

## Practical info

### Practical advice for Canada

Some practical information for your trip.

#### The time change

##### GMT-4 / GMT-5 / GMT-6 / GMT-7 / GMT-8

Canada is divided into 6 different time zones. From west to east the regions are: Pacific, Rocky Mountains, Central, Eastern, Atlantic and Newfoundland. All times are based on Paris.

Therefore, in Newfoundland 4 hours and 30 minutes must be subtracted from Paris time. In the Atlantic region 5h must be subtracted and in the East region 6 hours must be subtracted.

In the centre region 7 hours must be subtracted and in the Rocky Mountain region 8 hours must be subtracted. In the Pacific region 9 hours must be subtracted.

#### Electricity

The voltage in Canada is **110-120 volts**. The plugs function with at least 2 flat prongs. Remember to pack **adapters**.

Check the compatibility of your chargers (110-220) or pack a **converter**.

#### Emergency numbers

Emergency services (police, fire brigade, ambulances): **911**