

## Why two systems?

The metric system (SI) is used by 195+ countries. The US, Myanmar, and Liberia still primarily use imperial. The UK uses both — metric officially, imperial culturally (miles, pints, stones).

## LENGTH

| Metric unit       | Imperial equivalent      |
|-------------------|--------------------------|
| 1 mm (millimeter) | 0.039 inch               |
| 1 cm (centimeter) | 0.394 inch               |
| 1 m (meter)       | 3.281 feet / 1.094 yards |
| 1 km (kilometer)  | 0.621 mile               |

## WEIGHT

| Metric unit        | Imperial equivalent          |
|--------------------|------------------------------|
| 1 g (gram)         | 0.035 ounce                  |
| 1 kg (kilogram)    | 2.205 pounds / 0.157 stone   |
| 1 t (metric tonne) | 2,205 pounds / 1.102 US tons |

## VOLUME

| Metric unit       | Imperial equivalent                   |
|-------------------|---------------------------------------|
| 1 mL (milliliter) | 0.034 fl oz (about 1 teaspoon = 5 mL) |
| 1 L (liter)       | 1.760 UK pints / 0.264 US gallons     |
| 1 L (liter)       | 35.195 fl oz (UK) / 33.814 fl oz (US) |

## TEMPERATURE AT A GLANCE

| Celsius               | Fahrenheit |
|-----------------------|------------|
| -40 °C (extreme cold) | -40 °F     |
| 0 °C (freezing)       | 32 °F      |
| 20 °C (room temp)     | 68 °F      |
| 37 °C (body temp)     | 98.6 °F    |
| 100 °C (boiling)      | 212 °F     |

### Quick mental conversion tricks:

km !' miles: multiply by 0.6 (or ÷ 1.6) | kg !' lbs: multiply by 2.2 | °C !' °F: double it and add 30 (rough)