latin America & Caribbean	2	23 October 24 October	15.00 – 21.00 16.00 – 21.00
Africa, Asia, Europe	2	26 – 27 October	9.30 – 15.30

AFRICA

Proposed timeframe for the Pre-COP: **26 – 27 October. H. 9.30 – 15.30 CEST /UTC +2**

6 hours a day for 2 days: 12 total hours, including a total of 2-hour break. To be divided in:

First session 9.30 - 12.00 CEST (2.5 hours) Break 12.00 – 13.00 CEST (1 hour)

Second session 13.00 -15.30 CEST (2.5 hours)

Time zone name	Countries	UTC	Local time 09.30 – 15.30 CEST
Central Africa Time CAT	Burundi, Malawi, Mozambique, Rwanda, Zimbabwe	+2	09.30 – 15.30
Central European Time CET No changes in summer	Algeria	+1	08.30 – 14.30
Cape Verde Time CVT	Cape Verde	-1	06.30 -12.30
Eastern Africa Time EAT	Djibouti, Eritrea, Ethiopia, Kenya, Somalia, Tanzania, Uganda, Madagascar	+3	10.30 – 16.30
Eastern European Time EET summer: Eastern European Summertime (EEST)	Egypt, Libya,	+2 summer +3	10.30 – 16.30
Greenwich Mean Time GMT	Burkina Faso, Gambia, Ghana, Guinea, Guinea-Bissau, Ivory Coast, Liberia, Mali, Mauritania, Sao Tome and Principe, Senegal, Togo,	+0	07.30 - 13.30
South Africa Standard Time SAST	Eswatini, South Africa	+2	09.30 – 15.30
West Africa Time WAT	Angola, Benin, Cameroon, Central African Republic, Chad, Democratic Republic of the Congo (Kinshasa), Equatorial Guinea, Gabon, Niger, Nigeria, Republic of the Congo (Brazeville)	+1	08.30 – 14.30

ASIA

Proposed timeframe for the Pre-COP: **26 – 27 October. H. 9.30 – 15.30 CEST /UTC +2**

6 hours a day for 2 days: 12 total hours, including a total of 2-hour break. To be divided in:

First session 9.30 - 12.00 CEST (2.5 hours) Break 12.00 – 13.00 CEST (1 hour)

Second session 13.00 -15.30 CEST (2.5 hours)

Time zone name	Countries	UTC	Local time 09.30 -15.30 CEST
Afghanistan Time AFT	Afghanistan	+4:30	12.00 – 18.00
Alma-Ata Time ALMT	Kazakhstan (Astana)	+6	13.30 -19.30
Arabia Standard Time AST	Bahrain, Iraq, Saudi Arabia, Yemen, Jordan	+3	10.30 – 16.30
Bangladesh Standard Time BST	Bangladesh	+6	13.30 – 19.30
Eastern European Summer Time EET	Lebanon, Syria	+3	10.30 -16.30
Gulf Standard Time GST	United Arab Emirates	+4	11.30 – 17.30
India Standard Time IST	India	+5:30	13.00 – 19.00
Iran Standard Time IRST	Iran	+3:30	11.00 – 17.00
Kyrgyzstan Time KGT	Kyrgyzstan	+6	13.30 – 19.30
Maldives Time MVT	Maldives	+5	12.30 - 18.30
Pakistan Standard Time PKT	Pakistan	+5	12.30 – 18.30
Sri Lanka Time SLT	Sri Lanka	+5:30	13.00 – 19.00
Tajikistan Time TJT	Tajikistan	+5	12.30 - 18.30
Turkmenistan Time TMT	Turkmenistan	+5	12.30 – 18.30
Ulaanbaatar Time ULAT	Mongolia (Ulaanbaatan)	+8	15.30 - 21.30
Uzbekistan Time UZT	Uzbekistan	+5	12.30 – 18.30

EUROPE

Proposed timeframe for the Pre-COP: **26 – 27 October. 9.30 – 15.30 CEST /UTC +2**

6 hours a day for 2 days: 12 total hours, including a total of 2-hour break. To be divided in:

First session 9.30 - 12.00 CEST (2.5 hours) Break 12.00 – 13.00 CEST (1 hour)

Second session 13.00 -15.30 CEST (2.5 hours)

Time zone name	Countries	UTC	Local time 09.30 – 15.30 CEST
Armenia Time AMT	Armenia	+4	11.30 – 17.30
Central European Time CET summer: Central European Summertime CEST	Albania, Austria, Belgium, Bosnia and Herzegovina, Croatia, Czech Republic, Denmark, France, Germany, Hungary, Italy, Liechtenstein, Luxembourg, Malta, Montenegro, Monaco, Netherlands, North Macedonia, Norway, Poland, Serbia, Slovakia, Slovenia, Spain, Svalbard, Sweden, Switzerland, EU	+1 Summer+2	09.30 -15.30
Eastern European Time EET summer: Eastern European Summertime EEST	Bulgaria, Cyprus, Estonia, Finland, Greece, Latvia, Lithuania, Moldova, Romania, Ukraine,	+2 Summer+3	10.30 – 16.30
Georgia Time GET	Georgia	+4	11.30 – 17.30
Greenwich Mean Time GMT summer British Summer Time /Western Eur. Summertime WEST	Ireland, United Kingdom, Portugal	+0 summer +1	08.30 - 14.30
Israel Standard Time IST summer: IsraelDaylightTime	Israel	+2 summer +3	10.30 -16.30
Moscow Standard Time MSK	Belarus	+3	10.30 – 16.30

LATIN AMERICA AND the CARIBBEAN

Proposed timeframe for the Pre-COP:

23 October h 15.00 -21.00

24 October h 16.00 – 21.00 Time CEST /UTC +2

6 hours the first day, 5 hours the second day: 11 total hours, including a total of 2-hour break. To be divided in:

First Day: first session 15.00 - 17.30 CEST (2.5 hours) Break 17.30 – 18.30 CEST (1 hour) Second session 18.30 -21.00 CEST (2.5 hours).

Second Day: first session 16.00 -18.30 CEST (2.5 hours) Break 18.30 – 19.30 CEST (1 hour) Second session 19.30 -21.00 CEST (1.5 hours).

Time zone name	Countries	UTC	Local time 15.00 -21.00 CEST (the second day will start at 16.00 CEST)
Argentina Time ART	Argentina	-3	10.00 – 16.00
Atlantic Standard Time AST	Antigua and Barbuda, Dominican Republic, Trinidad & Tobago,	-4	9.00 – 15.00
Bolivia Time BOT	Bolivia	-4	9.00 – 15.00
Brasilia Time BRT	Brazil	-3	10.00 – 16.00
Central Standard Time CST	Costa Rica, Honduras,	-6	07.00 -13.00
Chile Time CLT from Sept Summer Time	Chile	-4 Summer - 3	10.00 – 16.00
Cuba Standard Time CST summer: CubaDaylight time CDT	Cuba	-5 Summer - 4	09.00 – 15.00
Eastern Standard Time EST	Panama	-5	08.00 – 14.00
Ecuador Time ECT	Ecuador	-5	08.00 – 14.00
French Guiana Time GFT	French Guiana	-3	10.00 – 16.00
Paraguay Time PYT from Oct: Paraguay Summer Time PYST	Paraguay	-4	10.00 – 16.00
Peru Time PET	Peru	-5	08.00 – 14.00
Uruguay Time UYT	Uruguay	-3	10.00 – 16.00

OCEANIA

Proposed timeframe for the Pre-COP: **17 – 18 – 19 October. H. 01.00 - 4.00 CEST /UTC +2**

3 hours a day for **3 days**: 9 total hours.

One session only: 01.00 - 04.00 CEST

Time zone name	Countries	UTC	Local time 01.00 – 04.00 CEST
Australian Eastern Time AEST summer: Australian Eastern Daylight Time AEDT	Australia (Canberra) (summer time changes for AUS regions)	+10	10.00 -16.00
Cook Island Time CKT	Cook Islands	-10	13.00 -16.00 <i>It's the day before</i>
Fiji Time FJT	Fiji	+12	11.00 -14.00
New Zealand Standard Time NZST summer: New Zealand Daylight Time NZDT	New Zealand (summer time starts the last Sunday of September)	+12	12.00 -15.00
Palau Time PWT	Palau	+9	08.00 – 11.00
West Samoa Time WST	Samoa	+13	12.00 - 15.00
Philippine Time PHT	Philippines	+8	07.00 -10.00