

East Asia time zone – 4 hours ± 1 hour		
e.g China, Japan, Hong Kong, Taiwan, Philippines, Singapore, Malaysia.		
What time?	What lesson?	What do I do?
Morning to early afternoon 8:30am-2:30pm local time (approx. 11:30am-5:30pm NZT)	Live lessons are with all students via video conference on Microsoft Teams.	I should focus on writing comprehensive notes on the topics covered during the live lesson. I should also ask questions during the live lessons and engage regularly in class discussion.
Late morning to the afternoon 2:30pm-5:30pm local time	Flexible learning activities are posted online for all students to do, before the next lesson.	I should focus on completing the work given to me during the flexible learning activity to the best of their abilities. I am writing down any questions I have for the teacher so I can attend the next live lesson or one-on-one session prepared, and ready to go.
Afternoon to evening 5:30pm- 7:30pm local time.	Homework. Assignments. Daily review.	I should focus on completing any unfinished work from the day. I should focus on completing any addition work issued by the teacher. I should focus on completing or preparing for any upcoming assignments or assessments. I should focus on reviewing my course work for the day.

Central Asia time zone – 5 hours \pm 1 hour e.g. Laos, Thailand, Cambodia, Vietnam		
What time?	What lesson?	What do I do?
Morning to early afternoon 7:30am-1:30am local time (approx. 11:30am-5:30pm NZT)	Live lessons are with all students via video conference on Microsoft Teams.	I should focus on writing comprehensive notes on the topics covered during the live lesson. I should also ask questions during the live lessons and engage regularly in class discussion.
Afternoon 1:30pm-4:30pm local time	Flexible learning activities are posted online for all students to do, before the next lesson.	I should focus on completing the work given to me during the flexible learning activity to the best of their abilities. I am writing down any questions I have for the teacher so I can attend the next live lesson or one-on-one session prepared, and ready to go.
Late afternoon to early evening 4:30pm-6:30pm local time	Homework. Assignments. Daily review.	I should focus on completing any unfinished work from the day. I should focus on completing any additional work issued by the teacher. I should focus on completing or preparing for any upcoming assignments or assessments. I should focus on reviewing my course work for the day.

IPAS time zone – 6 hours 30 minutes ± 1 hour e.g. India, Pakistan, Afghanistan, Sri Lanka		
What time?	What lesson?	What do I do?
Early Morning to early afternoon 5:00am-11:00am local time (approx. 11:30am-5:30pm NZT)	Live lessons are with all students via video conference on Microsoft Teams.	<p>I should focus on writing comprehensive notes on the topics covered during the live lesson.</p> <p>I should also ask questions during the live lessons and engage regularly in class discussion.</p>
Late morning to Afternoon 11:00am-2:00pm local time	Flexible learning activities are posted online for all students to do, before the next lesson.	<p>I should focus on completing the work given to me during the flexible learning activity to the best of their abilities.</p> <p>I am writing down any questions I have for the teacher so I can attend the next live lesson or one-on-one session prepared, and ready to go.</p>
Afternoon 2:00pm-4:00pm local time	<p>Homework.</p> <p>Assignments.</p> <p>Daily review.</p>	<p>I should focus on completing any unfinished work from the day.</p> <p>I should focus on completing any additional work issued by the teacher.</p> <p>I should focus on completing or preparing for any upcoming assignments or assessments.</p> <p>I should focus on reviewing my course work for the day.</p>

Middle East & Eastern Europe time zone - 8 hours \pm 1 hour		
e.g. Oman, UAE, Qatar, Saudi Arabia, Turkey.		
What time?	What lesson?	What do I do?
Early Morning - 3:30am-9:30am local time (approx. 11:30am-5:30pm NZT)	Live lessons are with all students via video conference on Microsoft Teams.	<p>I should focus on writing comprehensive notes on the topics covered during the live lesson.</p> <p>I should also ask questions during the live lessons and engage regularly in class discussion.</p>
Morning - 9:30am-12:30pm local time	Flexible learning activities are posted online for all students to do, before the next lesson.	<p>I should focus on completing the work given to me during the flexible learning activity to the best of their abilities.</p> <p>I am writing down any questions I have for the teacher so I can attend the next live lesson or one-on-one session prepared, and ready to go.</p>
Afternoon 12:30pm-2:30pm local time.	<p>Homework.</p> <p>Assignments.</p> <p>Daily review.</p>	<p>I should focus on completing any unfinished work from the day.</p> <p>I should focus on completing any additional work issued by the teacher.</p> <p>I should focus on completing or preparing for any upcoming assignments or assessments.</p> <p>I should focus on reviewing my course work for the day.</p>

South America time zone + 8 hours ± 1 hour yesterday (– 16 hours)		
e.g Chile, Bolivia, Argentina, Brazil		
What time?	What lesson?	What do I do?
Afternoon 2:30pm-4:30pm local time (approx. 6:30am-8:30am NZT)	Homework. Assignments. Daily review.	I should focus on completing any unfinished work from the previous day. I should focus on completing any addition work issued by the teacher. I should focus on completing or preparing for any upcoming assignments or assessments. I should focus on reviewing my course work from the previous day.
Late afternoon to early evening 4:30pm-7:30pm local time (approx. 8:30am-11:30am NZT)	Flexible learning activities are posted online for all students to do, before the lesson day.	I should focus on completing the work given to me during the flexible learning activity to the best of their abilities. I am writing down any questions I have for the teacher so I can attend the next live lesson or one-on-one session prepared, and ready to go.
Evening 7:30pm-1:30am local time (11:30am-5:30pm NZT)	Live lessons are with all students via video conference on Microsoft Teams.	I should focus on writing comprehensive notes on the topics covered during the live lesson. I should also ask questions during the live lessons and engage regularly in class discussion.