

GLOBAL TIME OFFSETS

REFERENCE CHART Â· UTC/GMT BASE

OFFSET	REGION / CITY	STATUS
-08 : 00	Pacific Time (PT) - Los Angeles, Vancouver	PST
-05 : 00	Eastern Time (ET) - New York, Toronto	EST
+00 : 00	Greenwich Mean Time - London, Reykjavik	GMT
+01 : 00	Central European Time - Paris, Berlin, Rome	CET
+04 : 00	Gulf Standard Time - Dubai, Muscat	GST
+05 : 30	India Standard Time - Mumbai, New Delhi	IST
+08 : 00	China Standard Time - Beijing, Singapore	CST
+09 : 00	Japan Standard Time - Tokyo, Seoul	JST
+10 : 00	Australian Eastern Time - Sydney, Melbourne	AEST