

British Summer Time (BST)

The UK operates on a system where clocks are adjusted twice a year. They are ' **put forward** ' by one hour in Spring and '**put back**' by one hour in Autumn. The adjustments are made overnight to minimise disruption. Please look out for the following dates for this academic year, although there are usually reminders on television and in newspapers.

British Summertime Ends	25th October 2008	Turn clocks back one hour before you go to bed
British Summertime Starts	29th March 2009	Turn clocks forward one hour before you go to bed