

GLOBAL TIME ZONE REFERENCE CHART

Baseline: Coordinated Universal Time (UTC) / Greenwich Mean Time (GMT)

UTC -10	HST	Honolulu, Papeete Hawaii-Aleutian	-10 hrs
UTC -8	PST	Los Angeles, Vancouver, Tijuana Pacific Standard	-8 hrs
UTC -5	EST	New York, Toronto, Lima Eastern Standard	-5 hrs
UTC 0	GMT / UTC	London, Dublin, Lisbon, Accra Western European	Baseline
UTC +1	CET	Paris, Berlin, Rome, Madrid Central European	+1 hr
UTC +3	MSK / EAT	Moscow, Istanbul, Nairobi, Dubai (+4) East Africa / Moscow	+3 hrs
UTC +5:30	IST	Mumbai, New Delhi, Colombo India Standard	+5.5 hrs
UTC +8	CST / SGT	Beijing, Singapore, Perth, Taipei China Standard	+8 hrs
UTC +9	JST / KST	Tokyo, Seoul, Pyongyang Japan/Korea Standard	+9 hrs
UTC +10	AEST	Sydney, Melbourne, Brisbane Aust. Eastern Standard	+10 hrs
UTC +12	NZST	Auckland, Wellington, Suva New Zealand Standard	+12 hrs

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