

WORLD TIME ZONES

Reference Chart / UTC Offset

UTC	Region / Primary Cities
-08:00	Pacific Time (PT) - Los Angeles, Vancouver, Tijuana
-05:00	Eastern Time (ET) - New York, Toronto, Lima, Bogota
±00:00	Greenwich Mean Time (GMT) - London, Lisbon, Accra
+01:00	Central European Time (CET) - Paris, Berlin, Rome, Madrid
+03:00	East Africa / Moscow - Nairobi, Moscow, Istanbul, Riyadh
+05:30	India Standard Time (IST) - New Delhi, Mumbai, Colombo
+08:00	China / West Australia - Beijing, Singapore, Perth, Hong Kong
+09:00	Japan / Korea Standard Time - Tokyo, Seoul
+10:00	Australian Eastern Time - Sydney, Melbourne, Brisbane

Note: This chart does not account for seasonal Daylight Saving Time (DST) adjustments.