

CONTINENTAL TIME ZONE COMPARISON CHART

Reference Guide for Major Global Regions & Standard Offsets

Continent	Time Zone Name	Abbr.	UTC Offset	Example City
North America	Pacific Standard Time	PST	UTC -8	Los Angeles
North America	Eastern Standard Time	EST	UTC -5	New York
Europe	Greenwich Mean Time	GMT	UTC +0	London
Europe	Central European Time	CET	UTC +1	Berlin
Africa	South Africa Standard	SAST	UTC +2	Johannesburg
Asia	India Standard Time	IST	UTC +5:30	Mumbai
Asia	China Standard Time	CST	UTC +8	Beijing
Asia	Japan Standard Time	JST	UTC +9	Tokyo

Continent	Time Zone Name	Abbr.	UTC Offset	Example City
Oceania	Australian Eastern	AEST	UTC +10	Sydney
South America	Brasilia Time	BRT	UTC -3	SÃ£o Paulo

Adjustments for Daylight Saving Time (DST) may apply depending on local legislation.