

(c) Now the speed of light is 100 km/hour and so $\gamma \approx 22$, so your watch is slow by $\frac{6}{\gamma} - 6 \approx -5.7$ minutes.

2. Simply travel in a train or car at speeds close to 100 km/hour, within a few minutes (according to your watch) it will be Friday. Unfortunately there is no way to come back to Wednesday (no backwards in time travel).