ALL TIMES LISTED BELOW ARE IN EASTERN STANDARD TIME

Keep this time zone calculator handy as you plan for the 2023 World Forum on Early Care and Education.

Helpful Tips:

1. Click the "Calculate Time" button below.

2. Next to "Location 1", click "search", enter your city/town, and select the correct location from the menu on the right side of the pop-up box.

3. You will need to click "search" under "Location 2" and set the city to "Panama – Panama".

4. Next, click the "Show Timetable" button. Find the Panama (EST) time that is noted below in the virtual schedule.

Wednesday, May 3

7:00 AM-8:00 AM | WoFo Global Café Conversation

8:30 AM-10:15 AM | Opening Ceremonies

11:00 AM-12:30 PM | Breakout #1

12:45 PM-1:45 PM | WoFo Global Café Conversation

2:00 PM-3:30 PM | Breakout #2

4:15 PM-5:45 PM | Breakout #3

Thursday, May 4

7:00 AM-8:00 AM | WoFo Global Café Conversation

8:30 AM-10:15 AM | Plenary Session

11:00 AM-12:30 PM | Breakout #4

12:45 PM-1:45 PM | WoFo Global Café Conversation

2:00 PM-3:30 PM | Breakout #5

4:15 PM-5:45 PM | Breakout #6

Friday, May 5

7:00 AM-8:00 AM | WoFo Global Café Conversation

8:30 AM-10:00 AM | Breakout #7

10:45 AM-12:30 PM | Breakout #8

12:30 PM-2:30 PM | Closing Ceremonies