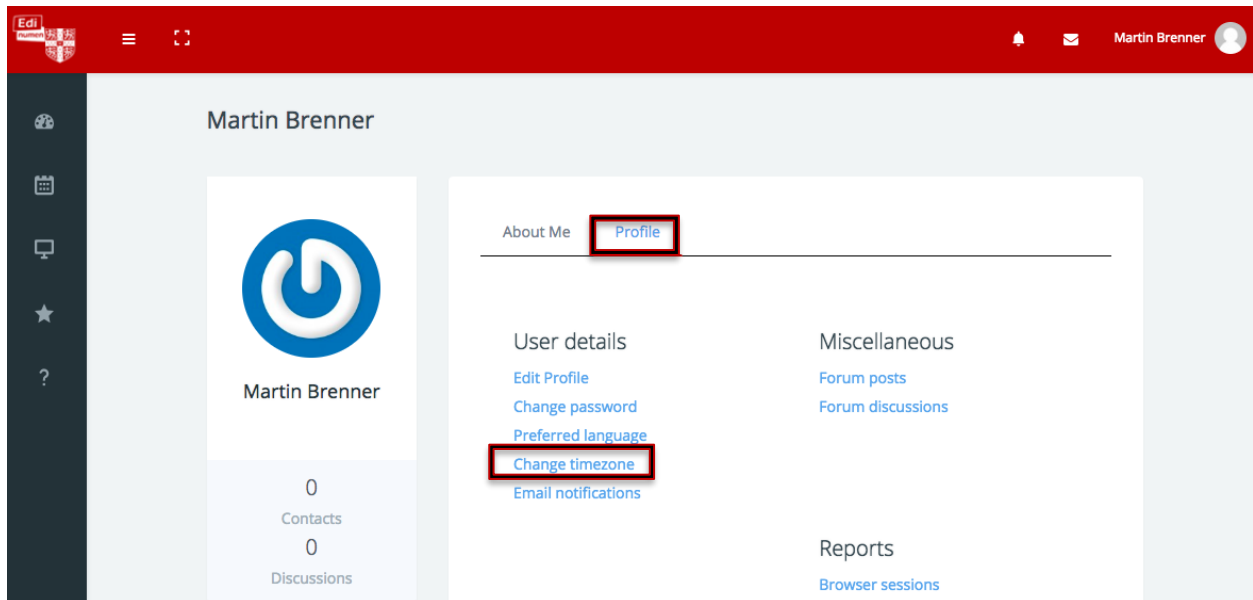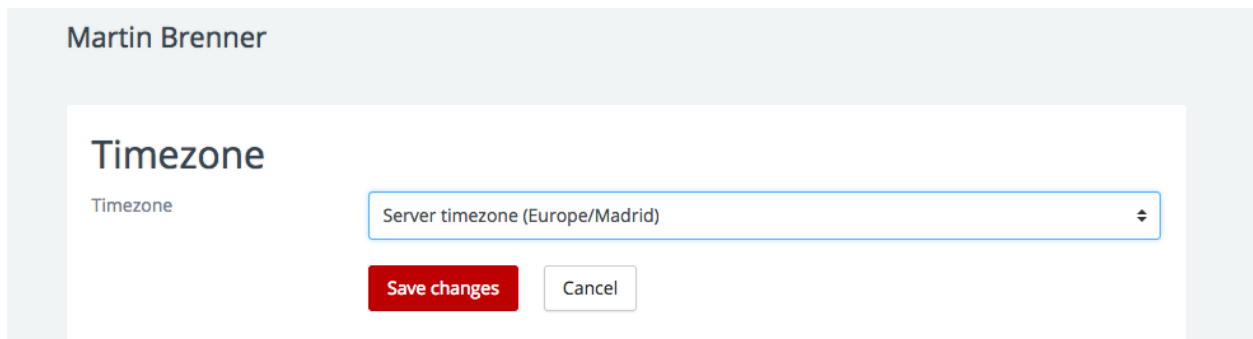# Changing Your Time Zone

This walkthrough will help you change the time zone in ELEteca.

1. From the ELEteca dashboard, find your name in the top right corner, and select **Profile** from the drop-down menu.

2. Select the **Profile** tab, and click on **Change time zone** in the **User details** section.

3. Select your desired time zone from the drop-down menu and click **Save changes** to apply.

Questions about…

Need additional help? Please go to https://edinumen.es/ele-help

Scheduling a Training? To schedule a training, please fill out this form (https://goo.gl/forms/nqo2G5mDRWeaB9c93)

Authentic resources? Please visit the Pinterest pages for Cambridge Spanish: www.pinterest.com/cambridgeesp

Other questions? Contact your K-12 Language Specialist (http://www.cambridge.org/gb/education/find-your-sales-consultant/united-states) or your Higher Ed Language Specialist (http://www.cambridge.org/gb/cambridgeenglish/contact/united-states?contact-type=Sales+Representative#contact-data)