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# JavaScript getTimezoneOffset() Method

 [JavaScript Date Object](#)

## Definition and Usage

The `getTimezoneOffset()` method returns the time difference between Greenwich Mean Time (GMT) and local time, in minutes.

For example, If your time zone is GMT+2, -120 will be returned.

**Note:** This method is always used in conjunction with a Date object.

## Syntax

```
Date.getTimezoneOffset ()
```

## Browser Support



The `getTimezoneOffset()` method is supported in all major browsers.

## Tips and Notes

**Note:** The returned value is not a constant, because of the practice of using Daylight Saving Time.

## Example

Example

Return the timezone difference into GMT +/- hours:

```
<script type="text/javascript">

var d = new Date()
var gmtHours = -d.getTimezoneOffset()/60;
document.write("The local time zone is: GMT " + gmtHours);

</script>
```

The output of the code above will be:

The local time zone is: GMT 2

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 [JavaScript Date Object](#)

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