

INTERNATIONAL TRAVEL TIME ZONE REFERENCE

Global Synchronization Chart

Departure City: _____
Local Date: _____

London, United Kingdom	GMT / BST	+0:00
Paris / Berlin / Rome	CET / CEST	+1:00
New York, USA	EST / EDT	-5:00
Dubai, UAE	GST	+4:00
Singapore / Hong Kong	SGT / HKT	+8:00
Tokyo, Japan	JST	+9:00
Sydney, Australia	AEST / AEDT	+10:00
Los Angeles, USA	PST / PDT	-8:00

* Check for Daylight Savings Time adjustments based on seasonal travel dates.

Notes: _____